Lichfield Urban Orienteering Event

Venue:	**Lombard Car Park, Lichfield WS13 6DW**
Date:	**Tuesday 26th July 2022**
Parking:	Lombard pay and display car park, Cross Keys, Lichfield WS13 6DW. https://what3words.com/double.bench.curve. Charges apply until 6.30pm (£1 per hour upper levels)
Directions:	Starts will be by Stowe Pool (NE of the cathedral), a short distance from Lombard car park.
Registration and Entry:	Pre-entry through Google Forms (link here) so that maps can be printed. Payment on the night (we'll try and have a card option, but please bring cash in case). Closing date Thursday 21st July 2022.
Entry Fees:	Pre-entry for courses: Seniors £5, Juniors £2.
Start Times:	17.30 to 19.30 Hrs. Courses close at 20.30 Hrs. Sunset is about 21.10 Hrs.
Punching:	Courses will use Maprun virtual punching for recording. Further details for Maprun download are at the end of this document.
Competition:	Please note: this is a rearranged fixture and will not be part of the West Midlands Urban League. Beginners are welcome.
Courses:	Two courses: Long and Short. We will not be able to provide a road-free course for under 16s – under 16s must be accompanied by an adult.
Map:	Scale 1:5,000, 5m contours. Pre-marked maps on A3 waterproof paper. Full colour orienteering maps.
Terrain:	City streets, some pedestrianised, and alley ways.
Facilities:	Beacon Park toilets are open to 7pm and are about 14 mins walk away. Other toilets that are open will be in supermarkets around the City Centre (Tesco 7 min walk, and Morrisons / Waitrose a little further out). Whistles should be carried. Shorts can be worn.
Safety and Risk:	The organiser has carried out a risk assessment. Participants take part at their own risk & are responsible for their own safety during the event.
Privacy:	When entering our events your name may appear in the website results section.
Officials:	Organiser: Jonathan Howell (WCH) – jvhowell9@gmail.com Planner: Andy Yeates (WCH)

Course	Distance	Controls
Long	5.9 km	20
Short	3.6 km	11

These are the straight lines distances, the actual distance you will run will be significantly more.

Safety:

- Please take care when crossing roads at all times. All roads will be open to traffic and there are no marshalled road crossings on any course. It is your responsibility to cross roads safely.
- All courses cross main roads in Lichfield.
- Any junior aged 15 or under on the day of the event MUST be shadowed by an adult.
- The railway line is marked out of bounds. This may only be crossed using the public bridges.
- Stowe and Beacon Parks contain a pond and stream. Take care when near the water.
- Shorts may be worn. In the event of inclement weather, the organiser may require a cagoule to be carried.
- Please be considerate to members of the public.

MapRun App

- **Important note: We will be using MapRun6 for this event. If you have not done so already, please** install MapRun6 on your smart phone, or upgrade from MapRunF. Once installed, you need to enter a small amount of personal information – name and so on – to identify yourself in the results system. MapRun6 has enhanced responsiveness in getting an initial GPS fix and getting the best possible tracking throughout the run compared with MapRunF, and also has some new event set-up options for the organisers.

- We will tell you how to access the relevant file at the registration car (in Lombard Car Park). If you'd like to run with a Garmin watch instead of your phone, follow these instructions as well.

- At registration, you will be given the PIN code. Press 'Go To Start' in the app. When you are ready to start, enter the PIN (if using your phone). The instructions for running with a Garmin watch is slightly different and can be found in the link above. As you approach the start, your phone / watch will ping which starts your race time – and the start official will then give you the map.

- Once the app starts (audible ping) find the controls in the specified order. Your phone / watch should vibrate and beep each time. There is nothing physical on the ground to mark the control point - your phone / watch should register when you're in the right place.

- You **must** report back to the registration car after you've finished, otherwise we won't know you are safely back and we'll have to phone you or your emergency contact.

- **Important note: Do not run past the start/finish partway around your course (unless actually finishing), because the App will assume you've finished and stop your time.**