

**Preston, The University of Lancashire NWUL Urban Orienteering Event**  
**Sunday 11 January 2026**  
**Final details**

**Courses**

All courses are open to anyone, but to qualify for the NWUL, you must run in your age category or higher.

Course	NWUL category	Length	Height gained	Controls	Map scale	Map size
1	Men Open (M18-35)	10.9km	55m	36	1:4000	A3 double sided
2	Men Veteran (M40+) Women Open (W18-35)	9.2km	55m	30	1:4000	A3 double sided
3	Men SuperVet (M55+) Women Veteran (W40+)	8.2km	50m	28	1:4000	A3 double sided
4	Men UltraVet (M65+) Women SuperVet (W55+)	6.4km	40m	23	1:4000	A3
5	Men Hypervet (M75+) Women UltraVet (W65+) Women HyperVet (W75+)	4.8km	35m	17	1:3000	A3
6	Older Juniors (M/W 16- )	3.2km	15m	28	1:3000	A4 double sided
7	Younger Juniors (M/W12-)	2.4km	10m	24	1:3000	A4

Course lengths are optimal lengths.

Control descriptions will be on the map and loose copies will be available in the start lanes.

Courses 1 and 2 have 30+ controls. Older SI-cards do not have the capacity for this, and hence newer, higher capacity cards will be available to hire on the day. To check whether your card can store more than 30 controls see [https://www.sportident.co.uk/information\\_sheets/SPORTident-CardComparison.PDF](https://www.sportident.co.uk/information_sheets/SPORTident-CardComparison.PDF). SI-cards can be hired on the day (see below).

The Controls and the Finish will be operating in contactless mode for competitors with SIAC cards, but all competitors must punch the Start box.

**Timed-out road crossings**

Although traffic should be light, senior courses all cross a number of roads and care should be taken when crossing any road. Courses 1 and 2 cross a major road which will have an unmanned timed out crossing.

Junior courses (courses 6 & 7) cross two roads, both of which will have timed out crossings (i.e. the time taken to get from one control to the other will be deducted from the overall time, providing it does not exceed the maximum time stated).

The maximum time out period has been set to allow sufficient time to allow the road to be crossed safely.

The junior crossings may have marshals. Competitors can choose when to cross but must listen to the marshall if told that it is unsafe.

### **Other course information**

All the competition area is open to members of the public. Please be aware of and courteous to the public.

Fast food delivery riders on e-bikes may be in the area. Please be aware of these.

### **Map Notes**

In order to aid map readability some short flights of steps have been omitted and some fences are drawn without tags.

### **Times**

10.15 Assembly opens

10.45 First start

12.15 Last start

14.15 Courses close

15.00 Assembly and Download closes

### **Download**

Download is at the Sir Tom Finney Sports Centre (see below) following the taped route. Don't forget to download, even if you fail to complete the course.

### **Entries on the day**

EOD will be available and is subject to map availability. Entry fees are:

Senior BO member      £10.00

Senior non-BO member £11.00

Junior/student          £4.00

Payment by cash only.

### **SI card hire**

SI card hire is available at Assembly/Download at £1.00 per card. Any lost or damaged SI cards will be subject to replacement charge of £30 for low capacity cards or £50 for high capacity cards.

## Location

Assembly and download will be at the Sir Tom Finney Sports Centre, University of Lancashire. The post code for the University is PR1 2HE but there is no specific postcode for the sports centre, so location is:

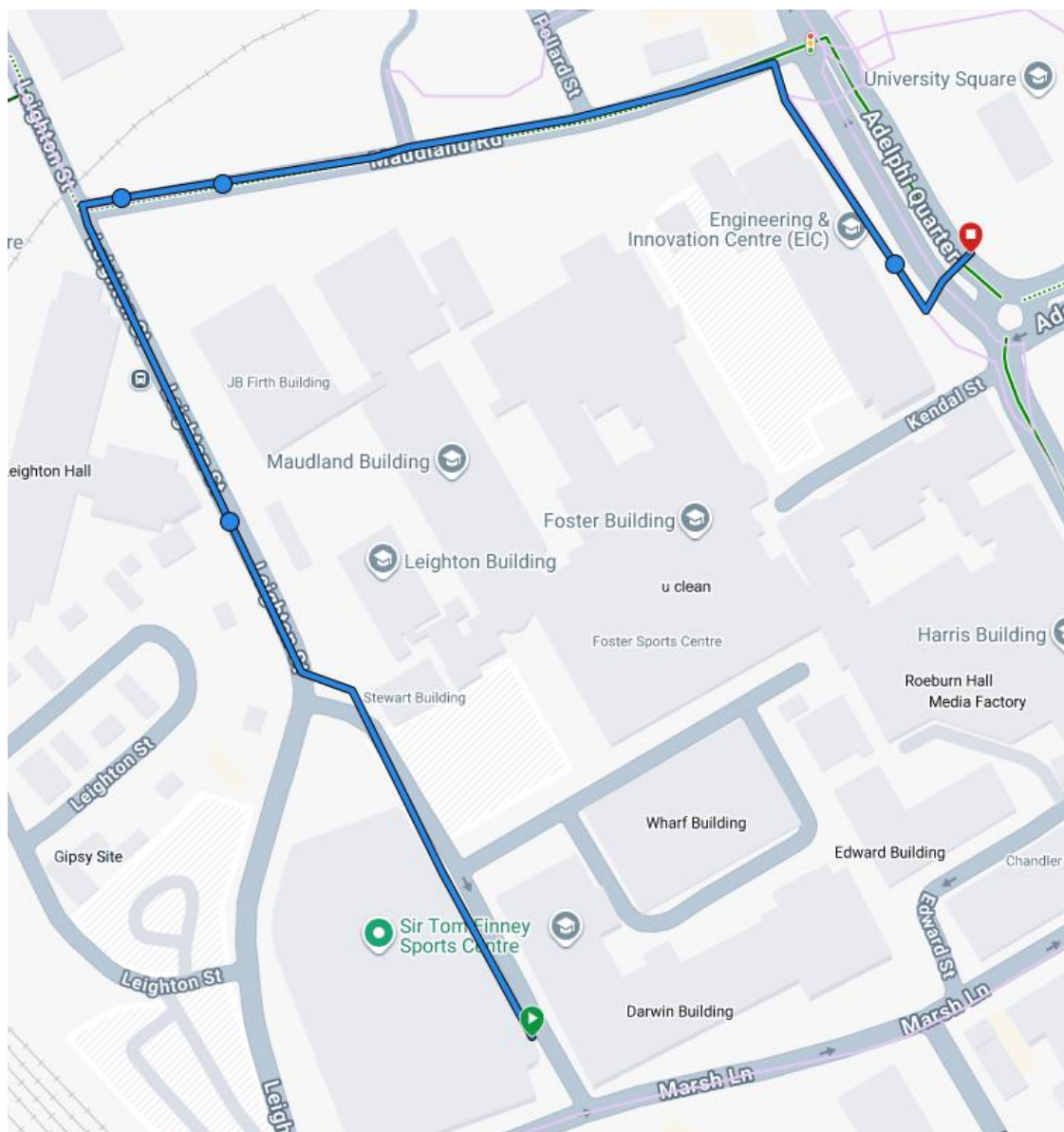
- What 3 words `///needed.bags.toward`
- OS grid ref `SD 533 295`

The room that we are using is on the right just inside the access door.

The start will be in University Square, approx 500m away: (

- What 3 words `///lend.posts.react`
- OS grid ref `SD 534 297`

There will be a taped route between Assembly and the start which is shown on the map. The route is about 0.3 miles



Please keep to roads when approaching Assembly or the start and do not cut through off-road parts of the campus.

Toilets and bag drop are available at Assembly.

No spikes or studs at Assembly.

### **Travel**

There is no specific event car parking. There are car parks in the city centre or north of the A59 and convenient for the university campus. On street parking is available on Sundays on Leighton Street, Maudland Road, Maudland Bank and surrounding streets and elsewhere. These streets are on the route from Assembly/Download to the Start/Finish. If using, on street parking, please check restrictions and park considerately. Do not use the university's car parks.

Preston Railway Station is less than 15 minutes' walk from Assembly.

Preston Bus Station is 15 minutes' walk from Assembly.

### **First aid**

A first aid kit will be available at Assembly/Download to allow for self-administered first aid for minor injuries.

For more significant injuries, the nearest A&E is at:

Royal Preston Hospital  
Sharoe Green Lane North  
Fulwood  
Preston  
Lancashire, PR2 9HT

### **Officials**

Planner Jane Anthony (SROC)  
Organiser Les Davies (SROC)  
Controller Miriam Rosen (SROC)

### **Further details**

Contact the organiser at [les@sroc.org](mailto:les@sroc.org)