



Sprint Scotland

4th - 5th May 2024

Bulletin 1



Masterplan Adventure welcome you to Sprint Scotland, a weekend of high quality sprint racing in Fife. All three races are IOF World Ranking Events (WREs), a great opportunity for you to improve your world ranking score. It incorporates GB team selection races and is great preparation for WOC 2024.

WRE Programme of events

Saturday 4th May AM: **Sprint** - Glenrothes North

Saturday 4th May PM: **Sprint** - Glenrothes North

Sunday 5th May AM: **Sprint** - Glenrothes South

Programme:

		Time ¹	Venue	WRE	Non-WRE
Sat. 4 th May	Race 1	10:00 - 12:30	Glenrothes North	Sprint	Sprint
Sat 4 th May	Race 2	14:30 - 17:00	Glenrothes North	Sprint	Sprint
Sun 5 th May	Race 3	10:30 - 12:30	Glenrothes South	Sprint	Urban (SOUL)

¹Exact timings will be confirmed in Bulletin 2.

Event Website: [SPRINT SCOTLAND - 2024 \(weebly.com\)](https://www.weebly.com/sprint-scotland-2024)



Competition Organisers

Coordinator: Alasdair Pedley (MA)

Planners: Frank Townley (EUOC, Race 1 and 2) and Joe Hudd (EUOC, Race 3)

Controllers: Clive Masson (TAY, Race 1 and 2) and Colin Matheson (FVO, Race 3)

IOF Event Adviser: Ted Finch (FVO)

Venue

Saturday: Glenrothes North, with the arena/assembly area at Collydean Primary School (TBC)

Sunday: Glenrothes South, with the arena/assembly area at Caskieberran Primary School (TBC)

Entries and classes

Via Pre-Entries, opening soon.

WRE: £16 seniors, £9 juniors/students per race.

Non-WRE: £14 seniors, £7 juniors/students per race

Entries close at midnight on Sunday 28th April. 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 Scottish Urban League (SOUL).



WRE entries must be made via Pre-Entries, not Eventor. Any runner on the WRE wishing to be allocated IOF ranking points must supply an IOF Athlete number before the entry deadline.

All 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.

All maps are completely new for this event and made by the same mappers as Sprint Scotland 2023.

Glenrothes North: Alasdair Pedley

Glenrothes South: Graham Gristwood, a WOC 2024 mapper

Respect out of bounds areas and uncrossable 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 29th April. Competitors with no world ranking will start before all the ranked competitors.

Training opportunities

The week after Sprint Scotland, there is a weekend of Sprint races in Glasgow (Sat 11th - Sun 12th May) which will offer some different styles of terrain.

Sat 11th May: [Kelvingrove Park](#)

Sun 12th May: [Glasgow City Centre](#)

So, the week in between would be ideal for a training camp.

There are many excellent sprint orienteering areas in the region. Training maps can be acquired by contacting the WOC 2024 training co-ordinator Ian Maxwell at training@woc2024.org.

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 is Markinch. Note that this is closer than "Glenrothes with Thorton" station. Train times can be found at [Trainline](#).

Bus services can be found at [Timetables & maps - McGill's Scotland East \(mcgillsscotlandeast.co.uk\)](http://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 May is 13C and the average monthly rainfall is 50mm.

The terrain includes housing estates and sections of parkland and woodland.

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 2024 Embargos](#)

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 adviser: Ted Finch (Forth Valley Orienteers)

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

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

