

THE ROUTE

A searching challenge,
your most memorable journey

PARTICIPANT INFORMATION PACK

SATURDAY 8TH APRIL 2017
THAMES CHASE, UPMINSTER

WWW.THE-ROUTE.CO.UK



WELCOME TO THE ROUTE



FROM BRITISH ORIENTEERING

We're delighted to welcome you to Thames Chase to take part in The Route.

This event is a new initiative aimed at making orienteering more accessible to the general public in a fun and vibrant way.

Orienteering at its best is getting the chance to explore beautiful locations with a bit of guidance. Whichever of the events you have chosen to have a go at, you will certainly get to experience that today.

As a national governing body, we want to see more people taking up orienteering on a regular basis. We hope that today's event will whet your appetite for more. If that is the case and you'd like to find out more about orienteering opportunities near you, then visit our website www.britishorienteering.org.uk or have a chat with some of our staff who are at the venue today.

Good luck and have fun!

Best wishes,

Mike Hamilton
Chief Executive
British Orienteering

FROM THE ORGANISERS

We've had a lot of fun coming up with these challenges for you and we hope you have the same fun by taking part in them.

The three different challenges have been designed to appeal to a variety of personalities and the way people like to participate. Whether you're after a high intensity blast of activity or a gentle walk with some exploration thrown in for good measure, then we've got it covered.

Please have a good read through this information booklet so you will be fully prepared for the event.

We hope you have a great morning!

The Perfect Motion & TrailPlus teams

SCHEDULE OF THE DAY

08:30 Registration Opens

10:00 Start window opens for **THE ROUTE** to begin

10:30 Start window closes - all participants must have started by this point

11:30 End of Event - all participants must return to the Hub

11:45 Presentations

12:30 Event Close

BEFORE YOU ARRIVE

The only thing you need to do before the event is prepare yourself and your kit for the race. Make a note of the car parking options available to you later on in this information pack and plan your journey accordingly based on the access times.

GETTING THERE & CAR PARKING

The event takes place at Thames Chase in Upminster.

Address: Thames Chase Forest Centre at Broadfields, Pike Lane, Upminster, Havering.

Post Code: RM14 3NS (More info on parking can be found at www.forestry.gov.uk)

The entrance to the event hub is located off Pike Lane. There will be signs from the road directing you to the correct turn in.

There is ample car parking available on hard standing terrain. **Please note that Forestry Commission car parks are pay and display and will be charged at local rates, so please bring change with you.**

ON ARRIVAL

When you arrive please report to Registration marquee which will be located within the car park and will be clearly signposted.

In here you will be given your running bib, which you will need to attach to the front of your outermost layer of clothing with the safety pins provided.

You will also be given your 'dibber' which is a little stick, similar to a memory stick, that you will use to score points throughout the challenge. Each location has a control point that you will need to insert your dibber into in order to register your points. These **MUST** be returned at the end of the event.

TOILETS

Toilets will be available within the visitor centre close to the event hub.

BAGGAGE

There will be a manned baggage area within the Registration area. Please note that we cannot guarantee the safety of any item(s) left in this area. All baggage shall be left at the owner's risk. Given the proximity to the car park, we suggest all belongings are left securely in your car.

KIT, FOOTWEAR & CHANGING

Unfortunately there will be no changing facilities at the venue. Please arrive ready to participate and bring appropriate changes of clothes for after the event. You'll be mainly using existing tracks and trails during your challenge and the going underfoot should allow you to get into a good rhythm. However, the ground will be uneven and possibly muddy and slippery so we would recommend using trail running footwear or sports shoes with a good grip.

FIRST AID

Medical support will be present within the event hub. You should be relatively fit and have no known medical conditions.

WATER

Participants will be issued with water on the completion of the event. For anything required during the event, please bring this with you.

REFRESHMENTS

Hot drinks and snacks will be available from the café situated within the visitor centre.

RESULTS & PRIZES

All participants will receive a print out of their results on completion of the event after handing their 'dibber' back in. The results will then be uploaded to the event website www.the-route.co.uk by Tuesday 11th April.

All participants will receive a medal for taking part in the event.

There will be a prize for the top male and top female in each of the three categories- Route Breaker, Route Camp and Route Runner. There will also be a prize for the top pair in Route Breaker.

PHOTOGRAPHY

Staff at the event will be aiming to capture as many shots of you as possible. These will be made available via the event's social media feeds after the event. If you take any photos yourself while out on course, or after you finish, please share them with us on social media too.

ROUTE BREAKER

Your aim is to build the highest score possible within the time limit. The scoring for this event is akin to that used in snooker.

You must visit a red control point first which is worth one point. You will then need to choose a coloured control point to visit next. As in snooker, the colours have a different points value attached to them with the controls with the highest points being the furthest away.

You then keep building your score in this way- Red, Colour, Red, Colour- and so on. You may only visit each control point once during the challenge. The control points will not allocate points if you have already been to that point before. It will also recognise if you don't do things in the correct sequence.

So, your challenge is to plot a route that you can complete within the time frame that will also give you the highest score.

In the event of more than one person, or pair, achieving the same score, time taken to complete the challenge will be used as the next deciding factor.

ROUTE CAMP

Your aim is to build the highest score possible within the time limit by finding control points and then completing a gym challenge that relates to the control point that you have visited.

In this challenge you will be coming and going from the event hub throughout as you will need to return here to complete your gym challenge after finding each control point.

The points with the highest gym challenge points on offer are going to take longer to reach and find. And of course, the challenge you have to complete will also be the most challenging.

You may only visit each control point once and the system will recognise if this is not adhered to.

In the event of more than one person, or pair, achieving the same score, time taken to complete the challenge will be used as the next deciding factor.

ROUTE RUNNER

Your aim is to build the highest score possible within the time limit by plotting yourself a route that you can complete within the time frame that gives you the chance to visit the most control points. Generally, the further away the control point, the higher the points' value.

You may only visit each control point once and the system will recognise if this is not adhered to.

In the event of more than one person, or pair, achieving the same score, time taken to complete the challenge will be used as the next deciding factor.

THE START

The start window for the event is between 10am and 10:30am. All participants must have started by 10:30am.

When you are ready to start, you will need to enter the holding area. Once in here, you will be given the map for whichever challenge you have chosen to take part in.

To get underway, you will have to place your 'dibber' into the START control point. After that, you are free to set off.

There will be a briefing via the event commentary to remind you of the key info you need to remember.

ON ROUTE

When you are out undertaking your challenge you will be visiting various control points situated around the venue. Some will be fairly obvious to see, others will be a bit harder to find.

A key thing to remember as you search for your controls is the colour associated with your challenge. Your bib number will be a handy reminder as this will be in the same colour.

Basically, you are looking for control points with a sign above them that is in the colour of your challenge. If there isn't a sign with your colour, then that control point is not relevant to your challenge.

With there being three different challenges happening at the same time, some control points are being used for all of the challenges and so may have more than one coloured sign above them with a different number. The best thing is to just ignore all of these other signs and only focus on those in the colour of your challenge.

THE FINISH

Whether you whizz around the course and finish well within the time limit or you scrape in by the skin of your teeth, you will need to insert your 'dibber' into the FINISH control point when you return to the finish of your event.

You will be rewarded with a medal and bottle of water and will then be directed to the Results tent. You will hand your 'dibber' to the results guys who will download your results and give you a print out of how you did.

There will then be announcements via event commentary to read out the results. If you are the top placed male, top placed female or top placed pair (Route Breaker only), then you will have won a small prize which you will be invited to collect from the stage.