

PICKERING TOWN ORIENTEERING RACE – SATURDAY 27TH MARCH 2010

OVERVIEW AND TERRAIN

This is the first orienteering race to be organised in and around Pickering town and we hope that you enjoy this inaugural race. The race results will count for the:

NOPESPORT LEAGUE, YORKSHIRE URBAN LEAGUE 2010, EBOR URBAN SERIES.

The race will be mostly on urban terrain in the town centre with its narrow streets and snickets as well as round the medieval castle. Longer courses will visit housing estates to the W of the town, two school complexes as well as (mainly runnable grassy) Beacon Hill. The 1:4000 map used for the event is based on a survey in late 2009/early 2010 by Bill Griffiths with updates by Steve Whitehead. The map will be produced on weatherproof paper and will be unbagged. SI timing will be used at this event. SI dibbers can be hired at registration.

PARKING AND ASSEMBLY

There are several pay and display car parks in Pickering, however the event will be based in Eastgate car park (by the A169/A170 junction/roundabout) at SE 799838 or SATNAV 54°14'37.71"N 0°46'27.57"W. Red/white O-signing will be very limited.

TIMINGS

Registration will open at 12.00. Starts will be from 12.30 to 14.00 and courses close at 15.00. Slower runners may want to plan for an earlier start.

COURSE DETAILS

You can run on any course you wish, and newcomers to the sport are recommended to enter course D. The recommended classes are for eligibility for the three leagues

course	classes	length	climb
A	Men's open, M40+	4.7km	90m
B	Women's open, W40+, M55+, M18-	4.0km	80m
C	W55+, W18-	3.3km	50m
D	M16-, W16-	1.8km	50m

REGISTRATION AND ENTRY ON THE DAY

Entry on the day is available for all courses subject to maps. Registration will be in a tent in Eastgate car park.

START

There will be one start for all courses approx 150 metres from the centre of the car park. Please note the route to the start involves crossing the A169 road – please take care. We are grateful to John and Marilyn Butler of [Bramwood Guest House](#) for their support in allowing us to use their garden for the start! Start times will not be pre-allocated – there will be a punching start and you can go to the start as soon as you are ready.

FINISH

There will be one finish for all courses 190m from the centre of the car park. Again the route from the finish to the car park crosses the A169 road – please take care. Download will be in a tent in Eastgate car park. You must download even if you retire.

SAFETY

1. In Pickering town centre there is a risk of colliding with non-orienteers who will obviously not be expecting a runner to come suddenly round the corner. It is your duty to consider their safety rather than your race speed. Take corners slowly and run wide. In places there will be organised groups, tables and chairs of pub/street cafes, buskers, and so on – Pickering can be very busy so please be considerate at all times.
2. Courses A, B and C cross main roads (A169 and A170). These will be very busy – look and listen before crossing. Marshals will be on hand but it is your responsibility to cross these roads safely.
3. Course D: competitors and their parents should be aware that even on these courses there will be some vehicles on minor roads and crossing pavements (for example to enter driveways). If you consider your child needs shadowing, ask at enquiries.
4. For all courses, the riverbanks are steep. There is no need to cross Pickering Beck at any point except over bridges. There is no need to go down the steep banks for any controls.

OTHER INFORMATION

1. We are grateful to the [Black Swan pub](#) and [Beck Isle Museum](#) for their support in allowing access on their land. Please visit them after your run
2. Remember that at urban events, thick black lines and dark green lines are uncrossable walls, fences and hedges. You must not cross these even if you are able. Olive green and red striped areas are out of bounds.

EVENT OFFICIALS

Planner – Steve Whitehead;
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Controller – Jim Harrison;

Organiser – Bill Griffiths

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