



Invite you to

A West Midlands Urban League Orienteering Event

Meeting At The Quarry Park, Shrewsbury, On Sunday 25th August 2024

Car Parking: Please use town centre car parks, there is a tiny car park at the swimming pool, please do not park here. Bridge Street car park and St Austins Street car park are both close by and charge £1 hour on a Sunday. Postcode SY1 1QH. Free on road car parking can be found outside of the river loop, Woodfield road for instance has no restrictions on a Sunday. From here head down Pengwern Road and cross the river via Port Hill bridge.

Assembly: Assembly will be at the Quarry swimming and Fitness centre, Priory Road, Shrewsbury, SY1 1RU and the start/finish will be located adjacent to here in the Quarry park.

Map: 1:5000 with 2.5m contour intervals, printed on A3 waterproof paper, updated 2024 by Rod Postlethwaite.

Terrain: Shrewsbury is one of England's finest medieval market towns and has 660 listed buildings. It was the birthplace of Charles Darwin.

1. **Courses:** Juniors under 16 can only run courses 6 or 7 unless accompanied by an adult. You can choose to run any course, the below are guidelines. Plus you must run these course if you wish to be competitive in the WM Urban league in your age class.

1. Men Open 18-35
2. Men Vets 40+, Women Open 18-35
3. Men Super Vets 55+, Women Vets 40+
4. Men Ultra Vets M65+, Women Super Vets 55+
5. Men Hyper Vets 75+, Women Ultra Vets 65+ Womens Hyper Vets 75+
6. Junior Men, Junior Women 16-
7. Young Junior Men and Women 12-

Course Information

1. 7.3km , 140m, 27 controls
2. 6.0km, 110m, 22 controls
3. 5.3km, 100m, 21 controls_____
4. 4.3km, 40m, 20 controls
5. 3.2km, 70m, 15 controls
6. 2.6km, 25m, 11 controls
7. 1.2km, 10m, 9 controls_

Course distances have been measured straight line, so you should expect to run 30% more distance than the course lengths listed.

Entries: Seniors £8. Juniors £3. Please pre enter via Fabian4. Entries open 22/07/24, and will close at the end of day on Sunday 18th August. There will be limited map availability for entry on the day.

Starts: Starts from 10:30 to 12:00. Courses close at 2pm. If there is a large entry starts will be extended until 12:30. There will be no start times, just turn up and start when you are ready.

Facilities: The quarry swimming and fitness centre has a cafe serving hot and cold drinks, pizza, sandwiches, baguettes, cakes and snacks.

Toilets are available at the swimming centre and in the park. The 33m swimming pool will be open if anyone wants an after run swim.

Sportident: Electronic punching will be used. Controls will be SiAC enabled but you will need to punch both the start and the finish controls. Dibbers available to hire £1 Seniors, Free Juniors. Lost dibbers will be charged at £40.

Safety: Competitors take part at their own risk and are responsible for their own safety. Please take care crossing roads, and take corners wide to avoid collisions. Please remember to download after your run, or you will be deemed as missing and a search will take place for you. Shorts are permitted.

Dogs: Dogs Welcome, but no dogs on courses except assistance dogs. Please pick up after your dog.

Organiser: Diane Jacks dijacks68@gmail.com

Planner: Clive Richardson

Controller: Kerstin Mitchell