

Erskine Urban Race Saturday 2nd April 2011

Final Details

Welcome to Erskine for the 2nd event of the 2011 Nopesport Urban league.

Event Centre

Erskine Sports Centre
Kilpatrick Drive
Erskine
Scotland
PA8 7AF



Grid Ref: NS 470 707

Directions

Leave M8 at Junction 29 to roundabout. Take 4th exit (from east) or 1st exit (from west) signed Bishopton/Erskine. Go straight through the next three roundabouts heading for Erskine on A726.

At the *Centreholm* roundabout (Shell Garage/Morrisons) turn right (3rd exit) heading past Morrisons on your left. At the next roundabout take the first exit (left) towards the main shopping centre for Erskine and follow signs for Sports centre (NOT swimming pool). The sports centre is approx 200m on the left. Overspill parking is available in the adjacent shopping centre.

Public transport links to Erskine from Glasgow below:

<http://www.arrivabus.co.uk/serviceInformation.aspx?id=7917>
<http://www.mcgillsbuses.co.uk/renfrew/RenfrewHome.aspx>

The nearest train station is Kilpatrick on the North side of the Erskine Bridge (about a 4km warm up jog to the event centre across the bridge). Service is about every 30min from Glasgow Queen St. Alternative more frequent service is Paisley Gilmour St, which is around 10km from Erskine. Taxi from Paisley to Erskine should be less than £10.

Registration/enquiries/download is in 1st floor spin room and will be open from 12:30 to 17:00. Please no muddy shoes or spikes. There may also be live results here during the event.

There will be limited entry on the day (approx. 10% per course on a first come basis only) at £1 premium to the pre-entry prices.

Starts from 13:00 to 15:00. Courses close at 16:30.

Changing facilities on the ground floor are available free of charge to all Urban Race competitors, as are showers after the race

New to Urban Racing/Orienteering?

Check the beginners guide in Appendix 1.

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Terrain

Mix of very fast running on paved surfaces, with complex residential areas, interspersed with grassy areas and small wooded areas.

Map

The map is 1:4000 scale 2.5 m contours by Patrick Walder, and will be printed on waterproof paper. Area first used for the 2010 WOC sprint selection races. This is the first open race held on this map which has been updated and extended in 2011. Loose ISSOM map legends will be available from registration. Loose control descriptions will be available at the start.

Fair play

There will be information on display at registration and at the start regarding uncrossable features (Appendix 3) and out of bounds areas. Please ensure that you observe all out of bounds areas and uncrossable features. Race numbers are mandatory and will be allocated randomly along with safety pins at the start. Any complaints from residents or other competitors will be taken seriously and some controls/routes will be marshalled.

In the event of a missing control please continue with your run and inform the download team. All efforts will be made to ensure a fair outcome including the voiding of specific legs if necessary as allowed under BOF rules. All controls will be attached to immovable objects for security.

Which course to enter?

Course 1 (Long)	7.1k
Course 2 (Medium)	5.8k
Course 3 (Short)	4.5k
Course 4 (Junior M/W 16-)	4.8k
Course 5 (Beginner/family M/W 12-)	1.8k

With the exception of U16s you are free to enter whichever course you choose, but remember the distances above are straight line distances – with the exception of Course 5, you may expect to run around 30-40% further!

The **beginner/family course** is aimed at families, under-12s and under-16s with no previous urban orienteering experience. The optimal route does not require any roads to be crossed.

The **junior course** is a technical urban course with no busy road crossings as per BOF guidance. There is a requirement to cross quiet residential roads. It is suitable for Under 16s with previous orienteering experience but parents should be confident in their ability to run and cross roads safely unsupervised. If in any doubt, please enter the junior course.

All other courses have numerous road crossings and are not suitable for Under 16s running alone.

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Remember this is an urban event. There will be traffic on all roads and pedestrians/dog walkers in the area. Please give priority to other road users and take care crossing roads and on blind corners. All competitors compete at their own risk and are responsible for their own safety at all times.

If you are competing in the Nopesport Urban league you should enter the following courses:

Long	Open
Medium	M/W 40+
Short	M/W 55+
Junior	M/W 16-

There is no string course but there is a small playpark approx. 150m S of the finish. This is in the competition area so should only be accessed after your run.

Entries/registration

Online entries are open on Oentries.com until midnight on Sunday 27 March.

Online Entry fees:

Senior	£8.00 (Add £2 if not BOF member)
U16/Student	£4.00
M/W 10/12	£3.00

Local families/pairs entering Course 5 pay £2.00 per family/pair by agreement with Bridgewater Housing Association.

On the day entry fees:

Entries will be accepted on the day of the race up to the race limit at an increased fee:

Senior	£9.00 (Add £2 if not BOF member)
U16/Student	£5.00
M/W 10/12	£4.00

If you are new to orienteering you will be able to join the British Orienteering Federation (BOF) as a local member on the day for £X to avoid the additional £2 on the entry fee.

Registration is in Erskine Sports Centre, 1st floor spin room. If you are pre-entered and have a start time and your own dibber you do not need to visit registration/enquiries and can go straight to start (see start map). There will be blank maps available at the Sports centre and also maps of course 1 for viewing. All competition maps and loose control descriptions will be available at the start.

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Parking

There is no designated parking for orienteers. Parking is available at the sports centre NS470707, but there is also ample parking within the main shopping area adjacent. Please pay attention to any parking signs on the day, in case of timed restrictions. In the unlikely event that all car parks are full, overspill parking is possible just to the NW of the sports centre at NS470708. Please do not park within the competition area which is immediately S of the shopping centre. There is a variety of shopping available within Erskine shopping centre. There is also a swimming pool, café and bar.

Start/Finish

Start and finish are 750m from Erskine Sports Centre. Both are accessed via the obvious pedestrian bridge to the south of the Morrison car park. The route to the start will be marked with tapes, but you may wish to take a print out of the start/warm-up map (Appendix 2) in the final details with you. Limited copies of this map will be available at Enquiries for entry on the day competitors.

Start times will be allocated after the pre-entry closing date and published on the Clyde website. The event will have a punching start at your allocated start time. EOD competitors will be allocated to an available start slot.

A clothing dump will be available at the start which is within 100m of the finish.

Results

Results will be available outside the Sports Centre on the day and on www.clydesideorienteers.org.uk from 3/4/11.

Organiser: Andy Paterson
Planner: Donald Petrie
Controller: Trevor Hoey (FVO)

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Appendix 1

Do you want to enjoy a fast and furious race round an unusual environment? Then Urban orienteering maybe the sport for you. This is how to start your journey to becoming one of those fast and furious competitors in an urban environment.

Here is that essential list of ingredients for the race:

The correct kit: running shoes and loose light clothing would be best.

A compass, and a wee lesson how to use it.

A dibber, an essential piece of kit so the organisers know you have visited the correct places on the map. Don't have one, don't worry you can rent one for the event. No charge.

A map (you get this at the start)

Enthusiasm and some instruction from someone who knows how. Even better get someone to go round with you.

Ready, steady, go.....

Key terms:

Control flag – this is the orange and white flag you are trying to find.

SI unit - this is the small box attached to the flag, you stick your dibber into to show you found it.

Dibber – a wee plastic stick with a microchip inside it to show which controls you visited and how long it took you.

Control circle – this is a round circle on the map at the centre of which you should find the control flag and SI unit.

Map symbols – these are how what you see on the ground is represented on the map. Don't worry the map will have a legend at the side explaining these.

Control descriptions – Each control has a pictorial description which tells you what feature/what side of the feature, the control flag can be found on. There's no getting away from it, you will need some help with these at first. Ask a helper at registration to go through the ones on your course so you know roughly what you are looking for. Mostly if you can find your way to the centre of the control circle the control should be visible.

Want to read up on map symbols and control descriptions before the race?

Visit <http://maprunner.org.uk/>

Make sure you also read the **fair play and safety at Erskine** page.

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Appendix 2 – Route to Start Map (Scale altered for printing)



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Route to start

Route to start is taped from the obvious high pedestrian bridge at the south edge of Morrison's car park (about 250m SW of the event centre).

Due to the nature of the area and because of the constraints of the junior courses, the route to the start goes through some of the competition area. You may notice a "spectator control" from the bridge.

Please give way to runners on your way to the start.

There is a warm up area adjacent to the start.

Call up at -3.

The finish is very close to, but just out of sight of, the start. Clothing dump at the start will be moved to finish (manned) after the last start.

Route to download is past start and follow same route back to event centre.

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Safety and fair play at Erskine

Please observe the following guidance. Uncrossable features may not be crossed even if you feel you could. Disqualification will be enforced. Some controls/features will be marshalled.

	High fence symbol – NOT to be crossed	<p>Remember:</p> <ul style="list-style-type: none">• All competitors are responsible for their own safety• Take care crossing roads• Take care running along narrow lanes• Take care running round blind corners• Give way to members of the public at all times• Race numbers are mandatory to ensure competitors can be identified at all times• Enjoy yourself!• Don't forget to report to download even if you do not finish.
	High Wall symbol – NOT to be crossed	
	Uncrossable vegetation eg hedge. NOT to be crossed	
	Temporary out of bounds area	
	Private garden area – OUT OF BOUNDS	
	Building – not to be crossed	
	Canopy – can be passed underneath	
	Bridge – can be passed under or crossed over, but do NOT attempt to go from over to under as you may experience a 10m drop.	