

# Brighton City Race 2018

18:30, Saturday 22 December 2018

## FINAL DETAILS

Welcome to Brighton and the 10<sup>th</sup> annual City Race.

16.30	School opens and refreshments available
17.00	Collect your numbered bibs and hired timing chips. Clear your SI cards.
18.05	Map distribution commences (maps not to be opened until the start)
18.20 (latest)	<b>Senior Race</b> – Leave to make your way to the start
18.25	SI and SIAC card (timing chip) check
18.30	Senior Start – outside the Odeon Cinema, on the seafront (south of Churchill Square)
18.45	<b>Junior Race start</b>
19:45	Course closing time
20.00	Prize giving – Medals for top 3 finishers in each class
20.30	Assembly closes

Safety has always been our number one priority, especially for junior competitors. The city centre is officially a 20mph zone, however the roads can be busy. Please do take care at all crossings and wherever the surfaces may be slippery. Juniors will receive a separate safety email during the coming week. Please would all competitors take care to avoid bumps with members of the public.

On behalf of Southdowns Orienteers Karen, Neil and I wish you an enjoyable and challenging evening.

Robert Lines, Organiser  
Neil Crickmore, Planner  
Karen Ashworth, Safety Officer

### Important things to note

- This year's race starts at 18.30. The start is 320m from Assembly
- There is a different gaffling\* system being used this year. Just follow your map, not other runners!
- Juniors under 21 are required to wear hi viz. Highly recommended for all others
- A torch is recommended for map reading and navigation
- Novices are advised to carry a mobile phone in case of emergencies
- Prize giving is at 8pm

\*gaffling on a course provides variation in legs/leg order and consequently reduces the risk of runners following each other.

### Travel Directions

The event centre is Middle Street School, Middle Street, Brighton (BN1 1AL). The school will be open to competitors from 16:30.

If travelling by public transport, aim for Churchill Square shopping centre. For those driving, the closest (but expensive) option is [Churchill Square car park](#) - drive to Brighton Pier and then head west along the coast road 400m before turning north into West Street (by the cinema), the car park is the second turning on the left. A park and ride scheme also operates from the Withdean Stadium (<http://www.brighton-hove.gov.uk/index.cfm?request=c1000782>)

The [on-street parking map](#) indicates how far out you need to be to get to the free parking areas. Parking is free outside of the marked zones. [Pay & Display](#).

Best value parking (that's relatively close) is on [Madeira Drive](#) shown in SE corner of map below. It's £4.20 after 4pm or £7.20 for the whole day.

Blue arrow - Middle Street School



## Pre-race shopping/sightseeing

Brighton city centre is not embargoed and so you are free to wander round the shops and attractions before the race. However please respect the spirit of the competition and do not walk round with an old orienteering map, or go actively searching for controls.

## Help and advice on the night

There will be plenty of helpers on the night that are able to give advice etc from 16.30 onwards. So, if anything below is unclear then please don't hesitate to ask. Alternatively, you are welcome to email the organiser [Robert Lines](#) beforehand.

## Refreshments

During the event we will be serving King teas, coffee, chocolate, mince pies etc. at very reasonable prices.

## The Competition

There will be a mass start at 18:30 for all senior courses which will take on the Kings Road (A259) by the Odeon cinema. By 18:20 (latest) competitors should leave the school and make their own way to the pre-start location. This is a distance of 320m. The junior event (Course 6) will start at 18.45 from a location adjacent to the school.

The aim is to 'punch' the electronic controls in the order shown on the map and finish within a 100 minute time limit. It will be a timed start – i.e. you do not have to punch a control at the start. The winning times for courses 1-5 are expected to be 35-40 minutes. The junior course will be run much quicker.

All participants must punch the Finish and report back to Download at the event centre. This is a safety requirement so that we know that there are no lost or injured competitors remaining out on the course.

## SportIdent (SI) Electronic Punching System (EPS)

The control boxes (including the finish) will be enabled for contactless punching. This means that if you have the appropriate card (known as a SIAC) then you don't have to "dib" it into the hole in the control box but just need to swipe it within 50cm of the box. Hired SI cards must be returned at the end of the event. Lost cards will be charged at their replacement cost (£60 for a contactless SIAC card).

If you are not familiar with the use of contactless punching equipment then please note the following:

- 1) Cards should be cleared as with older SI Cards.
- 2) Cards are enabled for contactless punching when they are dibbed in a check unit. It is therefore crucial that you turn your card on using a check box.
- 3) When the cards are activated you will see a faint green flash in the tip every 10 seconds or so.
- 4) A successful 'punch' is indicated by your card flashing and beeping.

- 5) When you 'punch' at the finish your card is turned off. You should therefore avoid running too close to the finish during the course.
- 6) If for whatever reason your card does not work in contactless mode you can still use it in traditional dibbing mode.

## Courses

There are 6 courses and participants may run any one of these. However to be eligible for a medal (top 3 finishers in each class) you must enter a class appropriate to your age/gender.

Course	Classes	Straight Line Length	Climb	Number of Controls
1	Men Open (16+)	6.8 km	75 m	28
2	Men Vets (aged 40-50) Women Open (16+)	5.8 km	65 m	26
3	Men Super Vets (55-60) Women Vets (40-50)	5.0km	50 m	24
4	M Ultra Vets (65+) W Super Vets (55-60)	4.5 km	45 m	24
5	W Ultra Vets (65+) M/W Hypervets (75+)	2.7 km	20 m	16
6	M&W Juniors (12-16) and Accompanied Juniors (-16)	2.0 km	10m	16

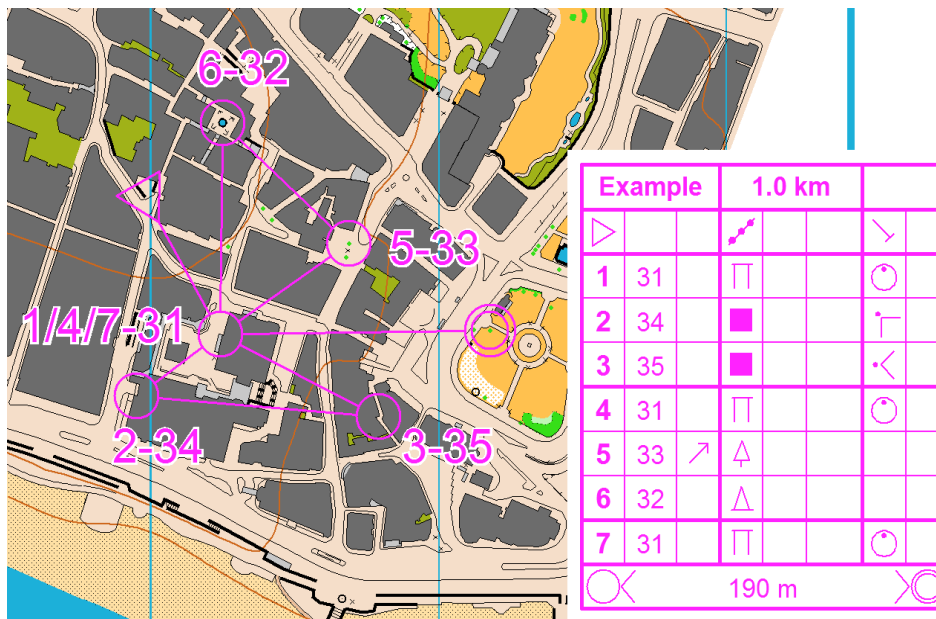
Course 1-5 maps are at a scale of 1:5,000 on A3 waterproof paper. Course 6 have a 1:2500 map on A4.

If you have a version 8 SI card (numbers 2,000,000 - 2,999,999) your card can only hold 30 punches. So, if you are on course 1, try not to punch controls other than the ones on your course.

All courses contain butterfly loops which is a form of gaffling. After punching a central control you will follow one of the loops before returning to that central control and then heading out on another loop. This second loop will once again return you to that central control which you punch for the third time before continuing the course. Note that different runners may be running the loops in different orders.

IOF pictorial descriptions are printed on the front of each map. No loose descriptions will be issued. On the map, each control will show both the course sequence number and the control code (eg 1-81, 2-84, 3-95, 4-101, 5-131 etc).

### Example of a butterfly loop



The Start is marked on the map by a red triangle. Competitors visit the controls in numerical order from 1-7 before finishing in the park. The finish symbol is the double circle. The first control is also punched as control 4 and 7. This means that the middle of a 'butterfly loop' is visited three times in total. On the map the middle butterfly control is marked '1/4/7-31' which means the control box is number 31, and the control feature is the 1<sup>st</sup>, 4<sup>th</sup> and 7<sup>th</sup> location to visit.

The Control Description table on the right of the map indicates that the first control will be marked on the ground with the reference

number 31. The second control will have reference number 34 etc.

## Pre-entry and entry on the day (EOD)

Competitors that have pre-entered the event simply need to collect their bib (and SI card if hiring). No further registration process is required on the night.

**At the event, there is no EOD.** However, it is possible to enter online until 12.00pm on the day of the event whilst maps are available. Adults £10 and Juniors (U21) £6. U16's must be accompanied, though there is no fee payable for the accompanying adult.

## Facilities

The school has toilets, refreshments and a live results service as competitors download.

## What to wear

Please wear appropriate clothing for the weather conditions. It is highly recommended to wear a hi-viz jacket on top. (Compulsory for juniors U21.) Courses are >98% on hard surfaces with just some short sections on grass.

## Bibs

All participants will need to wear a race bib for safety reasons. The information fields at the bottom of the sheet include runner identification, the relevant course number and emergency telephone contact. Safety pins will be provided.



## Torches and headtorches

In previous years most people wore or carried some kind of torch. As well as lighting up the map, there are other benefits including security and the reduction of potential collisions in less well-lit areas.

## Health and Safety

People run in Brighton every day without incident. However, the risks that all competitors should be aware of are those of road traffic accidents and collisions with members of the public and other runners.

Competitors can mitigate the risks to a great extent by following the guidance:

- Hi-viz jackets/waistcoats highly recommended
- Cross roads only after having checked that it is safe to do so
- Take care when running around corners
- Take extra care when emerging from alleyways
- Adjust speed to take in to account the various urban conditions

## Maps

The maps are printed at a scale of 1:5,000 using the ISSOM symbol set.

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence – not to be crossed
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)

- Green Small tree (less than 0.5 m diameter) or bush

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

## Start arrangements

The Senior start is 320m from the event centre. The Junior (U16) start is adjacent to the school. There will be a mass start for senior courses 1-5 at 18:30. The Junior races on course 6 will start at 18.45.

All administration prior to the start will take place at the school. This includes the distribution of sealed maps and timing chips and the clearing and checking of these SportIdent chips. By 18.20 all competitors should have left the school to make their own way to the start location. An air horn will signal that maps can be opened and that the competition is underway. Do not open your map until the air horn or you risk disqualification. The location of the event start is marked on the map by a red triangle.

## Finish

The finish this year is adjacent to the event centre. If you are using a SIAC dibber then the finish unit will not record that you have finished. It is therefore essential that you do not forget to download so that we know that you have finished.

## Download

Download will be in the school hall. Please make sure that you download even if you didn't complete the course – that way we know that you have returned safely.

## Controls














The control boxes will be positioned so that they are visible as soon as you have navigated to the correct side of the feature. They will be attached to the feature using metal cable ties. The control site will be highlighted with an orienteering kite 15cm by 15 cm.

Missing controls: at a previous event, a control site was vandalised and the SI boxes removed. The locations of each of the controls in this year's race should be obvious so if you are convinced that i) you are in the right place and ii) that the control is missing, then you should continue with the race. No adjustment of times will be made for vandalised controls, and no one will be disqualified for not punching at a missing control.

## Control descriptions

Pictorial control descriptions will be printed on the maps. No loose descriptions will be available.

A list of the more common pictorial descriptions is shown below, together with their text equivalents:

-  Building
-  Thicket
-  Linear thicket or hedge
-  Stone wall
-  Distinctive tree
-  Track or path
-  North east side
-  East corner (inside); e.g. inside the angle where a wall bends through a right angle
-  South corner (outside); similar to above, but on the outside of the angle
-  North west end; e.g. NW end of a hedge
-  Junction; e.g. where one path meets another

## Results

Full results will be published on the event websites within 24 hours of the event:

[www.southdowns-orienteers.org.uk](http://www.southdowns-orienteers.org.uk).

This event is part of the South of England Orienteering Urban League.

## Prize giving & course closing

Prize giving will take place at event centre. The Brighton City Race prize giving will take place at 8pm and there are medals for the top three finishers in each of the classes. The prize giving for the South of England Urban League will follow immediately afterwards.

Controls will be collected in from 19:45, so please report back to the Assembly and Download area by that time even if you haven't finished. The number of controls successfully visited will be recorded even if you were unable to complete the whole course.

## Photographs and video

It is likely that photographs/video will be taken at the event to help promote the sport. Please let the organiser know if this causes any difficulties.

## Next Year's Race

The date for the 11<sup>th</sup> Brighton City Race is most likely Saturday 21 December 2019. See the event website for details from September 2019.

## References

[IOF Control Descriptions](#) (Maprunner website)