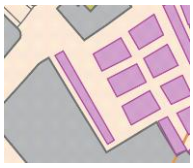
# York City Race – Final Details

Sunday 3rd May

## MAP

1:4000, A3 size for all courses. Course 1 and 2 are double sided.

There are numerous infrastructure projects in York at the moment. We have captured them with the "temporary construction" purple overlay. The market area has multiple temporary structures which are mapped. They may move slightly during the coming week but you will be able to navigate round them.



In the park, there are roped off areas to protect grass, planting and seasonal flowers. These areas move constantly depending what the gardeners are doing. They are not mapped but are easy to navigate around. Please do not cross these roped areas.

There are numerous alleyways and blind corners in the city centre. Please take care when entering or exiting to avoid collision with members of the public and other competitors. Some alleyways go through buildings and have a low head height. Please take care.

## COURSES

| Course | Age Group | BOF Age | Course Length | Optimum Length | Controls | Map |
|---|---|---|---|---|---|---|
| 1 | MO | M Open | 7.5km | 10.5km | 37 | 1:4000 A3 (Double sided) |

| | | | | | | |
|---|---|---|---|---|---|---|
| 2 | WO MV | W Open, M40+ | 7.1km | 9.8km | 35 | 1:4000 A3 (Double sided) |
| 3 | WV MSV | W40+, M55+ | 5.3km | 7.35km | 29 | 1:4000 A3 |
| 4 | WSV MUV | W55+, M65+ | 5.0km | 6.7km | 27 | 1:4000 A3 |
| 5 | WUV MHV | W65+, M75+ | 3.6km | 5.0km | 23 | 1:4000 A3 |
| 6 | WHV | W75+ | 3.1km | 4.1km | 19 | 1:4000 A3 |
| 7 | WJ MJ | W/M 16- | 3.1km | 4.3km | 22 | 1:4000 A3 |
| 8 | WYJ MYJ | W/M 12- | 2.4km | 3.0km | 14 | 1:4000 A3 (Novice) |

Course 1 and 2 require a SI card (dibber) that can register more than 30 controls.

Course 8 is a Novice Course mainly in pedestrian areas. Juniors should be aware of occasional traffic outside pedestrian zones.

Course 7 has a compulsory pedestrian crossing with a marshal. Follow the green man and marshal instructions. There are controls either side of the crossing—do not forget to dib. The time between these controls will be deducted from your race time.

## START

The start is 300m from assembly. Please follow the taped route. There are two roads to cross to get there. The first has a marshal outside SPARKS. The second is a pedestrian crossing near the start.

**We suspect there may be a queue for early starters so if you don't want to wait, start later.** Starting competitors cannot begin before 10:30 because of delivery vehicles in the competition area.

It will be a **punching start**. All controls are programmed to be contactless apart from the start and finish.

## ASSEMBLY

Indoor at SPARKS food and drink community centre, Piccadilly, York YO1 9PB. Assembly is in the upstairs meeting room. You can change and leave bags here.

Please support the venue by enjoying some food and drink after your run.

## DOWNLOAD & REGISTRATION

At assembly in SPARKS. Please download even if you do not finish for safety tracking.

## FIRST AID

Manned at assembly. Defibrillator available.

## FINISH

Near the start, 250m from assembly. **Punching finish**. Remember to download whether you finish or not. Please follow the taped route used to get to the start, back to assembly.

## PRIZEGIVING

We'll be celebrating the day's racing with a prizegiving for the top 3 in each class — with small prizes up for grabs!

Join us at assembly as we wrap things up, with prizegiving taking place as close to 2:00pm as possible.

## GETTING THERE

Grimston Park & Ride recommended. Bus No. 8. YO19 5LA. Open 07:30–22:30. Adult £4 return, Child £2 return. Buses every 30 mins before 10:00, then every 15 mins. This service will take you to Sparks.

The University of York offers free parking, and it's a 15-minute bike ride to the assembly.

**Please note: participants who are not currently members of British Orienteering are not covered by the organisation's public liability insurance. This means, for example, that if you were to accidentally injure a member of the public or damage property, you would not be covered. You are very welcome to take part, but you do so at your own risk.**