

# ORIENTEERING AT WESTFIELD

## Final Details Sunday 15<sup>th</sup> April 2012

### Registration/Assembly

Stratford International Square.  
See map below.

### Directions to Westfield Shopping Centre

#### Tube

The Central line, Overground and Jubilee lines all stop at Stratford. Change here for the DLR to **Stratford International Station**. Trains from here run every 10 minutes.

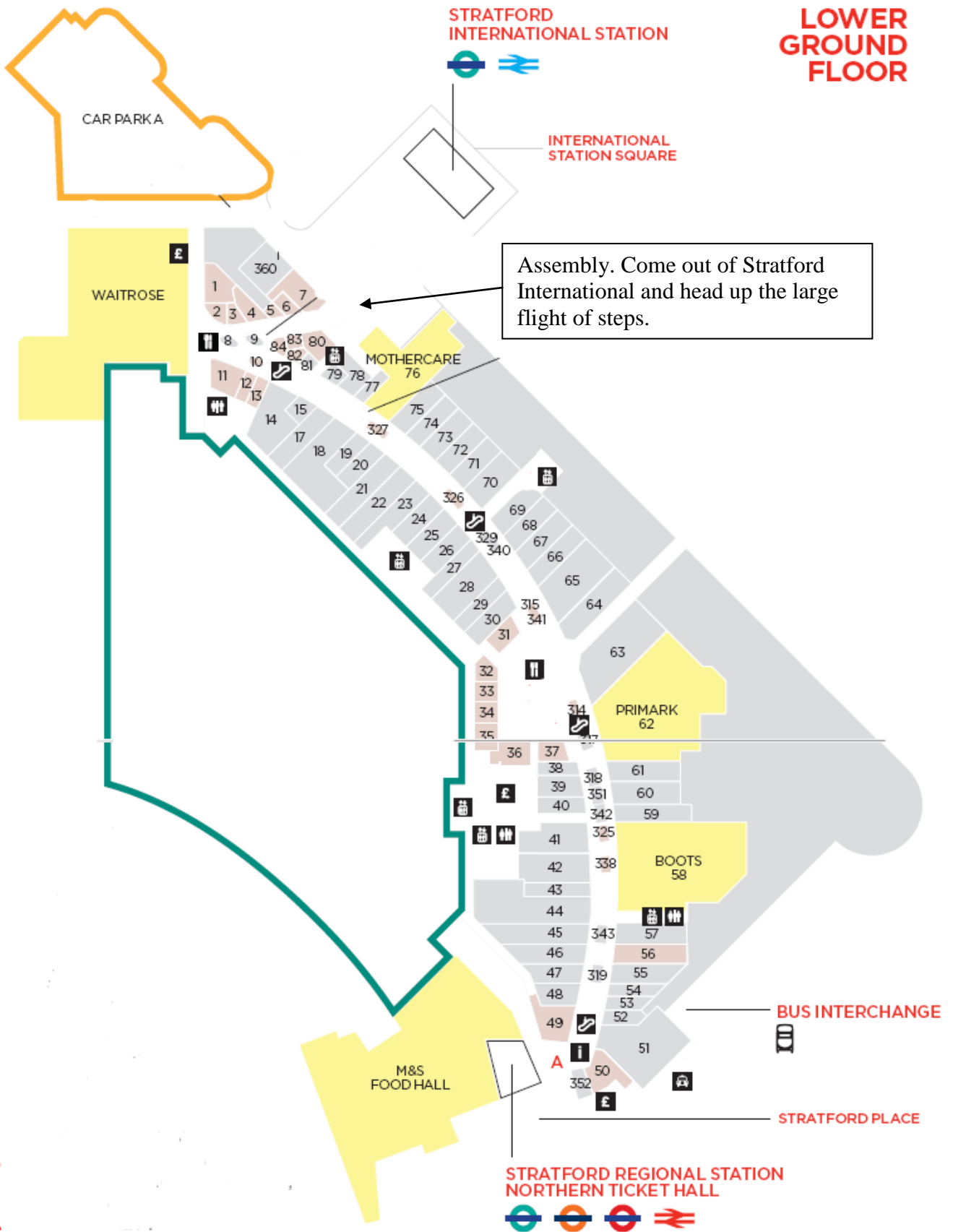
#### DLR

Take the Docklands Light Railway to Stratford International. Exit the station and head up the large flight of steps to the centre.

Check [www.tfl.gov.uk](http://www.tfl.gov.uk) for a service update before your journey.

#### Car

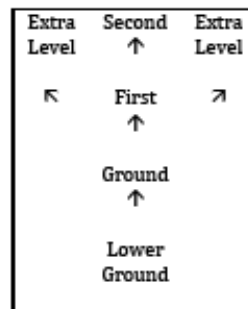
Westfield has 3 car parks. The closest one to the International Square is Car Park A. Exit at level P3 and walk over the bridge to assembly.



**Westfield Stratford City Orienteering Race - Notes from the mapper**

Stratford City is a complicated area, with nine runnable levels. Six of these are shown on the map, the other three being "climb through" levels used to reach others. Generally, the unmapped levels consist of extra flights of escalators or stairwells. They should be obvious – don't panic if the map seems to be missing detail. Keep going up or down until you reach your desired level!

The map is split into six different sections, one each for each mapped level. The bottom of the map corresponds to the bottom level (Lower Ground) with Ground, First and Second as you go up the map. There are two more levels shown alongside the Second level, these are only accessible from lower levels (N.B. not the Second).



If you get lost (easy to do!), use signs in the centre, to work out what level you are on.

Changes between mapped levels are shown with small arrows:

- Blue "up to the sky" arrows = go up a level
- Brown "down to the earth" arrows = go down a level

Remember, when you run through an arrow, you need to change the bit of the map you are looking at.

**Blue = Up, Brown = Down.**

The Start is on the Ground level but you might need to immediately change level. The finish is just across from the start.

Lifts are not shown – you can use these if you find them, but they can be very slow. Stairwells and escalators are shown as simplified stairs – in reality there may be more twists and turns. Up escalators are always accompanied by down ones. Kiosk stands and other retail details are not shown, neither are the large potted trees and plants, these move a lot. We may even move some to provide a securing point for some controls!

The centre is consistently changing – the outside area in particular seems to change every week. The main outdoor "street" currently has several boxes of construction works, which move continuously as they are replacing paving. These are not shown on the map. They will not affect your route choice but are quite noticeable.

**RULES**

Give way to pedestrians. Don't take this race too seriously. There are CCTV cameras and security guards everywhere, it's not worth it. Don't jeopardise our chance of future races here.

Don't run off the map (but if you appear to have done so, make sure it's not just that the level has changed). Don't run into service bays, the bus station or the railway stations. Or the Olympic Park.

Use your common sense. Don't run up or down car park access ramps. Most car park areas are out of bounds (olive green), a few acceptable routes are shown.

No metal studs! Much of the flooring is polished stone. If it's raining outside, be especially careful when running inside.

Don't run on escalators! We really mean this. This is a condition of our use.

Most importantly – have fun and enjoy this possibly unique experience.

## Upon arrival at Stratford International Square

Up the large steps will be a registration and download area.

The person who entered online should visit the registration table to receive your entry pack.

## Entry pack contents

Race numbers (Please pin to your front)  
Hired dibbers (if pre-hired)  
Safety pins

## Clothing dump

There will be a taped off area next to the registration where you can leave your bags. N.B Belongings are left at your own risk.

## Changing

There are no changing facilities so please come prepared to run.

## Start

The start is located 10 metres from the registration table. Officials will call up the start 'waves' with 5 minutes to go. Please be ready in plenty of time as your start time cannot be changed if you are late.

It is a timed start and not a punching start.

You will be given a rolled up map, do not open it until the word 'GO!' The start is marked with a triangle.

## Course

28 controls. 45 minutes to find as many as you can. Each control is marked on your map with a red circle and the code next to it. Every control is worth 10 points. You will lose 10 points for every 30 seconds you are late back. Control descriptions will be printed on the map and not loose.

## Finish

The finish is marked with a double circle. You must visit the finish control to stop your time.

## Download

Once finished, visit the download table to get your results.  
You **must** visit download even if you retire.

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## Apres-run

At download you will receive a money off voucher for SweatShop. Westfield has a number of places to eat and drink so why not stick around and explore the centre at a more leisurely pace!

## Officials

Organiser: Josh Jenner  
07837 629925  
[info@joshjenner.co.uk](mailto:info@joshjenner.co.uk)

Mapper: Oliver O'Brien

There will be a number of volunteer helpers in white t-shirts so feel free to speak to them if you have any questions.

COMPETITORS TAKE PART AT THEIR OWN RISK

