

City of Lancaster Urban Race

(Day 2 of the SROC Lancaster Urban Weekend)

Sunday 23rd September 2018

www.sroc.org



Final Details

Location

The event centre will be based at the University of Cumbria (Lancaster Campus).

Grid Reference for Sports Centre SD486610

Nearest Post code for Sports Centre: LA1 3DX

Directions

Post code for parking: LA1 4BS (26 Bowerham Road)

From the north: from M6 junction 34 follow signs for Lancaster. Follow the A6 and signs for 'universities'. Continue until the first roundabout and take the first exit (follow sign for University of Cumbria) continue up Bowerham Road. Car parking will be signed at the entrance to the campus.

From the south: At junction 33, take the A6 exit to Lancaster (South), at the roundabout take the 2nd exit and follow A6. Go through Galgate and past Lancaster University. After the first set of traffic lights take the first on the right past BP garage. Follow Barton Road, at the mini roundabout carry straight on down Bowerham Road. The university entrance is on the right after 0.2 miles. Follow signs to parking.

Parking

Parking is on campus, there is no charge on Sundays. If the car park is full you can park on the surrounding streets. Alternatively, there is a large car park at Williamson Park which is close to registration. **There is a strict speed limit on campus and courses do cross the access road: please give way to any runners**

Registration, enquiries and download

Registration, enquires and download will be in the University of Cumbria Sports Centre. We have

access to toilets and changing facilities if required. If you require refreshments the café in Williamson Park is only a short walk away. As the café is in the competition area for courses 1,2,6 and 7, competitors on these courses should only use the café after their runs.

There will be limited EOD and it will depend on map availability, online entry preferred

https://www.sientries.co.uk/event.php?elid=Y&event_id=4586

If you have requested to hire a SIAC card this will be available for collection at registration. There is a £40 charge for lost or damaged hired SI Cards.

Starts

Starts times 10:30 -12:30

Junior start times 11:30 –12:30

Junior courses start in Williamson Park, less than 270m from assembly. The route to this start includes crossing Wyresdale road which can be quite busy so please ensure juniors are accompanied to the start. The junior start is on the way to the main start.

The start for senior courses is approximately 700m from assembly.

The routes to both starts will be taped.

Start times are not being allocated.

Start procedure

Start blocks (Early, middle or late) will be allocated to competitors and published on the Sportident website. Competitors will be notified by email.

Pre-start at -4 minutes. Loose control descriptions (-3) and example maps (-2) will be available. Control Descriptions will also be printed on the maps. Courses 1- 5 will use the IOF Standard description format. Courses 6 and 7 will use text descriptions.

A punching start will be used by all competitors

Timing

The event will use the Sportident timing system and all SI cards can be used for courses 2-7. All controls are SIAC enabled and can be hired online or at the event. SI cards will be available for hire at registration.

Course 1 has 34 controls. If you are running this course and have an SI card which cannot accommodate this number of controls (SI-5 or SI-8), please visit registration to borrow a larger capacity card before your run.

Finish

All competitors must report to download, even if they retire or do not complete the course. The courses will close at 14:30 prompt. The finish will be adjacent to the car park.

Map

New map - 1:5,000. Original survey 2017 by Dave Peel. 5m contour intervals. Maps courses 1 - 5 (A3 size), courses 6 - 7 (A4) will be printed on waterproof paper.

Competitors must comply with the ISSOM forbidden crossing symbols for fences, walls, buildings and vegetation. Legends WILL NOT be printed on the map and will be available to view at Registration.

Terrain

A varied mix of residential, mostly terraced streets, town centre, White Cross industrial business park, complex university campus and ornamental parkland (Williamson Park). All courses use the University of Cumbria campus which is also the location of the car park and assembly, so please keep to marked routes on campus before your run.

Courses 1,2,6 and 7 visit Williamson Park. The park has steep slopes and many crags, but courses have been planned to avoid the need to negotiate the steeper slopes. Juniors should be advised not to attempt to cross any crags. There is a small lake in the park which is shallow but not to be crossed.

Lancaster is hilly so all courses (apart from course 7) have some noticeable climb. There are also a range of surfaces including metal stairways, York stone pavements, cobbles and steep paths which can be slippery, especially when wet. There are minimal grass / soft surfaces in the town, but competitors may run on grass in the park and the University campus. The Lancaster canal also runs through the competition area so take care if/when using the towpath.

The town centre has some narrow streets and alleyways, and competitors will be occupying the same space as shoppers and visitors to the town, please be considerate of others and take corners wide and slow.

Safety

- Competitors take part at their own risk and are responsible for their own safety.
- Car keys may be left at Enquiries/Download, if necessary. Competitors travelling alone should leave their car keys and particulars at Registration.
- Competitors on junior courses (6 and 7) have a manned road crossing. Please ensure juniors are aware of this and know to only cross when advised it is safe to do so. This crossing will not be timed out.
- Competitors on course 6 also use an area of quiet roads.
- Senior courses (apart from course 5) have been planned to cross the main A6 road through Lancaster twice. This is one way, but traffic can be quite heavy. There is ONE 90 second timed out crossing, as indicated on the description sheet, where competitors should use the nearby pelican crossing. For the other crossing competitors should have clear visibility of traffic and enough distance to allow them to cross between batches of traffic, it is a one-way street and you will be facing oncoming traffic. Please do not risk your own safety or the safety of

others when crossing any roads.

- Although White Cross industrial park is not in use on Sundays, competitors should take care as there may be unmarked items in the area such as skips, piles of pallets or other industrial materials.
- First Aid will be available from Enquiries/Download. The nearest A&E is at Lancaster Royal Infirmary (0.6miles from the event centre). A map of its location will be on display. Grid ref: SD477609 Post code: LA1 4XA

Courses

Course	Recommended Age Classes	Provisional Length	Climb	Controls
1	MO	8.3	180	34
2	MV / WO	7.1	155	28
3	MSV / WV	5.9	115	28
4	MUV / WSV	5.1	100	22
5	MHV / WUV / WHV	4.0	85	21
6	M16- / W16-	3.3	115	19
7	M12- / W12-	2.1	35	17

Dogs

Dogs on leads are welcome and are allowed in Williamson Park.

Results

There will be live results during the event and results will be posted on the club website on Sunday evening. Route gadget will be available for this event.

Cancellation

If it is necessary to cancel the event, a notice will be placed on the SROC website. The Organiser may be contacted if required. Competitors entered through Sportident will be notified by e-mail.

Acknowledgements

SROC are very grateful for the support from the following organisations:

Lancaster City Council

Marketgate shopping centre

University of Cumbria

Lancashire County Council White Cross

Williamson Park

Officials

Controller: Graham Nilsen (DEE)

Planner: Jane Anthony (SROC)

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