



Sprint Scotland

2nd - 3rd September 2023



Bulletin 1

Masterplan Adventure welcome you to Sprint Scotland, the perfect preparation for Euromeeeting 2023 and WOC 2024, with all courses planned by WOC 2024 planners and on relevant terrain. Both days are IOF World Ranking Events (WREs), a great opportunity for you to improve your world ranking score, with three sets of points on offer.

WRE Programme of events

Saturday 2nd September: **Knock-Out Sprint** - Alloa

Sunday 3rd September: **Sprint** - Falkirk

Programme:

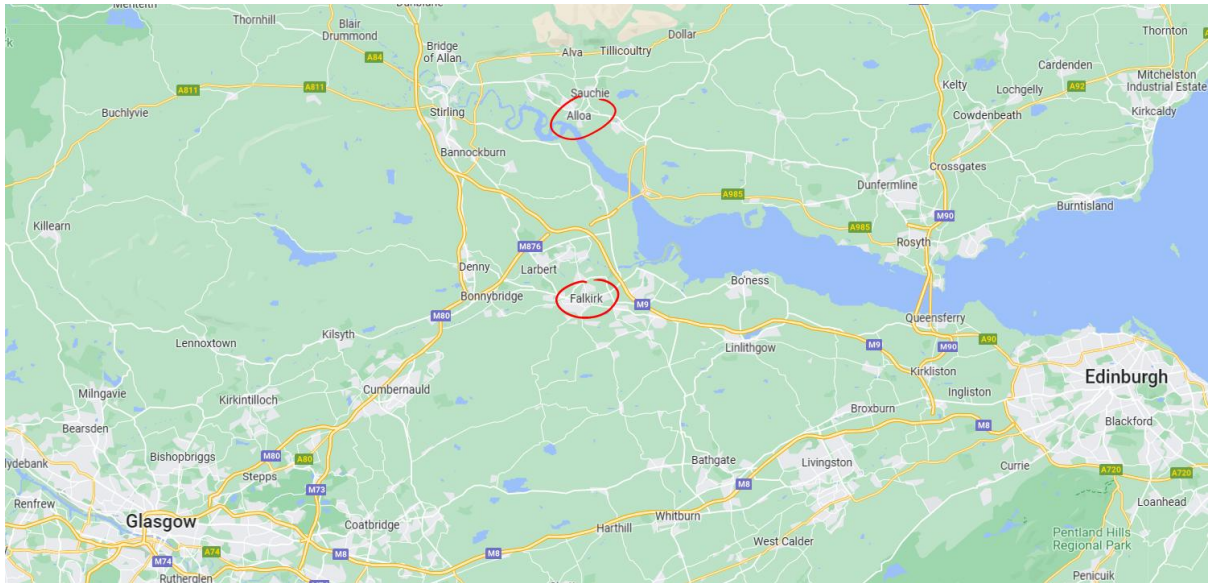
		Time ¹	Venue	WRE	Non-WRE
Sat. 2 nd Sept.	Race 1	10:30 - 12:00	Alloa	KO qualification	Sprint
	Race 2	13:00 - 16:30	Alloa	KO Quarter- ² , Semi- and Final ³	Sprint
Sun. 3 rd Sept.	Race 3	10:00 - 13:00	Falkirk	Sprint	Urban (UKUL, SOUL)

¹Exact timings will be confirmed in Bulletin 2.

²Dependent on entry numbers.

³With B finals depending on entry numbers.

Event Website: [SPRINT SCOTLAND - 2023 \(weebly.com\)](https://www.sprint-scotland-2023.weebly.com)



Competition Organisers

Coordinator: Alasdair Pedley (MA)

Planners: Jon Cross (FVO/MA) and Graeme Ackland (INT/MA)

Controller: Richard Oxlade

Venue

Saturday: Alloa, with the arena/assembly area at [Bowmar Community Centre](#).

Sunday: Falkirk, with the arena in the town centre and indoor facilities at a nearby Scout Hall.

Entries and classes

Via SiEntries, opening soon. £14 seniors, £7 juniors/students per race (there are 3 'races'). Entries close at midnight on Sunday 27th August. Open to all.

Two WRE classes: Men's and Women's Open.

Other classes will follow the UK Urban League system for both days:

Men/Women Young Juniors (12-), Juniors (16-), Veterans (40+), Super Veterans (55+), Ultra Veterans (65+) and Hyper Veterans (75+).

Sunday is a counter in the UK Urban League and the Scottish Urban League.

Both races will use Sport-Ident timing, with SI Air enabled. SIACs will be available for hire.



Map notes

All maps will use a scale of 1:4,000 and 2.5m contours.

The Alloa map is completely new for this event and made by Graham Gristwood, a WOC 2024 mapper. It includes both town centre and housing estate terrain.

In Falkirk, the WRE courses will use the a new map of the town centre, made by Alasdair Pedley, and the non-WRE urban courses will use this combined with existing maps of [Callendar Park](#) (updated to 1:4000 ISSprOM) and Hallglen, mapped by Graham Gristwood.

Respect out of bounds areas and impassable features: it is your responsibility to know the map symbols!

Starts

1min start intervals. WRE start times will be seeded based on IOF [world ranking](#), as on Monday 28th August. Competitors with no world ranking will start before all the ranked competitors.

Training opportunities

There are many excellent areas in the region. Training maps can be acquired by contacting Alasdair Pedley at masterplanadventure@gmail.com. Further contact details may be found on the [event website](#).

Transport

By car, the events are easy to reach from Edinburgh, Glasgow and all of the Central Belt. We encourage car sharing.

By public transport:

Nearest train stations are Alloa for Saturday and Falkirk High for Sunday (note that Falkirk Grahamston is in the competition area). Train times can be found at [Trainline](#).

Bus services can be found at [Timetables & maps - McGill's Scotland East \(mcgillsscotlandeast.co.uk\)](#)

Nearest Airports are Edinburgh and Glasgow.

Journey Planner: www.travelinescotland.com

Accommodation

There is no specific event accommodation, but there are many hostels and hotels available nearby. See the [Hostelling Scotland](#) for example.

Prizes

TBC

Weather and hazards

The average daily high in September is 16C and the average monthly rainfall is 33mm.

The terrain includes both housing estates and town centres.

Cross all roads and deal with traffic safely - take the time to be safe and aware.

Respect other participants and the general public.

Visas

Overseas visitors may need a visa to enter the United Kingdom, and the Government's [visa information website](#) provides details of when visas are required. Competitors who require visas are advised to contact the Organisers at masterplanadventure@gmail.com for the required reference information and are advised to submit their form to the United Kingdom Embassy or Consulate as early as possible.

Embargoed areas

A map of the embargoed areas is available here: [Sprint Scotland 2023 – Google My Maps](#)

No orienteering of any kind should take place within the embargoed areas until the competition date. Furthermore, competitors should not gain familiarity by walking around the area, with or without a map. If a competitor has unfair familiarity with the terrain, for example through living within the embargoed area, it is their responsibility to declare themselves non-competitive. Anyone who believes another competitor has gained an unfair advantage can make a complaint to the Organiser, at masterplanadventure@gmail.com. The BO rules on embargoes can be found on page 30 of the [BO Rules of Orienteering](#).

IOF advisor: Ted Finch (Forth Valley Orienteers)

All competitors must follow British Orienteering's Participant Code of Conduct.

Fitness to Attend – of course, competitors must not attend the event if they have been advised to self-isolate / quarantine.

Car parking, exact start windows, course details etc. will be in Bulletin 2 (final details).