

Forth Valley Orienteers
British Sprint Age Class Championships
Saturday 4th April
Stirling University
Final Details

Event Officials

Organiser: Beccy Osborn Beccy.osborn@gmail.com (FVO)

Planner: Fraser Purves (FVO), Controller: Derek Allison (LOC)

Directions:

From the Keir Roundabout at Dunblane (on the M9 / A9 change) take the turn off for Bridge of Allan, drive through Bridge of Allan towards Alloa. Stirling University is located at the east end of Bridge of Allan and is clearly signposted off the main road at GR NS 803 961

Parking

Parking is on the University Campus at the back (north side) of the Pathfoot building (GR NS 804 968). Please follow the signs when you enter the campus (FK9 4LA). Take the first left turn and then second left. You will be directed by marshals.

Juniors

Due to the presence of traffic on the campus and consequent potential risks, **all parents with children under 18 must sign a consent form**. This can be downloaded from the website and must be handed in at enquires or emailed (as long as signed) to the organiser prior to the event beccy.osborn@gmail.com . Spare forms will be available at registration.

Assembly and Enquiries

Hire dibbers can be collected at Enquires (no charge). If you are non-competitive for the championship (i.e. a local BOF member) and you have not informed the organiser (preferably by email prior to the event), please inform the Enquiry team. Start lists will be on display in assembly.

Toilets

We have been given access to toilets in the Pathfoot building. Please access these through the northern entrance of the building (near the cashpoint sign). Please do not wear any muddy shoes or spikes inside the building.

Race Format and Start Times

The competition consists of two phases: Race 1 and Race 2. The results from Race 1 will determine the starting order for race 2. The fastest in Race 1 on each course will start last in Race 2 with everyone else starting in reverse finishing order at 1 minute intervals. Anyone disqualified or retiring in Race 1 will start either before or after everyone else in Race 2 and

will not be eligible for an overall result. The overall results will be determined by adding the finishing times from Race 1 to those from Race 2. The person with the quickest overall time in each class will be declared British Sprint Champion for that class.

Start times will be published on the FVO website by Wednesday evening (1st) at the latest. Please see www.fvo.org.uk . Round 1 starts will be between 11.30 and 1.00 and round 2 starts between (approximately) 2.30 and 3.30. The start times for round 2 will be published at assembly as soon as possible after all competitors on round 1 have downloaded at the finish tent. Start officials will allow late starters to start at the first suitable time. No adjustment of start times will be made.

The route to round 1 start (north from assembly) is a 5-10 minute walk uphill along a footpath. The route to round 2 start (south from assembly) is a 5-10 minute walk downhill along paths and roads. Please take care crossing the busy road en route to the second start.

We will aim to accommodate split starts in round 1. We apologise, but this is not likely to be possible on round 2 due to the nature of the race.

It will be a timed start and not a punching start. Call up time is at -4.

If you wish to see further details of the competition rules and guidelines, please see http://www.gborienteering.org.uk/downloads/documents/Regs_Guideline_S.pdf

Course lengths (subject to final controlling)

	Men	Woman	A Courses: (round 1)	B Courses: (round 2)
Course 1	M18, M20, (M21), M35, M40		3.1 km	3.0 km
Course 2		W18, W20, (W21), W35, W40	2.6 km	2.5 km
Course 3	M45, M50		2.7 km	2.8 km
Course 4	M14, M16, M55, M60		2.7 km	2.2 km
Course 5	M65, M70	W14, W16, W45, W50	1.8 km	2.0 km
Course 6	M12, M75, M80	W12, W55, W60, W65, W70, W75, W80	1.5 km	1.8 km
Course 7	M10	W10	1.4 km	1.7 km

Control Descriptions

These will be available immediately pre start (in start box -3 minutes) only and not at assembly.

Map and Symbols

The map is drawn to the latest IOF Specification for Sprint Orienteering Maps (ISSOM) with a scale of 1:5000

Special symbol – the black circle on the map is an electricity transformer; it has a pictorial description of a black cross on a circle.

Out of bounds Areas

All areas, except the area immediately around the Pathfoot building (and café in Sports centre after round 1) are out of bounds prior to the races. Please note that some areas will be marked out of bounds on your race map. These are not marked out on the ground. The golf course and driving range is one such area. Any competitors seen crossing this area will be disqualified.

Numbers

All competitors must wear a number. Numbers and pins will be available at the first start. Please wear this number for both round 1 and round 2.

Safety - Road Crossings

There are a number of road crossings on the courses and some of these cross a fairly busy road with buses. Please take **extreme care** on all road crossings. Most likely crossing points on this more major route will be manned. However, please note that marshals will not be able to stop cars but will only be able to warn of approaching traffic. Please note that all competitors take part at their own risk.

Please also note that in the woodland part of the campus there are some steep crags. Please take care and do not cross crags marked as inaccessible. Competitors are advised to carry a whistle.

Other Campus Users

The campus will be in use by students and members of the public. Please respect all other campus users.

Dogs

Dogs are now allowed on the campus grounds. Please therefore be aware of possible dog walkers whilst out on the course. If you do bring a dog with you, please keep it in the assembly area and on a lead and you must clean up any mess. Please do not take any dogs round the courses.

Prize Giving

We will have this as soon as possible after the end of round 2. There are medals for the first three in each age group (sorry, excluding M/W 21) and a prize for the first person in each age group (including M/W 21!). To be eligible you must be a national BOF member. Results will be available as soon as possible after the event at www.fvo.org.uk

First Aid

There will be no specific first aid provision. However, there are two nominated trained first aiders for the event (Jason Inman and Maureen Brown) who will be on the site during the event and will have access to a basic first aid kit that will be located at the enquiries and registration tent. The nearest Accident and Emergency is Stirling Royal Infirmary (Tel: 01786 434000).

Refreshments

There will be no drinks points on the courses. Water will be available at the finish. On campus there are café facilities in the Sports centre (Clive Ramsay) and a couple of cafes in the MacRobert Building. Please note however that the cafes in the MacRobert building are out of bounds until you have run BOTH rounds of your course. Clive Ramsay café in the sports centre can be accessed by following the start tapes to round 2 (heading south from assembly) AFTER you have run Round 1 only. Please do not access any other areas. Any competitors who do so, will be disqualified.

Acknowledgements

Thanks to:

Stirling University for allowing us to host the event on the campus.

BOF for providing medals