

# **Sprint Scotland 4-5<sup>th</sup> May Bulletin 2**

## **Program**

### **Saturday 4<sup>th</sup> May**

**There are specific routes for arriving by car and public transport** See page 5.

**9:00 - 12:30**

#### **Race 1 - Glenrothes North, Sprint (WRE), Collydean Primary School.**

9:00 - Arena and quarantine open

10:00 - First WRE Women's start and quarantine closes

10:25 - Last WRE Women's start and First WRE Men's start

11:15 - Last WRE Men's start and First non-WRE start

11:45 - Last non-WRE start

12:45 - Courses close

**14:00 - 17:00**

#### **Race 2 - Glenrothes North, Sprint (WRE), Collydean Primary School**

13:00 - Quarantine opens

14:00 - First WRE Women's start and quarantine closes

14:45 - Last WRE Women's start and first WRE Men's start

14:50 - First non-WRE C5,6,8 start (they use a separate area to WRE)

15:25 - Last non-WRE C5,6,8 start

15:30 - Last Men's WRE start and first Non-WRE C3,4,7 start

16:00 - Last Non-WRE C3,4,7 start

16:30 - WRE prizegiving

16:45 - Courses close

17:30 - Event ends and arena closes.

### **Sunday 4<sup>th</sup> May**

**There are specific routes for arriving by car and public transport** See pages 11-12.

**9:00 - 14:30**

#### **Race 3 - Glenrothes South, Sprint (WRE), Caskieberran Primary School**

9:00 - Arena and quarantine open

10:30 - First start for WRE Men and non-WRE

11:25 - Last WRE Men start and first WRE Women start

11:55 - Last WRE Women start

12:00 - Last non-WRE start

13:15 - WRE prizegiving

13:30 - Courses close and non-WRE prizegiving

14:30 - Arena closes

**Live Results:** <https://results.woc2024.org/sprintscotland>

## **Rules**

All participants are expected to abide by the following

- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all times.

- Respect other participants and the general public.
- Respect out of bounds areas and impassable features: it is your responsibility to know the map symbols!
- Cross all roads and deal with traffic safely - take the time to be safe and aware.
- Maps will be collected from:
  - All competitors in Race 1
  - WRE competitors only in Races 2 and 3.

**Environment:** Please walk / cycle / use public transport / lift-share to the event if you can. Please bring your own drinks bottle and re-usable mugs/bowls.

**Participants take part at their own risk - any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.**

**Prizes:**

**Non-WRE:** Overall results of the 3 races combined times. **WRE:** each race separately.

**Journey Planner:** [www.travelinescotland.com](http://www.travelinescotland.com)

**Embargoed area:** As on the British Orienteering website. [Embargoed Areas](#). Note the embargoed area originally published covers a wider extent than the competition areas. **It will be reduced** on Monday 29<sup>th</sup> April, primarily so that arrival routes don't pass through it.

**First Aid:** A&E Victoria Hospital, Kirkcaldy: ([Google Maps](#)). For minor injuries a first aider and first aid kit will be at the arena.

**Contact email address:** [masterplanadventure@gmail.com](mailto:masterplanadventure@gmail.com)

**Web-page:** <http://sprintscotland.co.uk/>. **Start lists** will be published here.

**Entries:** Entries (including WRE) must be made via **Pre-Entries**. Any WRE runner wishing to be allocated IOF ranking points must supply an IOF Athlete number before results are published.



## **Applicable to both days:**

### **Venues:**

Due to late permissions issues, **there will be no indoor space for competitors, so please come prepared as if for a forest race with e.g. a club tent.** The very limited indoor space we have will be used for download and toilet access.

Club tents and spectators should go on the playing field.

### **Numbered bibs**

Numbered bibs will be used for all competitors and should be collected from enquiries (or quarantine for WRE competitors) at the arena on either day. **Bibs should be retained for the entire weekend.**

**Entry on the day:** No entry on the day

### **Control descriptions**

Available loose at the start and printed on the maps.

**Start interval:** 1 minute.

**Start List:** <https://sprintscotland.co.uk/>

### **Courses**

All distances are optimum running distance.

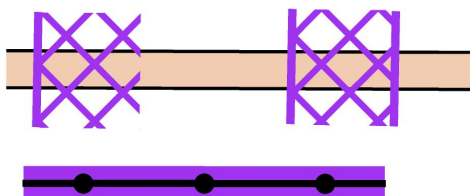
Where courses are double-sided, the start of Part 2 is shown as the map exchange control, i.e. the map shows the control circle rather than a start triangle, as per ISSprOM Rev 5, not the more recent Rev 6 where a new symbol for this has been introduced.

**Artificial barriers** may be encountered on all courses, though course 8 avoids them.

They will be shown on the map like this, using

A) 709 Out-of-Bounds Area or . The solid lines will be trestles or tape in the terrain, and be marshalled by a person wearing high-vis.

B) 708 Out-of-Bounds Boundary over existing passable features (with tape). Red and white tape will be used, rather than IOF tape.



**Map:** 531 prominent man-made feature (black X) is used for play equipment in all races, and also the Sprint Scotland banner as the last control in Races 1 and 2.

Garden fences and walls over head height have all been mapped as uncrossable walls i.e. no tags shown on the fences, for clarity. Any control descriptions for controls on these will be “wall”.

### **Shadowing**

Adults may shadow juniors after their race, but the junior will be declared non-competitive in the results.

Please let us know if you are an U16 (under 16 on the day of the race) wishing to run the WRE races. [masterplanadventure@gmail.com](mailto:masterplanadventure@gmail.com)

### **Roads**

- **All senior courses** cross roads with quiet traffic and 20mph speed limits.
- **Course 7 (16-)** crosses the quieter 20mph estate roads.
- **Course 8 (12-)** does not cross any roads. It does however run alongside some roads and so parents should make sure their children are aware that no crossing is needed.

### **Safety/Hazards**

- Please be courteous and considerate to residents and other users of the area.
- Please be aware of blind corners. In particular, the compact nature of some of the competition area means that runners should be aware of the possibility of runners coming in the other direction. Please be courteous and take care on blind corners and narrow passageways.
- Be aware of traffic (mostly slow moving), areas of forest, steps, other runners, bikes, motorbikes, dogs, general public, playing children and residents.

## **Saturday 4<sup>th</sup> May: Races 1 & 2 - Glenrothes North (WRE)**

### **Venue**

**Collydean Primary School**, Glenrothes. KY7 6TR

Open 9:00 - 17:00. See venue notes above.

### **Parking**

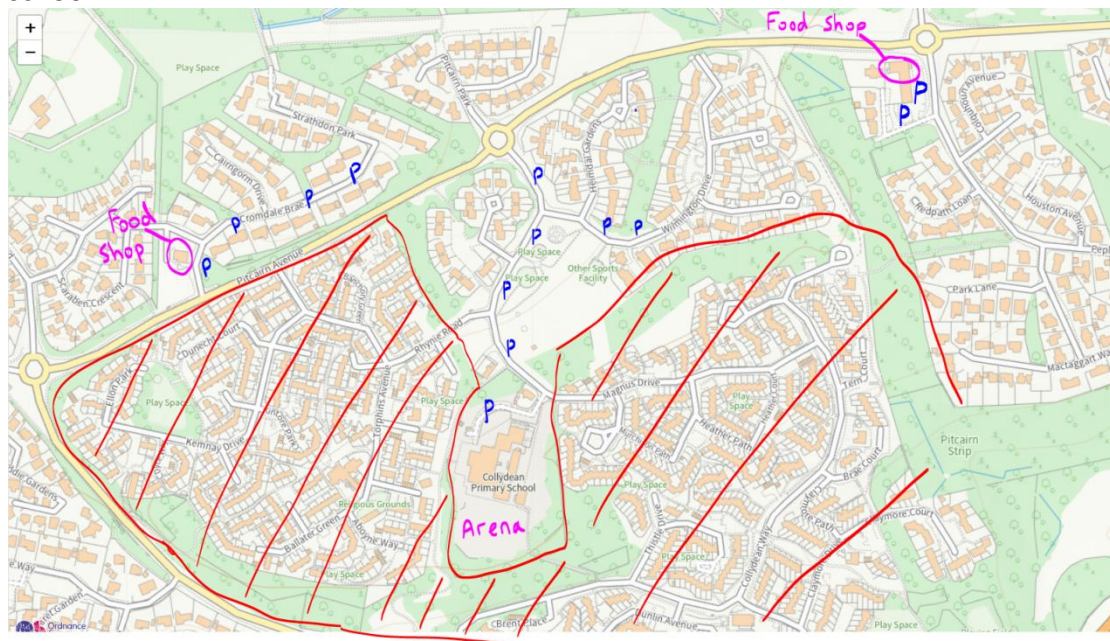
Please car share as much as possible!

**Everyone should approach from the North (via the roundabout [here](#)). If you program the primary school into Google Maps from e.g. Edinburgh or Stirling, it may direct you up Collydean Way through the embargo to the south and east of the school. Please do not do this.**

There is some parking at the school, but not enough for everyone. Overflow parking up Magnus Dr and Wilmington Dr. If you are arriving with plenty of time, please consider parking on Cromdale Brae to the NW or at the shops on Peploe Dr to the NE (these are also where the nearest food shops are for lunch). These are shown on the map below.



Please do not go down Rhynie Rd or further down Magnus Dr beyond the school.



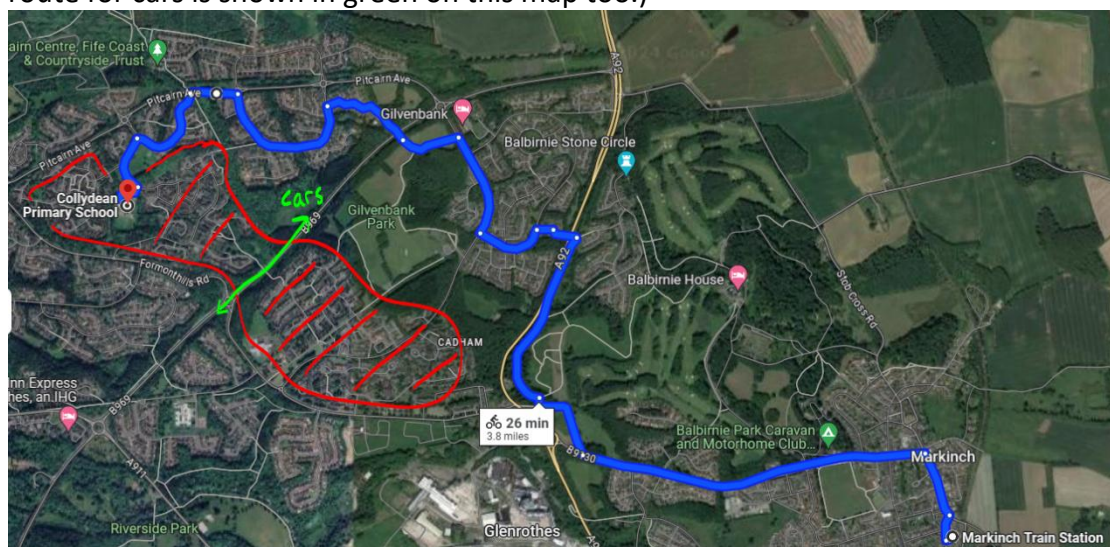
The B969 that cuts the embargo in half is a permitted route for cars to use during their approach (as shown on the map on the next page).

### Route from parking to arena:

Use the map above, avoiding the competition area. Note that non-WRE runners may see other runners crossing Magnus Dr. Please take care.

### Public Transport

We recommend cycling from the nearest train station, which is Markinch (not "Glenrothes with Thornton" - this is in Thornton and much further away). Please avoid the embargo by following e.g. this route: (The aforementioned permitted route for cars is shown in green on this map too.)



Please do not arrive by bus because the only bus route, the 37 or 37A from Kirkcaldy, goes through the competition area.

**Pedestrians and cyclists** may use either the driving route or the route from the station and should obey the embargo and the same access restrictions.

**Quarantine for WRE runners:**

Upon arriving at the school, please follow sign that direct you into the Race 1 quarantine area. **All WRE runners must be in quarantine by 10:00.** It will consist of a section of the school grounds, a tent, and will have access to toilets. If the weather is cold, please bring plenty of warm clothes because it does not include indoor space. It will also include the pre-start for Race 1. Once in quarantine, runners must not communicate with the outside world. Breach of quarantine rules may result in disqualification. Upon late arrival to quarantine, a runner may be refused entry. Please aim to use the toilet before quarantine closes, as there is only one set of toilets. After that we may escort athletes to ensure no communication with finished athletes.

After finishing Race 1, WRE runners will be free to leave the school grounds as long as they do not go into the competition area. The two permitted food shops are shown on the map above. Please do not go to a shop within the embargo, such as Collydean Local or Cadham Co-op.

Quarantine for Race 2 will be a different section of the school grounds, again with a tent and access to toilets, but no indoor space. **All WRE runners must be in quarantine by 14:00.** The start is 1.5km away from the school. Competitors will be given a warm up map to navigate this.

As part of WOC tests, all WRE runners will be given back-up SIACs. These will be distributed in quarantine.

**Toilets:** At the arena (only).

**Map:** ISSprOM 2019-2 Revision 5 (I.e. not the recent revision 6).  
Survey and cartography Alasdair Pedley 2024.  
Printed on waterproof paper.

**Terrain:**

Intricate housing estate terrain, but often quite different from the classic Scottish style. One of the main differences is the amount of bushy areas. Areas that have scattered low bushes are mapped with either light green or medium green. Cutting through these areas does sometimes offer a second or two advantage, and you can always pass through them, but you may get some scratches. Other, thicker, bushy areas are mapped using 411 uncrossable vegetation, which is forbidden to cross. On the ground, any small gaps in these areas will be taped where they may otherwise offer illegal shortcuts. Likewise, any small gaps on the ground in uncrossable fences e.g. broken sections, will be taped shut.





Above: 406 Light Green



Above: 408 Medium Green

The existence of trees in these light green and medium green areas has been considered irrelevant. The areas are too small to map with the “scattered bushes” symbols. Using 410 “fight” has been avoided for these areas. One uncrossable wall in Race 2 has a gap on the ground for a playground slide. We will not tape this (so children can still use the slide) but please do not climb/descend the slide in your race!

**Finish:**

The finish for both races is on the playing field adjacent to Collydean Primary School. The finish will be a line ("ground loop") which you run through, as used for the WRE at the Scottish 6 Days, Sprint Scotland last year and is commonly used at major internationals. This will work for all competitors with a SIAC. For those without a SIAC, and in the unlikely case of SIAC failure, there will be a manual punching unit.

WOC IT team may also be testing a lightbeam finish, but the official results will be taken from the "ground loop".

Commentary will be present.

Radio controls in the terrain will give intermediate splits for WRE classes.

**Download:** All competitors must report to download,, whether they have completed the course or not.

**Timing system:** SportIdent, touch-free enabled.

**Hired SI Cards:** Can be collected at enquiries.

**Clothing:** Shorts and vests permitted. Suitable for flats/trainers, however there may be some sections of steep grass, and small sections of runnable footpaths through forest, so if it is wet shoes with more grip may be advisable.

**Race 1:**

**Starts: WRE Women:** 10:00 - 10:24, **WRE Men:** 10:27 - 11:14, **Non-WRE:** 11:15 - 11:45

**All courses:** The start will be in the arena. Call-up is 3mins. It will be a **silent start**. It will be a **timed start for WRE runners** and a punching start (but still with allocated times) for non-WRE runners. Please arrive in time for your allocated start!

The WOC IT team will be testing a "ski gate" start for WRE classes, but the official race timing will be done from the timed start for the WRE.

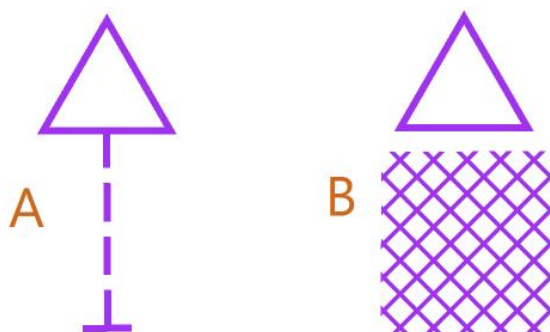
Late WRE runners should punch a start unit and will be subject to the IOF rules on late starts.

**Start list:** published on the [Sprint Scotland website](#).

**Course 8** uses a different start kite to Courses 1-7. It will only be hung while the MW12s are starting, which is planned either at the very start or end of the non-WRE start window.

For Courses 1-7, to avoid competitors running back through the start later in the race, the route to the start kite will not be shown on the map. It will be taped on the ground.





“A” is what would usually be shown, and what will exist with tapes on the ground at the start. “B” is what will be shown on the map, to prevent competitors running through the start later in the course. You must not run back through the run-out later in your course.

### Race 1 (AM) Course Information

Class	Course	Distance (km)	Climb	Scale
WRE Men	1	3.7	55m	1:4000
WRE Women	2	3.2	50m	1:4000
M40+	3	3.2	40m	1:4000
W40+, M55+	4	2.8	45m	1:3000
W55+, M65+	5	2.4	50m	1:3000
W65+, M75+, W75+	6	2.2	45m	1:3000
M16-, W16-	7	2.8	40m	1:4000
M12-, W12-	8	1.3	30m	1:3000

## Race 2

**There will be two starts: near and far.**

**Far Start:** WRE Women: 14:00 - 14:25, WRE Men: 14:27 - 15:15, Courses 3,4,7: 15:18 - 15:40. This far start is 1.5km from the arena. Runners at this start will be given a warm up map upon leaving the arena to use to navigate to the start.

**Timed start for WRE runners**, punching start, with allocated start times, for non-WRE runners

**Near Start:** Courses 5,6,8: The near start is 200m from the arena. 14:50 - 15:25.

### Race 2 (PM) Course Information

Class	Course	Distance	Climb	Scale
WRE Men	1	3.8	95m	1:4000
WRE Women	2	3.2	80m	1:4000
M40+	3	3.1	75m	1:4000
W40+, M55+	4	2.9	65m	1:3000

W55+, M65+	5	2.2	35m	1:3000
W65+, M75+, W75+	6	1.8	30m	1:3000
M16-, W16-	7	2.8	70m	1:4000
M12-, W12-	8	1.2	35m	1:3000

### **World Ranking Event specific information (both race 1 and 2)**

**Start list:** Based on World Ranking as on 29<sup>th</sup> April 2024.

**Start:** Timed start with start times seeded on World Ranking, with highest ranked runners last. In Race 1 it is strictly in world ranking order. In race 2 it is randomised within blocks of 5, so that the order isn't identical in each race. Punching start units are only to be used in the event of a late start. WRE runners will be subject to the IOF rules on late starting: If the athlete lodges a complaint that the lateness is the fault of the organiser, and this is upheld, the punch time will be used. Otherwise, the original start time will be used.

**Back-up timing:** By video recording at the finish.

**Complaints:** To Alasdair Pedley, at the Finish/Download. If you cannot locate him call/text +447463671798. Complaints should be made within 15 minutes of the last WRE finisher. The organiser will make a decision on a complaint, which the athlete may then appeal to the jury.

**Results:** Provisional results will become final 15 minutes after the deadline for complaints if there are no outstanding complaints or protests. Results will be posted to IOF Eventor as soon as is practicable following agreement of final results.

**Jury:** to be confirmed (info on the day)

**Winning times:** 12-15mins.

**Planner** - Frank Townley (EUOC)

**Controller** - Clive Masson (ESOC)

**IOF Event Adviser** - Ted Finch (FVO)

**Event Organiser** - Alasdair Pedley (Masterplan Adventure, AROS)

## **Sunday 4<sup>th</sup> May - Race 3 - Glenrothes South (WRE, SOUL)**

9:00 - Caskieberran Primary School arena opens.

**Parking at the arena for non-WRE competitors only.** WRE competitors should go straight to quarantine. (Bags will be transferred).

10:30 - First start

11:25 - Last WRE Men start and first WRE Women start

11:55 - Last WRE Women start

12:00 - Last non-WRE start

13:15 - WRE prizegiving

13:30 - Courses close and non-WRE prizegiving

14:30 - Arena closes

**Venue** - Caskieberran Primary School, KY6 2NZ. See venue notes on page 2 (no indoor space for competitors). Parking here for Non-WRE competitors only.

### **Approach**

Non-WRE competitors should approach up Chewton Way, along the southern edge of the embargo.

### **Parking**

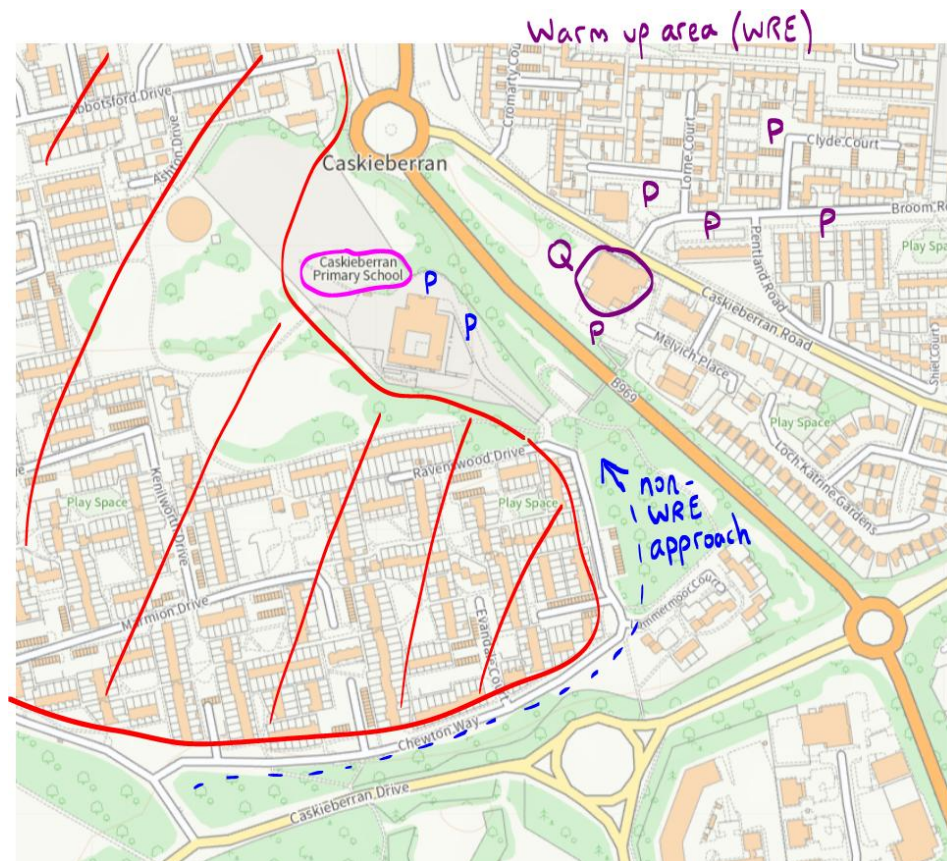
Non-WRE competitors should park at the arena, with overflow onto residential streets if required.

**WRE competitors should park at quarantine at Styx Snooker Club** ([Google Maps](#)), or on the surrounding residential streets, anywhere **east** of the B969.

### **WRE Quarantine**

Quarantine closes at 10:30. Runners should check-in upon arrival. There will be indoor space and toilets. There will be a warm up map for the area between quarantine and the start. Once in quarantine, runners must not communicate with the outside world. Breach of quarantine rules may result in disqualification. Upon late arrival to quarantine, a runner may be refused entry.

**WRE runners must not enter the competition area before starting.** The embargoed area will be reduced on Monday 29<sup>th</sup> April, from the originally published version, to reflect the competition area.



**Local facilities:** There is a SPAR supermarket very close to the WRE quarantine and in the WRE warm-up area, 300m from the arena. WRE runners who have already finished should not go here until after last WRE start.

**Toilets:** At the arena (and in WRE quarantine).

### Map

1:4000 or 1:3000, shown in Course Information table. 2.5m contours. ISSprOM 2019-2 Rev. 5. Printed on waterproof paper (courses 3-8) or plastic 'paper' (teslin) for courses 1-2.

Survey and Cartography: Graham Gristwood 2024.

### Winning times:

12-15 minutes for WRE classes.

Urban race for other courses, with distances based on the UK Urban League guidelines, which the SOUL follows.

### Numbered bibs:

Most runners should use the same bib as on Saturday. If you did not run on Saturday, numbered bibs should be collected at either quarantine (for WRE) or the arena (for non-WRE).



## Terrain

Classic intricate Scottish housing estate, partly on a slope. Numerous interesting statues! Very few bushy areas, as opposed to Races 1 and 2.

## Starts

Two starts:

**Non-WRE:** 400m from the Arena. Call-up 3mins. Punching start (still with allocated times so please turn up on time).

**WRE:** 500m from quarantine. There will be a warm up map (given out in quarantine) showing all of this route and a section of the surrounding area. Call-up 3mins. Timed start. Competitors arriving late should punch a start unit. WRE and non-WRE runners will be subject to the IOF and BO rules on late starts respectively.

## Course information

Class	Course	Distance (km)	Climb	Scale
WRE Men	1	3.6	50m	1:4000
WRE Women	2	3.2	40m	1:4000
M40+	3	7.6	85m	1:4000
W40+, M55+	4	6.4	75m	1:3000
W55+, M65+	5	5.8	70m	1:3000
W65+, M75+, W75+	6	4.6	45m	1:3000
M16-, W16-	7	3.0	50m	1:4000
M12-, W12-	8	1.6	25m	1:3000

Courses 1-5 and 7 have a double-sided map, with a **map flip**.

Course 3 have more than 30 controls. Older dibbers may not be sufficient. Dibbers can be hired (free of charge if this is the reason) from the arena.

## Finish

At the arena, adjacent to Caskieberran Primary School. Commentary will be present.

The finish will be a line ("ground loop") which you run through, as used for the WRE at the Scottish 6 Days, Sprint Scotland last year and is commonly used at major internationals. This will work for all competitors with a SIAC. For those without a SIAC, and in the unlikely case of SIAC failure, there will be a manual punching unit.

## Download

All competitors must report to download, whether they have completed their course or not.

## Safety/Hazards:

Please be aware of traffic on all roads and other members of the public, including pedestrians, dog walkers.

**Timing system:** SportIdent. Touch free enabled.

**Clothing**

Shorts and vest permitted. Trainers/flats are suitable. There may be some sections of sloping grass so if the weather is wet, shoes with more grip may be advisable.

**World Ranking Event specific information (Courses 1 and 2)**

**Start list:** Based on World Ranking as of Monday 29<sup>th</sup> April. Highest ranked start last.

**Start**

Timed start with start times seeded on World Ranking, highest ranked runners starting last as per IOF rules. Randomisation within blocks of 5 is used. Punching start units are only to be used in the event of a late start. WRE runners will be subject to the IOF rules on late starting: If the athlete lodges a complaint that the lateness is the fault of the organiser, and this is upheld, the punch time will be used. Otherwise, the original start time will be used.

**Back-up timing:** By video recording at the finish.

**Complaints:** To Alasdair Pedley, at the Finish/Download. If you cannot locate him call/text +447463671798. Complaints should be made within 15 minutes of the last WRE finisher. The organiser will make a decision on a complaint, which the athlete may then appeal to the jury.

**Results:** Provisional results will become final 15 minutes after the deadline for complaints if there are no outstanding complaints or protests. Results will be posted to IOF Eventor as soon as is practicable following agreement of final results.

**Jury:** To be confirmed (info on the day)

**Planner:** Joe Hudd (EUOC)

**Controller:** Colin Matheson (FVO)

**IOF Event Adviser:** Ted Finch (FVO)

**Event Organiser:** Alasdair Pedley (Masterplan Adventure, AROS) +447463671798