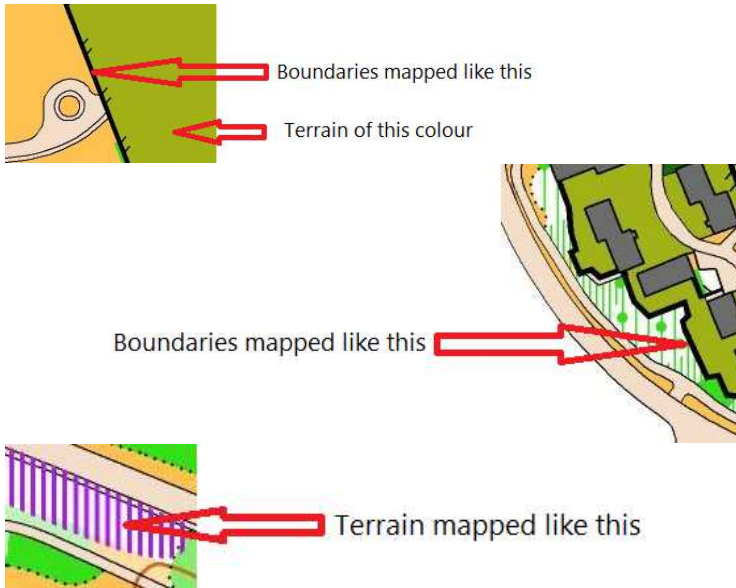


Northern Rocket Weekend – Day 1, MDOC Birchwood Urban Saturday 15th July 2017 - Final Details

The Important Stuff - If you don't read anything else, read this!

Do NOT cross the boundaries or enter or attempt to cross terrain areas shown below



Race Location

Birchwood Leisure and Tennis Complex, Benson Road, Birchwood, Warrington, WA3 7PT.

Travel

Birchwood is at the intersection of the M6 and the M62.

If travelling by car leave the M6 at junction 21, or M62 at junction 11 and follow signs to Birchwood and then to Birchwood Shopping Centre. Park at the shopping centre car park (3 hours free with no return for 1 hour), or park on local streets. Post Code WA3 7PG.

If travelling by rail, the nearest station is Birchwood and is situated to south side of the shopping centre car park.

Assembly Complex

The Leisure and Tennis Complex does not have its own car park and is situated on the north side of the shopping centre car park opposite the Aldi supermarket. A room has been reserved for our use and will be available from Noon. This is a public facility so please take care of your valuables. Follow the signs in the reception area to find registration.

The following facilities will be available

- Enquiries
- Entry on the Day
- Results display
- Download
- First Aid
- Bag storage (Please note bags are left at your own risk)

Dogs

Dogs are not allowed in the Assembly complex. Whilst dogs are allowed on the streets we discourage taking them on a course.

The Event

The event will comprise of a two part sprint race for seniors and a one part race for juniors. On the two part races, you will **NOT** download between the parts and results will be based on your total time. The SI boxes will be configured for SIAC but no SIAC cards will be available for hire. The time taken between finishing Part 1 and starting Part 2 will be timed out in your results.

Entry on the Day

Entries will be taken on the day for all courses. Registration opens at Noon. We expect to have a good stock of maps. Entry fees are £7 for seniors and £3 for juniors and students

Start Times and Entries

Start times will not be allocated. We will operate a queueing system at the start. Start times are from 12:45 to 14:00. You must start Part 2 by 15:00.

For those collecting hired dibbers, please pick these up from Enquiries.

Start

The start is on Whinchat Drive, 700m from the Leisure Complex. Follow the taped route. You will cross Admirals Road (a minor distributor road with a 30 mph speed limit) on the route to the start. This crossing will be marshalled. The starts for both parts will be co-located but laid out in opposite directions. Seniors will run the first part and then return to the start to run the second part. For both the first and second part starts, join the appropriate queue for your course. An official will hold a clear and check box at the first part start. You will NOT clear or check at the second part start. Loose control descriptions on waterproof paper will be available in the start lanes. At the start signal you must punch the start control and then pick up a map from the correct map bag for your course and go!

SI Control Units

For each control unit the flag, control number, SI box and backup pin-punch will be secured to an immovable object. If the SI unit at a control does not appear to be working, use the backup pin-pinch attached to it to punch your map as proof that you have found it. If a control appears to be missing due to vandalism, you should make very sure you are in the right place and then continue with your race. Please let us know at the finish or download if you believe a control is missing.

Safety

It is your responsibility to take care on all roads. The race area contains many residential cul-de-sacs, which may contain light traffic. There is a limited network of distributor roads providing vehicle access between the residential areas. Although each of these distributor roads is lightly trafficked, you should take extra care crossing them.

There are many cycle routes through the race area, including routes along major footpaths. Be aware especially of cyclists passing from behind when you make a change in direction. There are some blind bends in the narrow alleyways. It is likely that competitors and, more importantly, the general members of the public could also be in these locations. Therefore take care, go wide and adjust your speed as you go around corners to avoid accidents occurring.

Under 16s: It is a requirement of British Orienteering's Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed limited traffic. With this in mind it is important to note that anyone under the age of 16 may only take part on their own, on Course D. To take part on any other course, they must be accompanied or shadowed by an adult.

First Aid

A dedicated first aid person will be available in the Tennis and Leisure Complex. A small first aid kit will be available at the start. The nearest A&E Department is Warrington Hospital, Lovely Lane, Warrington, WA5 1QG. A map will be available at Enquiries.

Finish

There are separate finishes for each part. Punch at the Finish control for each part. The finish for the first part is 100m from the starts and you must follow the taped route back to the starts to run the second part. The finish for course D and the second part of courses A, B and C, is directly across the street from the starts. After punching at this finish, cross the street to the start and return to download at the leisure centre taking the same route you used to arrive. Take extra care as you cross Admirals Road again.

If you have hired an SI card, please return it at download. There will be a charge of £40 if you lose a hired SI card.

YOU MUST DOWNLOAD BACK AT THE ASSEMBLY COMPLEX, EVEN IF YOU ABANDON YOUR RACE. This is a safety check to ensure that all competitors are back. **COURSES CLOSE AT 15:45.** If you have not finished by 15:45, return to the Assembly Complex and download.

Maps will not be collected – **IN THE SPIRIT OF FAIR COMPETITION PLEASE DO NOT SHOW YOUR MAP TO COMPETITORS THAT HAVE YET TO RUN.**

Map and Courses

Map	Courses A to D - 1:4,000. Size A4. Drawn to ISSOM 2007 (the International Sprint Map standard). Printed on waterproof paper. Map bags will not be used. A limited legend will be on the map and loose copies will be available from enquiries.
Contour Interval	2m
Out of Bounds (Standard Rules)	No wall, gate, fence or vegetation mapped as impassable may be crossed. Also, areas mapped by a green/yellow (olive green) "settlement" colour are not to be entered. Such areas might be flower beds, private gardens or private paths. (see Appendix below)
Map Comments	Pavement edges are shown where present. There has been some street light replacement work and it is likely this will not be complete. This might impact on some controls as we are using a number of lamp posts. The main road running roughly west to east at the north end of the map is marked as 'Out of Bounds'. No courses cross this road. Despite the organisers' best efforts, works and other unannounced activities can block routes that appear passable on the map. If this happens, complete the course to your best efforts and report the problem at download.
Control Descriptions	Printed on the map for all courses. Course D (Children) will have English descriptions. All other courses will have IOF description only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.
Terrain	Hard Surface and gravel 95%, Grass and woodland 5%
Body Cover & Footwear	Full body cover is not required, shorts may be worn. Studded shoes are inappropriate for this race – wear trainers or similar.

Courses (Provisional. Subject to final controlling)

Please note your course number to ensure that you pick up the correct map on starting. Due to the complex nature of the competition area, the actual running distance will be significantly greater on all courses, in some cases being over 50% longer than the straight line distance.

Course	Class	Length (km)	Climb (m)	Number of Controls *	Map Scale	Map Size
A	Men's Open, Women's Open & Men's Vets (40+)					
	Part 1	2.0	Negligible	19	1:4000	A4
	Part 2	1.7	Negligible	11	1:4000	A4
B	Women's Vets (W40+) & Men's Super Vets (55+)					
	Part 1	1.8	Negligible	16	1:4000	A4
	Part 2	1.5	Negligible	11	1:4000	A4
C	Women's Super Vets (55+), Men's Ultra Vets (65+), Women's Ultra Veterans (65+), Men's Hyper Veterans (75+), Women's Hyper Veterans (75+)					
	Part 1	1.7	Negligible	13	1:4000	A4
	Part 2	1.4	Negligible	11	1:4000	A4
D	Men's Junior (16-), Women's Junior (16-), Men's Young Junior (12-), Women's Young Junior (12-)	2.4	Negligible	27	1:4000	A4

*Type 5 and Type 8 SI Cards

Note that the control boxes for the finish of part 1 and the start of part 2 will be programmed as normal controls. Hence your SI card will need to be able to record an additional 2 controls. Type 8 cards can only store 30 controls while type 5 cards can store 36 control codes but only 30 split times. A small number of type 9 and above cards will be available at registration.

Acknowledgements

Thanks for access and facilities are due to: Birchwood Tennis & Leisure Complex and Warrington Borough Council

Organiser: Trevor Roberts (MDOC)
Planner: Trevor Hindle (MDOC)
Controller: Andy Payne (DEE)
Mapper: Chris Smithard (DEE)

We hope you have an enjoyable race.

For any questions email birchwood [at] mdoc.org.uk













Please check the website at <http://mdoc.org.uk/> for any last minute news.

COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

APPENDIX: URBAN MAPS

GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below:

Symbol	Meaning
	Passable fence
	Impassable fence
	Passable wall
	Impassable wall
	Building – not to be entered
	Canopy – may be passed under
	Steps of a stairway
	Underpass or tunnel
	Forbidden access (as for “forest maps”)
	Large tree
	Small tree
	Monument or statue