

Sprint Scotland 2-3rd Sept. 2023 Bulletin 2

Program

Saturday 2nd September

There are specific routes for arriving by car and from the train station. See page 3.

9:00 - 12:30

Race 1 - Alloa Sprint (WRE) - Bowmar Community Centre, Alloa

9:00 - Bowmar Community Centre opens. **No parking at the Community Centre.**

10:00 - First WRE Men's start

11:00 - Last WRE Men's start and First WRE Women's start

11:45 - Last WRE Women's start and First non-WRE start

12:30 - Last non-WRE start

13:00 - Courses close

13:00 - 17:00

Race 2 - Alloa Knock-Out Sprint (WRE) and Sprint - Bowmar Community Centre, Alloa

13:30 - KO Semi-Final first start. In Quarantine by 13:20.

15:00 - KO Final first start. In Quarantine by 14:50.

15:30 - Non-WRE first start. KO Finals end and maps released.

16:15 - Non-WRE last start.

16:30 - WRE prizegiving

16:45 - Courses close

17:30 - Event ends and Bowmar Community Centre closes

Sunday 3rd September

9:00 - 14:30

Race 3 - Falkirk Sprint (WRE) and Urban (UKUL, SOUL) - 1st Falkirk Scout Hall

9:00 - Scout Hall event centre opens

10:30 - First non-WRE start

11:30 - First WRE start and last non-WRE start

12:30 - Last WRE start

13:30 - Courses close

14:00 - WRE prizegiving, Scout Hall.

14:30 - Event ends and Scout Hall closes

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 at the finish of each race. They will be available just after the end of each WRE race, at 15:30 on Saturday for Race 1, and at

12:30 on Sunday for Race 3. Race 2 occurs after the KO final so maps will not be collected.

Results - These (including live results) will be available via <http://sprintscotland.co.uk/>

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 - Sprint Scotland Overall results after 3 races - prizes for top 3 in each non-WRE category. **WRE** - prizes for Knock-Out (Race 2) and Sprint (Race 3) separately.

Journey Planner - www.travelinescotland.com

Embargoed area - As on the British Orienteering website. [Embargoed Areas](#)

First Aid - A&E Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR

Contact email address - masterplanadventure@gmail.com

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

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



Saturday 2nd September: Races 1 & 2 - Alloa (WRE)

Venue

Bowmar Community Centre, Scott Cres, Alloa FK10 1BT

Open 9:00 - 17:00. Toilets, hall for changing, leaving bag/valuables.

Spectator area outside on adjacent playing field.

Parking

Two car parks on N Castle St, ([N Castle St - Google Maps](#))

All traffic should approach down Glasshouse Loan ([Glasshouse Loan - Google Maps](#)), following it until its southern end where it turns left into Castle St, then taking the 2nd left onto N Castle St.

If approaching from the East (e.g. Edinburgh) please follow the A907 round the North side of Alloa until the North end of Glasshouse Loan.

Route from parking to arena: Along National Cycle Route 76 until the big playing field. Follow the pink arrows on the map below.



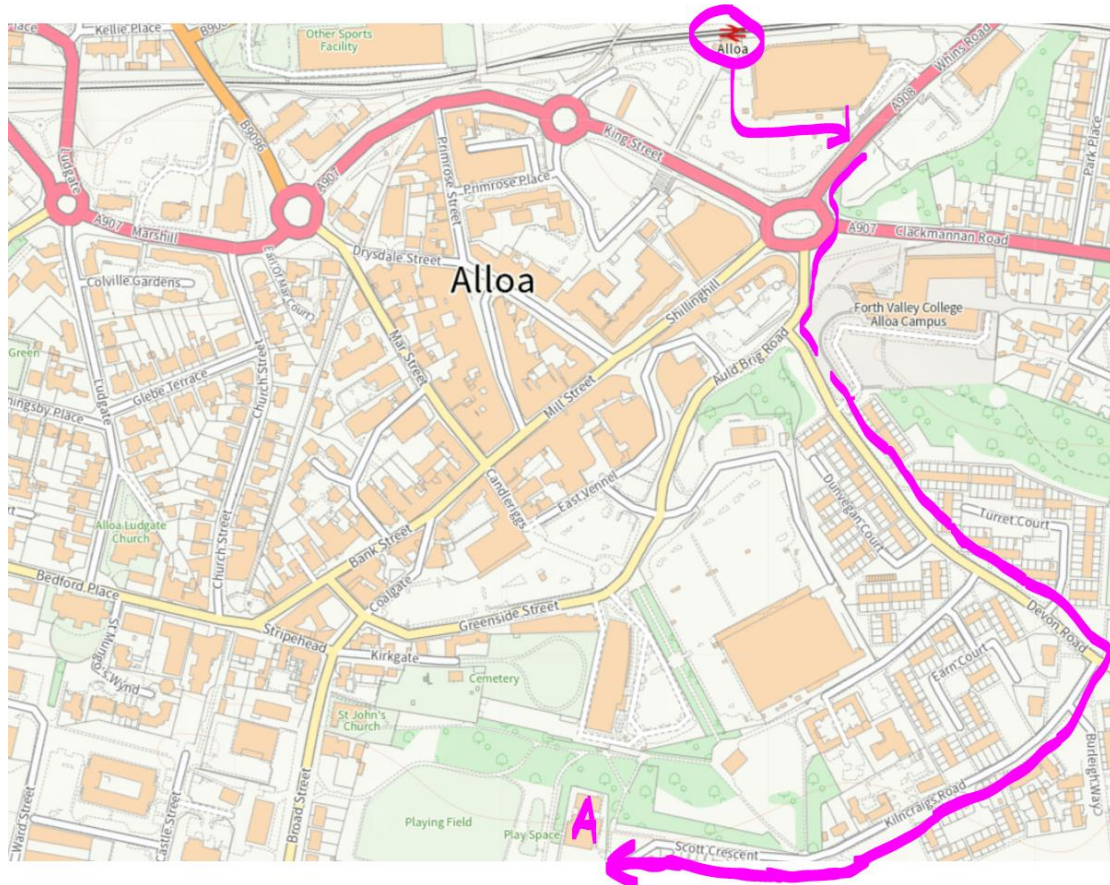
The red arrow shows the (only) driving route into the two car parks, shown with red Ps. The pink arrows show the walking route to the arena, where the finish is marked with a pink F and the Community Centre marked with a pink A.

Public Transport

People arriving by train must follow this route from Alloa train station:

1. Go through the ASDA Car Park
2. Turn right onto Whins Rd
3. Take 2nd exit (ahead-left) at the roudabout
4. Take 1st right turn onto Devon Rd
5. Take 3rd left turn onto Kilncraigs Rd, which becomes Scott Crescent

The route is shown by the pink arrows on the map below:



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.

Out-of-bounds: All embargoed areas, except Bowmar Community Centre, the adjacent playing field, identified car parks, access routes to these places, and the area on the warm-up map are out-of-bounds to orienteers until after the race.

Entry on the day: No entry on the day

Toilets: In Bowmar Community Centre. Please note that the boxing gym in the northern part of the community centre may be in use, please be courteous and respectful.

Roads

- **ALL senior courses** in the morning cross roads with some traffic. This traffic is subject to a 20mph limit but it may be busy on a Saturday so care is needed and runners should give way as necessary
- **Timed out road crossing: ALL senior courses** in the morning cross one busier road. There are controls on both sides of the road and the time taken for the road crossing will be removed, subject to a maximum of 20seconds.
- **The WRE courses** in the morning have a **map exchange** at the control on the far side of the timed out road crossing. The Part 2 map will be available after punching. The start of Part 2 is shown as the map exchange control (ie the map shows the control circle rather than a start triangle).
- **Course 7 (16-)** crosses quiet 20mph roads, all other crossings are marshalled.

- **Course 8 (12-)** only crosses roads at manned points. It does however run alongside some roads and so parents should make sure their children are aware that no crossing is needed except where there are marshals.

In the afternoon, all courses cross some 20mph roads. These will be marshalled where crossed by the junior courses.

Safety/Hazards

- On the route to the morning start, there are some metal pipes in a tunnel which are approximately 6 ft 2" (185cm) off the ground. These will be taped with yellow/black tape but please take care!
- As Race 2 involves mass start racing for the WRE, please be particularly aware to manage the risk of collision (other competitors, non-orienteers, traffic, etc.)
- 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 with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents.

Map

1:4000, 2.5m contour interval, ISSprOM 2019-2.

1:3000 for Courses **5** (W55+, M65+), **6** (W65+, M75+, W75+) and **8** (M/W12-) only.

In Race 1 these maps may be slightly larger than A4.

Survey and cartography Graham Gristwood 2023.

Printed on waterproof paper.

Terrain: A mix of town centre and housing estate terrain, largely flat.

Warm up area

Playing field adjacent to Bowmar Community Centre, within the tarmac path.

For Race 1 there is a warm-up map which is also used to navigate to the start **for all senior competitors**. This should be collected at the Community Centre.

Numbered bibs

Numbered bibs will be used for all competitors and should be collected from enquiries in Bowmar Community Centre. **Bibs should be retained for the entire weekend.**

Control descriptions

Available loose at the start and printed on the maps.

There are no loose descriptions for Open Men and Women for the afternoon races.

Shadowing

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

Start

Senior courses (1-6): The start is 900m from the arena, using a **warm-up map**, which can be collected at enquiries.

Junior courses (7, 8): The start is adjacent to the arena.

There will be a timed start for all runners, please arrive in time for your allocated start! The start list will be published on the Sprint Scotland website:

<https://sprintscotland.weebly.com/>

Late starters may punch a start unit and will need to have their time corrected at download.

All afternoon starts are adjacent to the arena.

WRE Semi-Final 13:30 - 14:30 (see detailed information below)

WRE Final: 15:00 - 15:30

Non-WRE afternoon starts: 15:30 - 16:30

Course information

All distances are optimum running distance.

Class	Morning		Afternoon	
	Course	Distance	Course	Distance
Open Men WRE	1	2.9	Semi-Final Knock-Out races Semi-Final 19+ Placings race Final A/B/C Races	All 1.8 - 2.0
Open Women WRE	2	2.3		
M40+, W40+, M55+	3*	2.9	3*	3.0
W55+, M65+	5	2.4	5	2.6
W65+, M75+, W75+	6	2.1	6	2.1
M16-, W16-	7	2.2	7	2.6
M12-, W12-	8	1.0	8	1.1

*There is no Course 4. W40+ and M55+ share course 3 with M40+.

• **The WRE courses in the morning have a map exchange at the control on the far side of the timed out road crossing. The Part 2 map will be available after punching.** The start of Part 2 is shown as the map exchange control (ie the map shows the control circle rather than a start triangle).

Semi-Final races have a map flip. Part 2 will begin with a map exchange control (i.e. a control circle rather than a start triangle).

For the WRE classes, top 18 in the qualification run the Semi-Final. Places 19+ run a single race in the afternoon.

Finish

The finish for all races is on the playing field adjacent to Bowmar Community Centre. The finish will be a line which you run through, as used for the WRE at the Scottish 6 Days and is commonly used at major internationals. This will work for all competitors with a SIAC. For those without a SIAC, there will be a manual punching unit.

The mass start races will have finish positions decided by a line judge.

Maps will be collected from all races (apart from Non-WRE Race 2) and released after the end of all WRE KO Finals at 15:30.

Commentary will be present.

Download: All competitors must report to download, inside the Community Centre, 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 the afternoon races include some grassy sections, so if it is wet shoes with more grip may be advised.

World Ranking Event specific information

Morning	Afternoon	
Qualification	Semi-Finals	Final
Top 18	SF 1, 2, 3. Allocation specified below.	A, B, C Finals
Places 19+	'Fast and furious' place race. 15s intervals, 19 th place first.	

Start list: Based on World Ranking as on 28th August 2023.

Complaints: To Alasdair Pedley, at the Finish. If you cannot locate him call/text +447463671798. For Qualification races, within 15 minutes after final results published. For KO races, within 3 minutes of the publication of the results of each individual heat.

Jury: to be confirmed (info on the day)

Planner - Jon Cross (Masterplan Adventure, FVO)

Controller - Richard Oxlade (ESOC)

IOF Event Advisor - Ted Finch (FVO)

Day Organisers - Lorna and Colin Eades (INT) +447790462457

Event Co-ordinator - Alasdair Pedley (Masterplan Adventure, AROS)

Race 1 WRE Qualification additional information

Start

Timed start with start times seeded on World Ranking, highest ranked starting first as per IOF rules. 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.

Winning times:

Open Men and Open Women have an 8-10min EWT in line with the KO Sprint guidelines, as their morning race acts as qualification ahead of their two races in the afternoon.

Race 2 WRE KO Sprint additional information

All runners should read the format information that follows carefully. It is your responsibility to understand the format and arrive at the correct time for each race!

Qualifier to Semi-Final:

The top 18 finishers in the morning qualification race will qualify for the mass-start races at the Semi-Final stage, and be allocated as follows:

Semi-Final 1: 1, 6, 7, 12, 13, 18

Semi-Final 2: 2, 5, 8, 11, 14, 17

Semi-Final 3: 3, 4, 9, 10, 15, 16

Where the numbers indicate the finishing positions in the morning qualification race.

In the event of a tie, the tied runners will be split based on their Sprint World Ranking, as of Friday 1st September. If the tied runners have no World Ranking points, it will be decided randomly (e.g. flipping a coin).

Start Lists will be published at enquiries, in the Community Centre, by 12:30.

Those finishing in places 19+ will run a single race in the afternoon, starting at 15s intervals, after the final Semi-Final has taken place. This will use a punching start. Punch and then take a map from the map board.

Timings:

13:20	All WRE Semi-Final runners need to be in quarantine
13:30	Semi-Final Men 1 start
13:35	Semi-Final Men 2 start
13:40	Semi-Final Men 3 start
13:45	Semi-Final Women 1 start
13:50	Semi-Final Women 2 start
13:55	Semi-Final Women 3 start
14:10	First starter in Men 19+ race. 19 th place starts first
14:20	First starter in Women 19+ race. 19 th place starts first

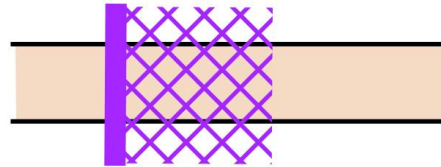
Semi-Final to Final

The first 2 finishers in each of the three Semi-Finals will progress to the A final. 3rd and 4th place will progress to the B final and 5th and 6th place will progress to the C final. Start lists will be published at enquiries, ASAP after Semi-Final races.

Timings:

14:50	All WRE Final runners need to be in quarantine
15:00	Final Men A start
15:03	Final Women A start
15:09	Final Men B start
15:12	Final Women B start
15:18	Final Men C start
15:21	Final Women C start

Artificial barriers may be used on the WRE courses. They will be shown on the map like this (solid line on direction of approach):



Sunday 3rd September - Race 3 - Falkirk (WRE, UKUL, SOUL)

9:00 - 1st Falkirk Scout Hall event centre opens. **No parking at the Scout Hall.**
10:30 - First non-WRE start
11:15 - First M/W12- start
11:30 - Last non-WRE start
11:45 - Last M/W12- start
12:00 - First WRE start
13:00 - Last WRE start
13:45 - Courses close
14:00 - Prizegiving at Scout Hall
15:00 - Scout Hall close

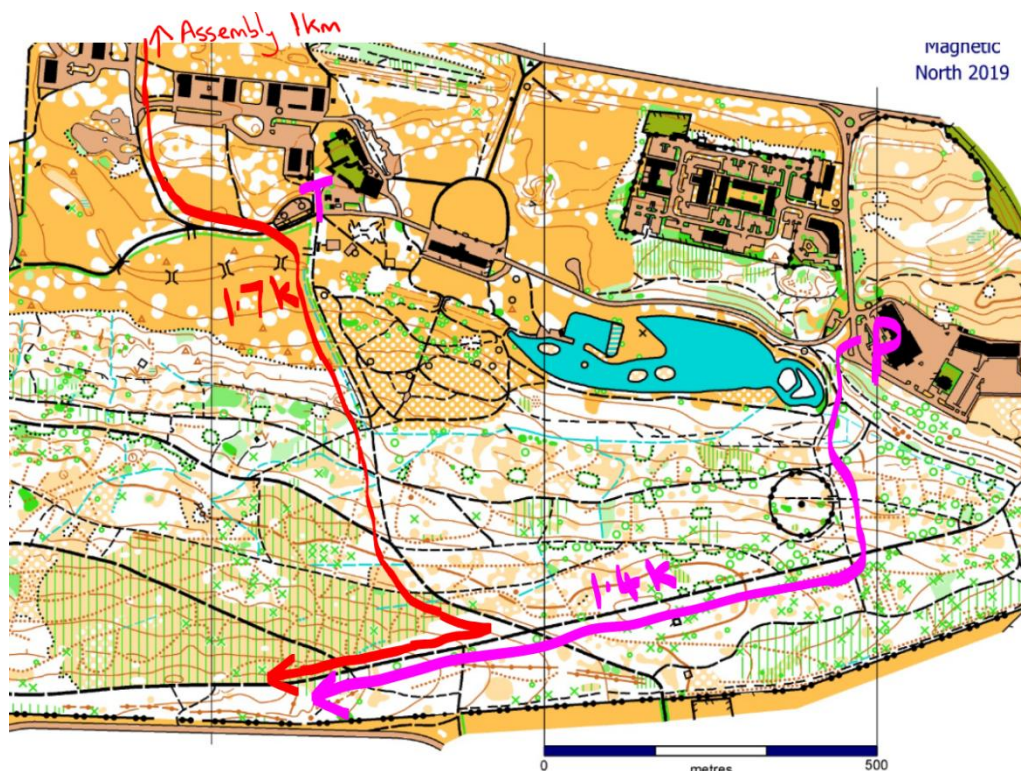
Venue - 1st Falkirk Scout Hall, Pleasance, Falkirk FK1 1BG ([1st Falkirk Scout Hall - Google Maps](#)). Open 9:00 - 14:00. Toilets and hall for changing and leaving bags/valuables. There are additional public toilets in Howgate Shopping Centre.

Parking

You should consider the 2.7km distance between the Scout Hall and the non-WRE (courses 3-7) start in Hallglen before deciding where to park. You can go straight there (if you didn't run on Saturday and need to collect a bib they will be at the start). It is also possible to drive to the start with a full car and drop people off, before the driver goes and parks elsewhere.

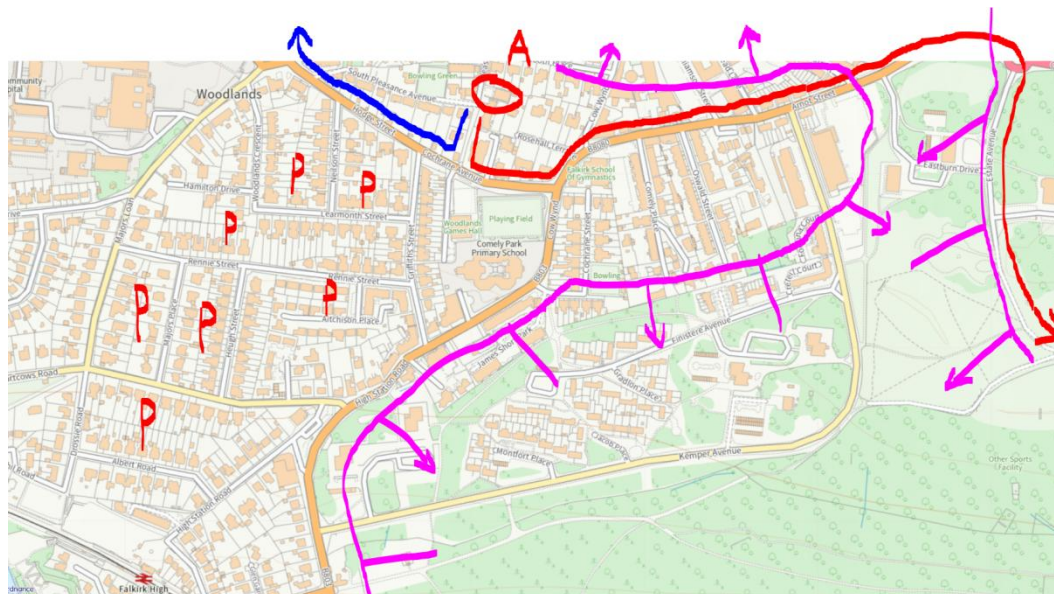
The parking options are:

1. Callendar Park Business Park, for non-WRE competitors:



The pink P shows the Business Park parking option. From here it is 1.4km to the Hallglen start. The pink T shows the public toilets in Callendar Park. The red arrow shows the route from Assembly / Falkirk centre to the Hallglen start.

2. Park yourself, for example in the housing estate between Falkirk High station and the Scout Hall:



Red A for Assembly at the Scout Hall. Pink indicates the competition area. Red arrow is the route to the Hallglen start (courses 3-7). Blue arrow is the route to the WRE start (courses 1, 2 and 8).

Non-WRE competitors may also park in Howgate Shopping Centre (pay and display), close to assembly and finish, if they wish. It's open from 10am.

WRE runners must respect the embargoed area, except accessing the Scout Hall from the south along Pleasance, and the taped route to their start (blue line above).

Local facilities: Falkirk town centre is very close by, however, it is part of the competition area. You are welcome to visit the various cafes and shops after you have run your race.

Toilets: There are limited toilets in the Scout Hall. Further toilets are available in Howgate Shopping Centre. There are public toilets in Callendar Park.

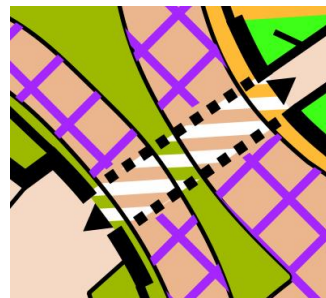
Entry on the day: No entry on the day

Safety and road crossings

Courses 3-7 have a timed out road crossing (2mins), over a busy road, and a **map exchange on the far side**. There will be controls on both sides (on the near side, it is not immediately adjacent, and tapes will guide you to the road). It will be marshalled. You may be asked to wait a few seconds longer to avoid starting with someone else on your course – if this happens, there will be no time penalty.

Courses 1 and 2 (WRE) cross two minor roads during the course, not timed out. Do **NOT** cross roads marked as Dangerous Road/Out-of-Bounds, use underpasses or crossing points as appropriate.

The Out-of-Bounds roads and allowed underpasses are mapped like this and must be used:
(The purple hatchings have been omitted above the underpass for clarity only.)



Any U16s wishing to run the WRE classes need to be shadowed at the two minor road crossings. Adults may wait at those places rather than follow round the whole course. Please let us know if advance if you wish to do this.

masterplanadventure@gmail.com

Map

1:4000 for all courses, 2.5m contour interval. ISSprOM 2019-2. **3 sections:**

1. Falkirk Town Centre (all courses): Mapped 2023 by Alasdair Pedley

WRE courses use this section only.

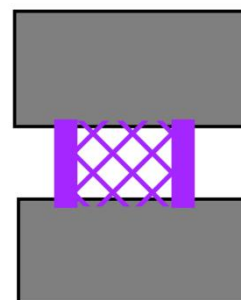
There are some small unmapped pavement cafes and there will be unmapped scaffolding/building works.

2. Callendar Park (western end, courses 3-7 only): Adapted by Alasdair Pedley from the ISOM map by Chris Smithard. **This is an urban race and the forest has thick undergrowth (brambles/bracken) in most places. This has been shown with the vegetation screen and much of the detail within the forest is not shown. White forest typically provides good running and may be the fastest route, but anything with green stripes should be avoided.** A few indistinct paths will be taped.

3. Hallglen (courses 3-7 only): Mapped 2016 by Graham Gristwood, updated Sept. 2022 and minor updates 2023.

In the Town Centre, encountered by **all** courses, there are artificial barriers, mapped like this:

They will consist of a short barrier (e.g. a trestle), flour on the road and be manned by a marshal wearing high vis.



There are ongoing roadworks in central Falkirk which cause permanently-changing pedestrian diversions. Courses are planned to avoid the worst of this, but please be aware there may be very late changes. These areas are mapped with the [714: Temporary Construction or Closed Area](#) symbol.

Winning times:

12-15 minutes for Open Men and Women.

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

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 the start.

Terrain

Three distinct sections:

Falkirk town centre (all courses): Mostly tarmac, occasional grassy banks and bushes.

Callendar Park (courses 3-7): **Please read the above mapping notes.**

Hallglen (courses 3-7): Complex housing estate on a steep slope, with many sets of steps and some steep grassy banks which will be slippery when wet.

Warm-up: On the routes to the starts.

Starts

Two starts:

Town Centre Start (Courses 1, 2, 8): 600m from the Scout Hall. Please follow the taped route. Strict timed start for WRE runners, with late starts handled according to the IOF rules.

Hallglen Start (Courses 3-7): 2.7km from the Scout Hall. Please follow the taped route. The route to the start passes through the competition area, so please show good sportsmanship and don't leave the taped route. Start times are allocated but you will punch a start unit.

Course information

Class	Course	Distance (optimum)	Start
Men's Open WRE	1	3.9	Centre
Women's Open WRE	2	3.4	Centre
M40+	3	7.0	Hallglen
W40+, M55+	4	5.8	Hallglen
W55+, M65+	5	5.3	Hallglen
W65+, M75+, W75+	6	4.5	Hallglen
M16-, W16-	7	4.5	Hallglen
M12-, W12-	8	1.3	Centre

All distances are subject to final controlling.

Course 1 (Men's WRE) has a **map flip**.

Courses 3-7 have a **map exchange** at the timed out road crossing.

Courses 3-5 have more than 30 controls. Older dibbers may not be sufficient.

Some courses cross roads with light traffic, marked with darker brown. Courses are planned so you can cross at an angle, but you are responsible for taking due care and attention.

Shadowing

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

U16s wishing to run the WRE races will need shadowing in two places (see above).

Please let us know if you wish to do this. masterplanadventure@gmail.com

Finish

One finish, on the High St, in front of the Steeple. We encourage non-WRE competitors to spectate the finish of the WRE races after their runs. Commentary will be present.

The finish will be a line which you run through, as used for the WRE at the Scottish 6 Days and as is used at major internationals. This will work for all competitors with SIACs. For those without SIACs, there will be a manual punching unit.

Download

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

Control descriptions: Available loose at the start and printed on the map.

Out of bounds

The embargoed area in the town centre remains out of bounds to orienteers until they have completed their race. After finishing, they may spectate at the finish.

Safety/Hazards

- Please be aware of traffic on all roads and other members of the public, including pedestrians, dog walkers, mountain bikers (Callendar Park).
- Courses 3-7 have a 2min timed out road crossing, see above.
- The brambles and bracken in Callendar Park are extensive. Please read the above notes in the Map section above.

Timing system: SportIdent. Touch free enabled.

Clothing

Shorts and vest permitted. Footwear: For Courses 1, 2 and 8 flats are suitable. For Courses 3-7 shoes with more grip may be advisable if it is wet. Hallglen has some steep grassy banks and the paths in Callendar Park may be slippery. Please read the other notes in the Map and Terrain sections above.

World Ranking Event specific information (Courses 1 and 2)

Start list: Based on World Ranking as of 28th August 2023. Highest ranked last.

Complaints: Within 15 minutes after course closing time to Alasdair Pedley at Scout Hall. If you cannot locate him, call/text +447463671798.

Jury: To be confirmed (info on the day)

Planner: Graeme Ackland (Masterplan Adventure, INT)

Controller: Richard Oxlade (ESOC)

IOF Event Advisor: Ted Finch (FVO)

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