



**Shrewsbury Urban**  
**SINS Day 1 Saturday 25<sup>th</sup> May**  
**Part of UKUL**  
**Final Details**

**Please read these details in conjunction with the Information Common to All Days**

**Organiser**      Richard Lewis (WRE)

**Planner**         Clive Richardson (WRE)

**Controller**     Henry Morgan (POTOC)

**Event Centre**

The Urban Event Centre will be based at the Shropshire Wildlife Trust Building, in the Garden rooms. The address is the Shropshire Wildlife Trust, Abbey Foregate, Shrewsbury SY2 6AH, OS 126-SJ 497125.

This will contain Enquiries, Registration, SI card hire collection and Download.

**Directions**

The following directions are to the Event Centre.

From the East use the M54/A5 to the junction with the A49, then bear left and follow A5(W) to the next roundabout. At this large roundabout turn right onto the A5064 towards Shrewsbury town centre, at this point you can pick up the Brown tourist information signs for the Shropshire Wildlife Trust centre. The A5064 becomes Abbey Foregate as you approach the centre of Shrewsbury.

From the North follow the A49 to the junction with the A5 and then as above.

From the West and South head East around Shrewsbury bypass, the A5, to the roundabout junction with the A5064 then follow the above.

**Parking**

Please note the specific parking information for Campers, Motorhomes and other similar sized vehicles.

The following detail will help you decide which is best for you. We would like you to consider Park and Ride as a first option especially if travelling alone and if using a camper etc. as listed above.

Shrewsbury Town centre and the surrounding area on the south side offers many opportunities to use street parking if you wish.

For young families either Abbey Foregate or St Julian Friars are good alternatives if in cars.

## Park and Ride Sites

### Meole Brace

Cars only. 2.0m Height restriction

This Park and Ride is on the South of the Town, just off the roundabout on the A5 where the A49 from the South joins and it is well signposted. When you get on the bus ask for the bus stop at Asda, Old Potts Way. The stop is just after a cinema on the right hand side. It is a press the bell request stop.

The event centre is just beyond Asda, along with Toilets and taped route to start.

### Harlescott

A must for Campers, Motorhomes etc

This Park and Ride is North of the Town and signed from the junction of A49/A53 heading towards town. Ask to leave the bus at Dogpole in the town centre then follow Final Detail map to start or event centre.

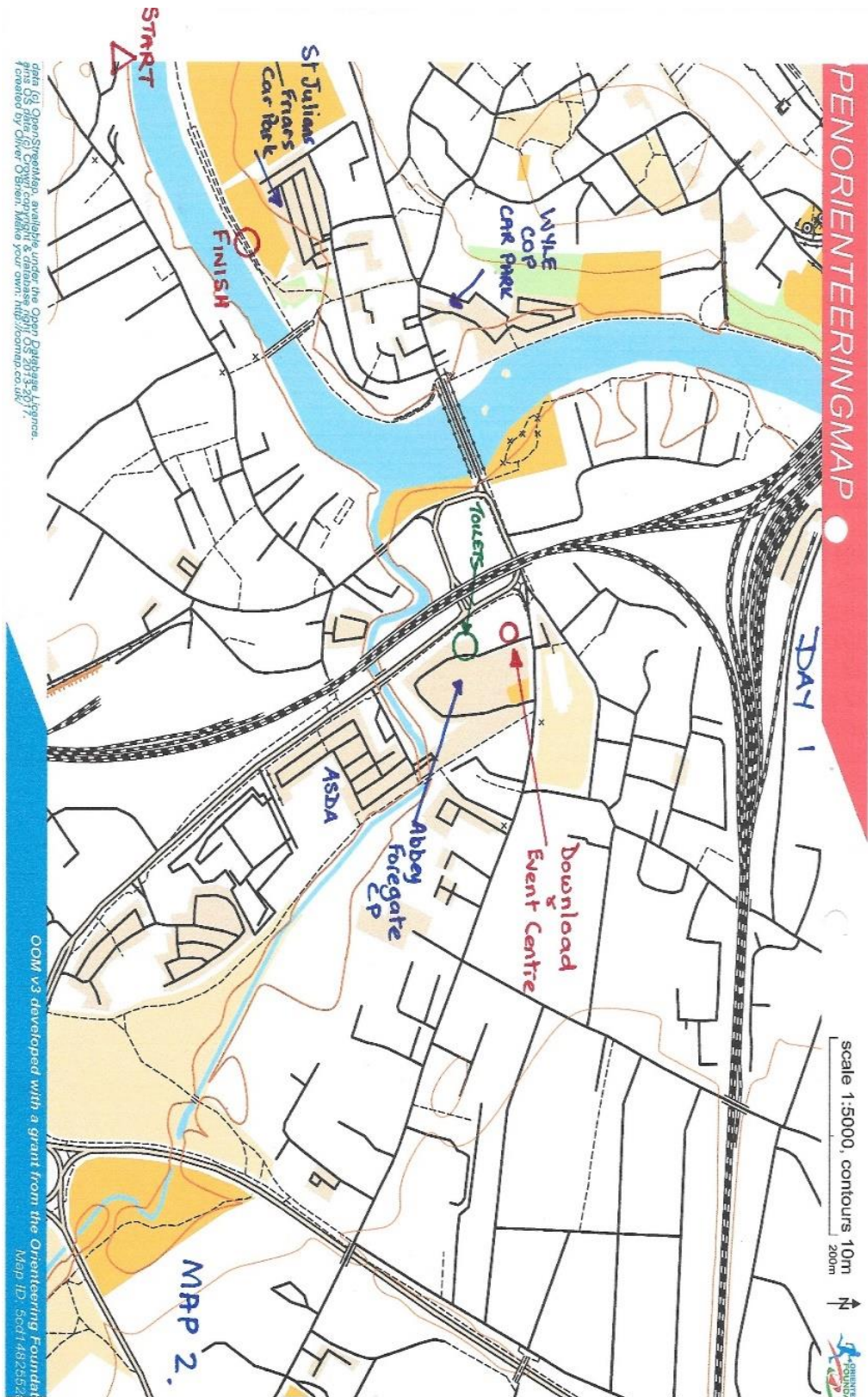
#### Car Parking alternatives for DAY 1

Car Park	Distance to						
	Costs	Event centre	Start	Finish	Toilets	Cars	Campers
Abbey Foregate	Pay and display	Adjacent	1km	500m	adjacent	Yes	Limited
Wyle Cop	Pay and display	500mtrs	1km	300m	Event Centre	Yes	No
St Julian Friars	Pay and display	700mtrs	900mtrs	100m	Event Centre	Yes	No
<b>Park and Ride</b>							
<b>Meole Brace</b>	Park and Ride	2km	1km	500m	Event Centre	Yes	No
	To Asda	50m					
<b>Harlescott</b>	Park and Ride	4km			Event Centre	Yes	Yes
	To Dogpole	1km	1.5km	500m	Town centre		

#### Location Maps

The first map below indicates the location of the Event Centre, the adjacent public toilets, the Start, the Finish and the three closest public car parks.

The second map below indicates the route from the Event Centre to the Start and to the Finish.





## **Registration and Starts**

Registration and enquires will be open from 11.00

Starts from 12.00 to 15.00

Courses close at 16.15

Event Centre closes at 17.00

## **Start**

The start is on the south side of the River Severn. Head out of Abbey Foregate Car Park alongside toilets and follow tape to the traffic light controlled Pedestrian crossing outside ASDA, then follow tapes using pedestrian crossing to the Start. The Start will be signed from the Junction of Longden Road, Kingsland Road and Belle Vue Gardens.

The walk to the Start from the Event Centre at the Wildlife Trust building is an easy flat walk on pavements and over two road crossings with the last 100m on a path besides the river.

Juniors must be accompanied to the Start and from the Finish to Download at the Event Centre. This is the Parent or Guardian's responsibility. The roads can be busy take care.

Juniors (M / W 16 - ) will not have to be accompanied on the courses but must carry a whistle.

From the Event Centre it is a gentle 15-20 minute walk to the start following the taped route.

Routes from other Car Parks won't be taped but please use the enclosed map to locate route.

A list of the Courses will be displayed at the start. Start time changes will not be possible at the start only at Event Centre Enquires. Late start lane subject to available time slots.

No Toilets at the start.

No clothing transfer, however finish is on the opposite side of the River and you may wish to dump clothing and return.

Control descriptions on the Map and in the start lanes.

## **Whistles**

For the Urban event it has been decided that only Juniors ( M / W 16 - ) will be required to carry whistles.

## **Si Punching (Section added 24 May 2019)**

Competitors should note that control sites will not have pin punches attached. Should a control not respond competitors should report this at the finish and download.

## **Finish**

The finish will be manned and the finish control **must be punched**.

Please then immediately follow taped route to Download in the Event Centre in the Shropshire Wildlife Trust building. This is an easy walk following tapes over the English Bridge and two sets of road crossings.

You must visit Download and download otherwise a search may be organised for any missing competitors.

The courses close at 16.15 and the event centre gates close at 17.00 so please ensure you download with time to spare.

**All competitors Must Punch the finish control including those using SIAC cards.**

## Download

It is really important you Download at the Event Centre. It is a 500m walk from the Finish but for safety and care you must download before 16.45 thank you.

## Safety

All courses traverse bridges over the River Severn. Please take care when passing the banks of the River. The Start runs alongside the river banks, please ensure all juniors are aware and kept away, staying on the paths.

## First Aid

Limited first aid at the Finish, however First Aiders will be available at the Event Centre.

Hospital and emergency treatment details will be available at the Event Centre.

## Clothing

Those parking at Park and Ride may wish to leave marked bags at the event centre limited space will be available and will be un-supervised.

## Map

The map scale is 1: 5000 with 2.5m contours

## Course Details

Course No.	Code	Category	Mens Classes	Code	Category	Womens Classes	Course Length kms	Climb	Number of Controls
1	MO	Open Men	M18 M20 M21 M35				7.7	85m	30
2	MV	Veteran Men	M40 M45 M50	WO	Open Women	W18 W20 W21 W35	6.3	65m	30
3	MSV	Supervet Men	M55 M60	WV	Veteran Women	W40 W45 W50	5.4	55m	27
4	MUV	Ultravet Men	M65 M70	WSV	Supervet Women	W55 W60	4.3	45m	23
5	MHV	Hypervet Men	M75+	WUV WHV	Ultravet Women Hypervet Women	W65 W70 W75+	3.3	30m	18

6	MJ	Junior Men	M14 M16	WJ	Junior Women	W14 W16	3.4	20m	18
7	MYJ	Young Junior Men	M10 M12	WYJ	Young Junior Women	W10 W12	2.3	15m	13