

FINAL DETAILS for

The Lincoln City Race 2021



Forming part of the East Midlands Urban League

Travel

The event will not be signposted, nearest Post Code is LN1 3BU. It's advised that all competitors use the A46 Lincoln Bypass to access the event. Pelham Bridge is currently closed for repairs which has caused congestion in the center of Lincoln over the last few weeks.

Car Parking

There is plenty of free on street parking on a Sunday on the streets surrounding registration. There are also several pay and display car parks in the area including one at the Lawn.

Assembly/Registration

Assembly is on the grassed area at the South of the Lawn. Registration and download is open from 10:00am. Refreshment and food are available in the Lawn Café.

What3words: tips.breath.again

Toilets

There are public toilets at Castle Square approximately 400m from assembly.

EOD

There is no entry on the day. There may be limited late entry, map numbers permitting. Any requests should be sent to Craig Lucas using welfare@logonline.org.uk

Start

The start is 150 metres from the assembly area, route will be taped. It is a punching start. Start times are from 10:30am - 12:30pm, individual time slots will be allocated. Courses close at 2pm.

Call up and safety notices will be on display at -4 minutes. Loose control descriptions for all courses are available at -3 minutes. Descriptions on all courses are pictorial and they will also be printed on the back of map. There will be a blank map of the area available for viewing at -2 minutes.

Finish

The finish for all courses is 150m from the assembly area and the route will be taped.

Map

1:5000 to ISSprOM 2019 standards, with 2021 updates, printed on waterproof A3 sized paper. A limited legend denoting all the uncrossable features and OOB areas is on the map, and if you are new to Urban Orienteering, please take time to study this, noticing all the places you must not go. In particular, note that any area shown on the map as purple, olive green or dark blue is not to be entered. Purple hatching shows out of bounds areas. Thick black lines **MUST NOT BE CROSSED**. All out of bounds areas listed above are to be strictly adhered to.

Controls

This is an SI and SI air electronic punching event. Expect to find the SI boxes within wooden boxes, attached via gripples to the control feature, along with the standard kite.

Please note: If using SI air the Start and finish controls must be punched.

Safety

Competitors take part at their own risk and are responsible for their own safety. If travelling alone, or if you want us to ensure your safe return, please leave car keys at registration. A mobile phone number attached would allow us to ring you to find out where you are.

All courses cross roads, some of them reasonably busy, so be aware of traffic. All courses have at least 1 timed-out road crossing, all of which use pedestrian crossings. Please wait for the green man to cross, the time outs have been calculated to allow you to wait for it to be safe to cross. In addition, the adult courses will all cross minor roads, please be careful when crossing.

Please be courteous to pedestrians encountered and take care also turning blind corners, particularly around buildings, in narrow alleys and going up and coming down steps. Please slow down and run wide on corners. If it is wet, some of the surfaces can be slippery. The terrain will be a mixture of tarmac, open parkland and woodland tracks. First Aid available at Enquiries. Local Accident and Emergency - Lincoln County Hospital, Greetwell Road, Lincoln, LN25QY. Tel: 01522 512512 .

Courses

Course lengths and no. of controls are as follows:

1 (*Men's Open*): 7.9km, 30 controls, 125m climb.

2 (*Women's Open/Men's Veteran 40+*): 6.7km, 27 controls, 90m climb.

3 (*Women's Veteran 40+/Men's Super Veteran 55+*): 5.1km, 19 controls, 100m climb.

4 (*Women's Super Veteran 55+/Men's Ultra Veteran 65+*): 3.7km, 17 controls, 80m climb.

5 (*Women's Ultra Veteran 65+/Women's Hyper Veteran 75+/Men's Hyper Veteran 75+*): 3.2km, 14 controls, 80m climb.

6 (*Junior M/W 16-*): 4.0km, 21 controls, 85m climb.

Results

Results will not be available at assembly but there will be live results on the LOG website (technology permitting). All splits will have a QR code you can scan to get to the results page. Routegadget will also follow soon after the end of the event.

Officials

Organiser Sean Harrington 07484123497; sean@logonline.org.uk

Planner Craig Lucas (LOG)

Controller Brian Slater (HALO)