

Final details for the York Indoor Cup on Saturday 28th October 2023.

www.eborienteers.org.uk

Millthorpe School has kindly given permission for an **indoor** orienteering event (yes you can run in the corridors!). Courses will take place in the corridors, rooms and stairways of the school. The A3 map (surveyed by Steve Whitehead, drawn by Oli Johnson 2023) will in fact show the 4 floors on separate maps, one above the other and some legs will involve navigating between floors. There are 41 sets of stairs and 182 internal doorways on the map... **external doors are not mapped.**

SEE ADVICE AND SAMPLE COURSE ON PAGE 2 below.

Directions: “**Indoor Cup access**” location map, page 3 below.

The school is 10-15 minutes walk from York Railway Station. Parking from 11am is in the school grounds on hard standing. Note there is on street parking near the school and on Knavesmire Road or parking on the school site. Approach via the top of Philadelphia Terrace YO23 1DH. **The roads near the school are narrow between parked cars – please be courteous to locals. Drive with care in the school grounds.**

Assembly: Registration, assembly, start and finish will all be situated in the school hall as shown on the page 3 below. Toilets in the nearby sports hall.

You can leave clothing bags at assembly at your own risk.

Entries: Adults (21 and over) £8.00 **before** 23th October, entry on the day £10.

Students and Juniors (under 21) £4.00 **before** 23th October, entry on day £5.00.

SI dibber hire: £1.00 senior, £0.50 junior - £30 replacement cost if lost.

BEGINNERS ARE ALWAYS WELCOME – ASK IN THE HALL FOR ADVICE AND HELP

Pre-entries <https://racesignup.co.uk/site/event.php?eventid=3656>

There will be entry on the day while maps last but the total entry will be limited to 300 for safety reasons so **CHECK THE EBOR WEBSITE BEFORE TRAVELLING IF YOU HAVE NOT PRE-ENTERED.**

Registration 11 to 12 noon.

Starts : Starts will be from noon.

Start times: **12 noon to 13.30 (may be extended).**

Courses: Men’s open.

Women’s open.

Both the above courses have butterfly loops – you might not do these in the same order as the person you dib the common control with so don’t just follow them! Use your map carefully to find which control you need to visit next.

*Short Technical (this avoids the dark cellar with uneven floors and low ceilings).

*Introductory.

* competitors on these two courses will have bibs permitting a cellar bypass route.

Please bring safety pins if you have them.

Prizes: Prize-giving 2pm. Top 3 on courses Men’s Open, Women’s Open; top 3 MHV and WHV on Short Technical; top 3 M and top 3 W juniors on Intro. Six other juniors who do well on technical courses.

Dogs: Not allowed.

Safety: Competitors take part at their own risk. This event takes place indoors and has a different set of risks. Keep your wits about you. Look where you are going and we recommend running wide at corners. Please use hand rails on the stairs Where stairs are narrow, allow those going down to hold the rails. **If the fire alarm sounds, leave the building by the nearest fire exit and assemble in the car parks well away from the building.**

Dry clean shoes please.

Please bring your own water.

Officials: **Planner** Gerry Symes (AIRE); **Controller** Steve Whitehead; **Organiser** Penny Bickle;

SAFETY

1. Look where you are going!
2. Run wide at corners!
3. Don't fall down the stairs – hold the rails!

The Course

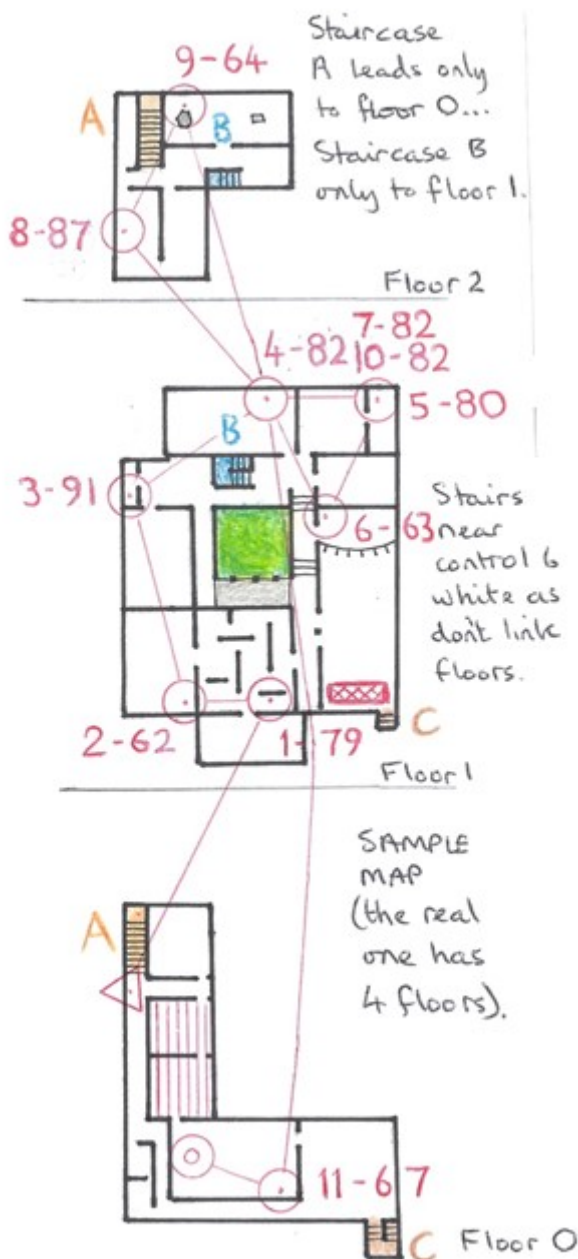
Control Codes are given next to the control number on the map. There is a butterfly loop in the example below where control 82 is visited 3 times. The Men's and Women's courses have a butterfly route. The dot in the centre of the circle shows the location of the control – there are no control descriptions.

The Map

The scale is 1:750. There is no North arrow. Compasses don't work in many places. The map is oriented to the west, not north, so that the floors can be aligned from top to bottom on the A3 map.

Only stairs which are coloured and have a letter change the floor. Going up or down white stairs does not change the floor you are on.

It's tricky – in the example shown here there are two very different routes from the start to control 1.



Legend:

- External walls
- Underpass
- Courtyard (out of bounds)
- Internal walls, doorway
- Pillar, bookshelf
- Stairway (with i.d. letter)
- Desk, table
- Wash basin
- Stage edge (passable)
- Curtain, pitted ground

Scale 1:750

0m 50m

The 2 routes in case you can't find them:

1. Up stairs A to floor 2, navigate on floor 2 map to stairs B, down B to floor 1, navigate to the control.
2. Navigate on floor 0 to stairs C, go up to floor 1, navigate to the control.

The lowest floor. The real map has 4 floors numbered 0 to 3.

York Railway Station

Access the school via either entrance.

1:5,000

By car, access from A1036
via Albermarle Road and
Philadelphia Terrace.

