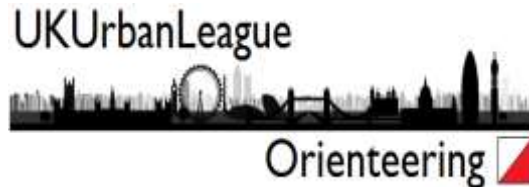




DEE Urban Race Frodsham (UKUL)

Sunday 20 August 2017



Final Details

Directions

Frodsham is located close to the M56 (junction 12). The event will be signposted from the traffic lights in the centre of Frodsham at the junction of the A56 and the B5152. The event is accessible by rail as Frodsham station is a 5 minute walk from registration. Trains run from Manchester, Chester and Warrington (for connection to London and the south).

Location

Car Parking and Registration at Frodsham Leisure Centre (WA6 6RX). Grid ref SJ517776.

There is free overflow parking in the village centre behind WH Smiths (2 minutes walk to registration) and in the large station car park at the SE side of the railway station (4 minute walk).



- P1 Station car park (4 minute walk) from registration
- P2 Car park with entrance between WH Smith and Costa coffee (2 minute walk)
- R Registration

Map and Terrain

Map by Mike Hampton based on aerial photographs and LIDAR data at a scale of 1:5,000 for all courses except course 7 which is at a scale of 1:2,500. Mainly paved surfaces, but also some parkland. Course 1 might (dependant on your route choice) include a very short section of footpath which could be muddy after heavy rain

Starts 10.30-12.30

The start for courses 1-5 is in the Leisure Centre car park.

The start for courses 6 and 7 is in Castle Park which is a 5 minute walk from registration. The walk involves a road crossing which will be marshalled.

Maps for all courses will be issued at the start.

Start times will be posted on the Fabian web site on Friday 18 August.

Entry on the Day

Entries will be taken on the day for all courses whilst maps last. Registration opens at 9.30. Entry fees are £10 for seniors and £5 for juniors and students.

Finish

All courses finish in Castle Park 5 minutes walk from registration. Please take care at the marshalled crossing point.

Footware and Clothing

All competitors are advised to wear trainers with some grip. Shorts are allowed but route choices may involve footpaths which have some limited undergrowth, particularly stinging nettles.

Dogs

Dogs are not allowed in the Leisure Centre. Whilst dogs are allowed on the streets we discourage taking them on a course.

Punching Sportident will be used. This will be a normal punching event. Controls will not be enabled for contactless punching with SIACs. Normal dibbers will be available to hire on the day - £1.00.

Courses (Provisional. Subject to final controlling)

Course	Men's class	Women's class	Distance Km	Climb m	Controls	Map
1	Men Open		8.3	150	28	1:5,000 A3 (2 sided)
2	Vet men M40+	Women Open	6.9	125	24	1:5,000 A3 (2 sided)
3	Super vet men M55+	Vet women W40+	5.8	115	23	1:5,000 A3
4	Ultra vet men M65+	Super vet women W55+	4.3	60	21	1:5,000 A3
5	Hyper vet Men M75+	Ultra vet women W65+ Hyper vet women W75+	3.7	30	20	1:5,000 A3
6	Junior men M16-	Junior women W16-	2.7	40	16	1:5,000 A3
7	Young junior men M12-	Young junior women W12-	1.6	30	12	1:2,500 A4

Under 16s: It is a requirement of British Orienteering's Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed-limited traffic. With this in mind it is important to note that anyone under the age of 16 may only take part on their own on Courses 6 and 7. To take part on any other course, they must be accompanied or shadowed by an adult.

Course 6

Due to the shape of the area available for junior courses, course 6 includes 'butterflies', i.e. controls that are visited more than once. This maybe unfamiliar to junior competitors and they should be aware of this layout to avoid possible confusion.

Shadowing

Any juniors being shadowed on any courses are non-competitive, as is the shadower unless they have already run.

Safety

Courses 1,3,4,5,6 have a timed-out road crossing. Please exercise care at this crossing point which will be marshalled.

Courses 1 and 2 cross the B5152 which runs north/south and is fairly busy. There are 2 pedestrian crossings on this road which are marked as crossing points on the map. Whilst these crossing points are not compulsory they lie on the most obvious route choice and it is advised that competitors use them.

It is your responsibility to take care on all roads. The race area contains residential cul-de-sacs, which may contain light traffic.

There are some blind bends in the narrow alleyways. It is likely that other competitors and, more importantly, the general members of the public could also be in these locations. Therefore take care, go wide and adjust your speed as you go around corners to avoid accidents occurring.

YOU MUST DOWNLOAD BACK AT THE LEISURE CENTRE EVEN IF YOU ABANDON YOUR RACE. This is a safety check to ensure that all competitors are back. **COURSES CLOSE AT 14.30.** If you have not finished by then please return to the Assembly Complex and download.

First Aid First aid cover is by qualified Deeside club members. Two first aid kits will be available at registration in the Leisure Centre. The nearest A&E dept is Countess of Chester Hospital, Liverpool Road, Chester CH2 1UL. Maps will be available at registration.

Catering

There is a nice café in Castle Park near the junior starts.

There are a number of cafes in Frodsham village a short walk away from registration.

Acknowledgements Thanks for access and facilities are due to Frodsham Leisure Centre, Frodsham Town Council, Frodsham Community Centre, Cheshire West and Chester Council and many local businesses.

Organiser John Padget (DEE) 01928 733772

Planner Jean Payne (DEE)
Controller Ian Watson (MDOC)
Assistant Controller Andrew Payne (DEE)

**COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE
FOR THEIR OWN SAFETY**