

2019 Urban Series Event Details



Event 1: Lochardil - Friday 6th Sept 2019

Event 2: Kinmylies - Friday 13th Sept 2019

Event 3: Dalneigh - Friday 20th Sept 2019

Starts: 5.30pm TO 6.15pm. Courses close 7.15pm *Please note the course closing time for Dalneigh has been brought forward to 7.15pm*****

Please check <http://invoc.org.uk/> before setting off in case of poor weather conditions and other last-minute information that may affect the event.

The Urban Series: Consists of three low key urban races set to test your route choice and quick decision making. All within Inverness. The events are suitable for newcomers to the sport, as navigation is more straightforward than in the forest. The challenge for the experienced orienteer is making quick and correct route choice decisions. The organisation will be low-key using minimal volunteer manpower. Relax and enjoy yourself on these late summer evenings.

Urban league and results: Results will be combined into a league. Winner gets 100pts, 2nd place 99pts, etc. Total score over the three events. One league for each course (short and long leagues). Event results and updated leagues will be published on the website as soon as practical after the event www.invoc.org.uk.

Courses: There are 2 courses at each event. Long and Short. Winning times are expected to be in the region of 20 to 25 mins, though will vary by event.

Juniors: The events are on public roads and the courses have been risked assessed as follows:

- Long is suitable for 16 year olds and over **only**
- Short is suitable for 14 year olds and over (other older juniors can run it as well)

13 years and younger can only take part if they are closely accompanied by an adult at all times; this adult must take responsibility for road crossing decisions.

Event Times/Costs/Registration: Registration/Starts: 5.30pm to 6.15pm.

Registration/download will be at the organiser's car. Courses close at 7.15pm

PLEASE RESPECT THIS.

Orienteering club members: Senior: £5.00/ Junior: £3.00

Non club members: Senior: £6.00/ Junior: £4.00

Dibber hire free BUT replacement charge if lost (£30)

Pre-registration: To help speed up the registration process and minimise volunteer effort please register using our [online survey](#). No payment will be taken, and pre-registering does not commit you to coming - but it helps us plan and be organised.

All maps are to be collected from registration - no maps will be at the start. Each competitor must collect their map in person and listen to any safety information that will be issued. All competitors must report back to download even if they do not finish their course.

Controls: Majority of controls in the urban areas will not be on stakes, the control unit and a kite will be tied to the control feature or in the immediate vicinity

	Lochardil Friday Sept 6th	Kinmylies & Charleston Friday Sept 13th	Dalneigh Friday Sept 20th
Map	1:5,000 (new 2018) Urban mapping standard	1:4,000 (new (extended) 2019) Urban mapping standard	1:5,000 (new - August 2019) Urban mapping standard
Terrain	Classic urban orienteering across the Lochardil, Holm and Culduthel areas of Inverness. Predominantly urban streets with small areas of parkland. There is a route choice option on the long course to the West (in Holm) in an area of trees and vegetation on a steep bank of approx. 20m in height. There is tall bracken, which is slow going (avoid), but points of access have minimal bracken and easy access to the runnable paths.	Excellent sprint orienteering across the Kinmylies and Charleston areas of Inverness. The map has been extended to include a new area to the south. Predominantly urban streets with a small area of wooded parkland. Lots of intricate alleyways and paths.	Long Course Excellent sprint orienteering around the Dalneigh area of Inverness. The Dalneigh part of the map is brand new (linking to the older orienteering map of Inverness). Predominantly urban streets, including some small urban paths, plus a small area of parkland. Short Course Grassy parkland with fast running but technically very easy. Depending on route choice you could end up in prickly bushes - wear long trousers. This course has a SPECTATOR CONTROL which means athletes run nearly to the finish but then have to continue round a final loop, punching some already visited controls. Your brain will need to be sharp for this course - pay attention! We're sorry but it doesn't feel a very 'urban' course.
Course lengths	Long 4.5km, Short 3.2km	Long 5.1km, Short 3.1km	Long 5.1km, Short 3.1 km (<i>Crow flies length, actual length of Long will be at least 2km longer. Short will only be slightly longer than crow flies length</i>)
Start/Finish locations	Unmanned: Adjacent to registration	Unmanned: Adjacent to registration	Unmanned. Start is 200m from registration. Finish is adjacent to registration.
Parking/ Directions	Parking will be at Lochardil Pharmacy and on Morven Road, IV2 4BU Grid Reference	Parking will be at Kinmylies Church, Kinmylies Way, IV3 8TP. Grid Reference 647447	Parking will be along the west end of Fairfield Road / north end of Hawthorn

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	<p>661426. On road parking please be considerate of local residents.</p> <p>Heading West along the Southern Distributor Road A8082 at the third roundabout after the Three Witches (ASDA) take the third exit onto Stratherrick Road, proceed along this road for approx. 900m turning right at the traffic lights onto Lochardil Road. The Lochardil Pharmacy is located 200m down the hill on the Right on the edge of a small open grass parkland.</p> <p>Please take care when passing as competitors will be crossing the road.</p>	<p>Travelling west from Inverness on Telford Street, continue on to Clachnaharry Street and turn left at the traffic lights onto King Brude road. After around 750m turn right at the traffic lights onto Leachkin Road. Travelling from the south, turn left at the traffic lights at the junction of General Booth Road and Leachkin Road.</p> <p>Once on Leachkin Road, take the first left on to Kinmylies Way. Kinmylies Church is located 500m down the hill on the right.</p> <p>There may be a small number of overflow parking spaces at the Centre for Complimentary Therapy next to the church car park. Additional parking available at Charleston Academy (access to registration 200m via underpass).</p>	<p>Drive in Inverness postcode IV3 5LL Grid Reference 653455 . Please park considerately to avoid inconvenience to residents.</p> <p>https://goo.gl/maps/vs9958dtGAZmKQkZA</p> <p>Registration will be in the small car park immediately to the north of Hawthorn Allotments, Please do not attempt to park in here; it is for allotment users only (we have permission for 2 event cars only).</p>
Toilets	The nearest toilets are at ASDA Inverness Superstore about 1mile from registration.	The nearest toilets are at Charleston Academy Community Complex which can be accessed on foot (200m from registration) or by car (1.8km).	The nearest toilets are the Co-op at 74 Telford Street, Telford Retail Park, Inverness, IV3 5LS (0.5 miles from registration).
Event specific safety information	<p>The Short course is contained within the housing estates of Lochardil and Culduthel with a 20mph speed restriction. It crosses Balnakyle Road, which has traffic calming measures.</p> <p>The Long courses use the Lochardil, Culduthel and Holm areas with 20mph speed restrictions however care will need to be taken when crossing Stratherrick Road with a 30mph speed restriction, Competitors are urged to take extra</p>	<p>The Short course covers the housing estates to the West of General Booth road with a connecting section between the two General Booth road underpasses on the Charleston academy area of the map. Both courses require runners to pass the small car park adjacent to the Charletson Court shopping area. Please take extra care in this area.</p>	<p>The Short course is all in the parkland due to the adjacent roads being 30mph with a lot of parked car clutter. Wear long trousers and grippy shoes if you plan to cut corners. The Short course goes along the canal towpath - stay away from the water's edge.</p> <p>The Long course uses much of Dalneigh, and over Glen Urquhart road, which are</p>

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	<p>care crossing this road as it will be busier than the rest of the area. Always look carefully before crossing a road to check that it is safe to do so. There is an uncrossable pond in Culduthel woods. There is a steep crag to the West of Holm Primary School which the courses avoid.</p>	<p>Both courses use the two General Booth road underpasses for access to and from the Charleston area.</p> <p>The Long course requires runners to navigate around the parking area at the Charleston Academy Community Complex and shops. Please take extra care when in this area.</p> <p>Leachkin Road and General Booth Road are out of bounds.</p> <p>Always look carefully before crossing a road to check that it is safe to do so.</p>	<p>all 30mph so please take great care when crossing roads - look carefully first.</p>
Event Team	<p>Planner/Organiser: Steve Scott 07876491255 SI: Ronan Blackwood Safety sign off: Marsela McLeod</p>	<p>Organiser: Jenny Hall, 07881890585 Planner: David Hall SI: David/Jenny Hall Safety sign off: David Summers</p>	<p>Organiser: Alison Matheson 07814 952932. Planner: Finlay Raynor SI: David/Jenny Hall Safety sign off: Guy Seaman</p>

Maps: Please see event specific information above. For all events note that the green around the houses means that land is out of bounds because it is gardens; please do not enter. All pink areas (lines and hatching) are out of bounds. Thick black lines on the urban standard maps means an uncrossable fence/wall. Red crosses on a path or road mean that you cannot run along a road or route. A thick red line along a fence or stream mean you cannot cross that fence or stream.

SAFETY - in addition to the event specific safety information above please note:

Clothing/Shoes: Please wear a bright high visibility top / t-shirt; this is safer for road running. Metal dobs are not recommended for any of the events.

Urban orienteering involves road crossings. Always look carefully before crossing a road to check that it is safe to do so. All competitors should take the same precautions when crossing roads that they would take if not competing

Pedestrians, dog walkers and cyclists: As this is an Urban area, please be considerate to other pedestrians while you are out on the courses, take extra care if you encounter young children or animals.

Dogs and dog fouling may be present on all courses.

Courses close at 7.15pm PLEASE RESPECT THIS. The event organisers reserve the right to ask any competitor who misses the **7.15pm cutoff** to enter the shorter course or to start earlier at subsequent urban evening events.

The risk assessment for the event will be available to view at Registration.

First aid. A first aid kit will be at registration. The organiser will manage any incident involving an injury, but may not be able to administer first aid. The injured person may be required to go to Raigmore Hospital A&E (no more than a 15 minute drive). The organiser will assist in organising any transfer that is necessary,

Insurance: Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

Medical Conditions: You have the option of completing a medical form. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration in a sealed envelope that will only be opened if required and destroyed after the event.

BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:

1. Registration information will be recorded on computer. 2. Photos and/or names may appear on our website or in the media. We will seek permission where this involves young people. 3. Competitors are responsible for their own safety and for assessing their own abilities to complete the course. 4. Event results will be published on the internet and sent to British Orienteering. 5. Our data protection policy is here:

http://www.invoc.org.uk/docs/DPN_current.pdf