

FINAL DETAILS Tamworth Urban Race.
Monday 2nd May 2016.

Walton Chasers welcome you .

TRAVEL & PARKING

The event is based in Tamworth Town Centre, the best car park to use is the multi-story at the Ankerside Shopping Centre. This will allow you easy access to the venue without straying into the competition area. The cost is £3 for up to 5 hours.



Postcode B79 7LG, just off Ankerdrive.

PLEASE FOLLOW THE DIRECTIONS BELOW TO AVOID ENTERING THE COMPETITION AREA BEFORE YOUR RACE.

Once you have parked please follow the shopping centre signs and walk into the shops, turn left onto the main indoor shopping corridor. Carry onto the far end and exit behind the coffee shop that is in front of [Boots the Chemist](#). The Bandstand is straight ahead.



The Ankerside car park has a height restriction so is unsuitable for Camper Vans and Mini Busses. Alternative parking is available next to the ODEON Cinema. 50 Bolebridge St, Tamworth B79 7PB. Please use the pedestrian crossing to cross over and enter Ankerside through the multi story car park.

VENUE.

The assembly area will be on the lawns just below Tamworth Castle in the Castle Grounds. We have been given kind permission to use the bandstand which will accommodate enquiries and download. The Finish will be adjacent to this. There is room for small club tents on the lower lawn. The area around assembly can be busy with the public so please be courteous and take care of your possessions.

Toilets are available in the park a couple of minutes walk away, there are also toilets in the adjacent Ankerside Shopping Centre. There is a café in the park and there are many more in the town.

ENTRIES.

Entries by Fabian 4 will remain open until just before midnight on Thursday 27th April. There will be limited entry on the day subject to map

availability. On the day entry Fees entry £8 (+£2 for Non BOF Members) and £3 for juniors. Hire of Sport Ident card £1.

START.

The start will be very close to assembly, allow 2 minutes to get there.

Start times will not be pre allocated, please arrive in your chosen start block and you will be given a time. Call up will be 3 minutes before your start.

Early 11:00 – 12:00

Middle 12:00 – 13:00

Late 13:00 – 14:00

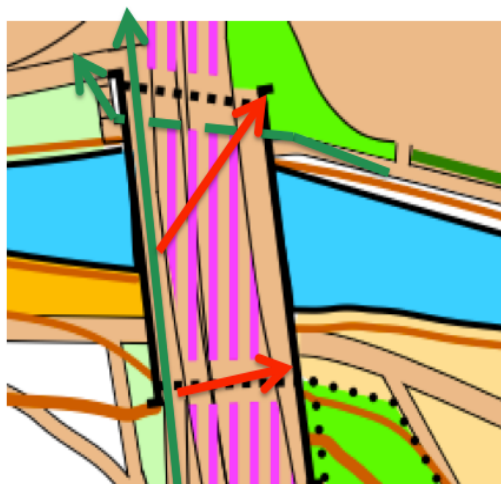
MAP.

The map is drawn to ISSOM at a scale of 1:5,000, is A3 size and will be printed on waterproof paper. Descriptions will be printed on the front, loose copies will also be available at the start.

The large round boulder symbol has been used to show circular pipe vents that are about 1m in diameter and 0.5m high. The statue symbol depicts various statues, monuments and flower pots.

- Concrete Drain vent
- Statue, monument, or Flower pot

Main roads have been marked out of bounds but the pavements alongside them may be used. The hatching has been broken to reveal the underpass symbol but this does NOT mean the road can be crossed.



Green routes over bridge on pavement and under bridge by riverbank are allowed, Red routes over road are not allowed.

COURSES

	Course	Length (estimated)
1	Men's Open	6.5 km 34 Controls
2	Women's Open Men's 40+	5.4 km 28 Controls
3	Men's 55+ Women's 40+	5.1 km 30 Controls
4	Men's 65+ Women's 55+	4.6 km 25 Controls
5	Women's 65+	3.9 km 20 Controls
6	Men & Women 16-	2.2 km 20 Control
7	Men & Women 12-	1.4 km 15 Controls

There is minimal climb on all courses with most of any climb being towards the finish, which is on the upper terrace near the castle. As usual it is not always easy to convey 3D features on an urban map. There are several changes of level at different points on the map. Although the fast roads and the dual carriageways are out of bounds, in two places in the eastern half it is permitted to cross the river on the pavements at the side of these elevated roads and these pavements can be accessed by paths from the park areas. Do not cross these roads and the courses are planned so as to offer better routes on the paths. Other paths may go under the roads and the dotted line symbol should emphasise this.

There are 3 controls on upper levels and all the senior courses have at least one of these. Whilst the higher level may be inferred from surrounding features, such as stairs or ramps, it will be useful to check the control description for the location.

EQUIPMENT.

Shorts may be worn. As a proportion of the courses distance will be over grass and un-surfaced tracks appropriate footwear should be chosen.

SAFETY.

All roads marked out of bounds must not be crossed. All railways are dangerous and out of bounds. All water features are un-crossable and no attempt should be made to jump, wade or swim. The currents in the rivers can be strong and dangerous.

The area will be busy with people on foot and cycles, several paths with parallel cycle and footways cross the area. Please be careful when going around blind corners to avoid collisions. The longer courses will cross minor residential roads, please look carefully before you cross.

There will be a traveling fun fair in the park, this is out of bounds during the race and courses are planned to avoid it.

Basic first aid will be available. Sir Robert Peel Hospital (Plantation Ln, Mile Oak, Tamworth B78 3NG 2 miles away can treat minor injuries.

YOU MUST DOWNLOAD AFTER YOUR RUN, EVEN IF YOU RETIRE.

AFTER THE EVENT.

We hope you will take time after your run to enjoy Tamworth. The Castle will be open as will the fun fair and many shops and restaurants.

Officials.

Planner	Johnathan Howell
Organiser	Allan Williams 07730734095
Controller	Neil Lawford.

Thanks to Laura Hastilow, Elanor Hazelhurst and the staff at Tamworth Borough Council for supporting this event.

