

# SPRINT SCOTLAND



# MASTERPLAN ADVENTURE



## Masterplan Adventure present **Sprint Scotland 2018** Falkirk area 19<sup>th</sup>-22<sup>nd</sup> July Bulletin 1.5



### Overview

- Professional standard maps of new areas
- Professional standard course setting
- Professional analysis of each training and race
- Short travel distances
- Good social element
- Evening presentations about sprint orienteering
- Coaching from successful WOC sprint athletes
- Free entry to top 20 in Sprint Foot Orienteering World Ranking (at 1/1/18, email organisers)
- Discounted entry to members of the Great Britain Foot Orienteering Team (email organisers)
- 3 World Ranking Events (with GPS tracking)



### Program (provisional)

#### Thursday 19<sup>th</sup> July

- 10:00 - 17:00 Sprint coaching - Grangemouth South and West – Grangemouth Stadium  
20:00 – 21:00 Evening Q&A with the Sprint Scotland team – Grangemouth Stadium

#### Friday 20<sup>th</sup> July

- 10:00 – 17:00 Sprint coaching – Hallglen – Hallglen Sports Centre  
20:00 – 21:00 Evening talk by **Yannick Michiels (World Cup Winner)** – Grangemouth Stadium

#### Saturday 21<sup>st</sup> July

- 10:30 – 11:30 Race 1 – Denny (WRE, Scottish Urban League) – Denny Football Club  
14:30 – 15:30 Race 2 – Denny (WRE) – Denny Football Club  
19:00 – 20:00 Evening talk by **Kris Jones (European Champs Medallist)** – venue tbc

#### Sunday 22<sup>nd</sup> July

- 11:30 – 12:30 Race 3 - Grangemouth North (WRE) – Grangemouth High School  
14:00 Sprint Scotland prize-giving

**Classes** - M/W12-, M/W16-, M/W Open, M/W40+, M/W55+, M/W65+, M/W75+

**Terrain** - Traditional varied Scottish sprint orienteering terrain, mostly very technical housing estates. Races maps never used for competition before.

### Coaching days

- 3 courses on each day designed to improve specific sprint orienteering skills
- Long and short options
- Waterproof maps and control descriptions
- Analysis forms
- Coaching from Graham Gristwood, Chris Smithard and Fanni Gyurko

### Evening talks

- Topics related to sprint orienteering
- Question and Answer session with the Sprint Scotland team
- Talk by Yannick Michiels – Belgian Sprint World Cup Race Winner
- Talk by Kris Jones – Welsh European Champs Sprint Medallist

**Maps** - All maps drawn to ISSOM specification 2016-18 by Graham Gristwood.

**Labyrinth** – We are planning to offer labyrinth orienteering at the races.

**Under 16s** - Safety considerations allied with our insurance position mean that only U16s accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety are allowed to participate in the coaching days.

**Entries and entry fees** - On Sprint Scotland website ([sprintscotland.co.uk](http://sprintscotland.co.uk)).

	Before 27 <sup>th</sup> May		Before 8 <sup>th</sup> July		EOD**	
NB. surcharge for non - BO members	Adult	Junior / student	Adult	Junior / student	Adult	Junior / student
Individual race	£10.00	£5.00	£12.00	£6.00	£12.00	£6.00
Coaching day	£15.00	£7.50	£20.00	£10.00	£20.00	£10.00
Evening talk	£5.00	£2.50	£5.00	£2.50	£5.00	£2.50
Technical T-shirt*	£10.00	£10.00	£10.00	£10.00	£10.00	£10.00

\*Technical T-shirt free if you enter all 3 races, both coaching days and all 3 talks.

\*\* Subject to availability

**Clothing** - As per British Orienteering rules (competitors must wear clothing that fully covers their torso and legs in forest terrain – shorts ok otherwise).

**Winning time for competitions** - 12-15 minutes.

**Timing system** - SPORTIdent with contact-less punching enabled. SI cards available for hire.

**Going green** - We encourage people to use public transport and share transport where possible.

**Visas / extra training** - Contact the co-ordinator.

**Accommodation** - Various in and around Stirling and Falkirk.

**Climate** - This is Scotland, so could be anything!

**Embargoed areas** - Available on the British Orienteering website.

### Map samples



**Co-ordinator**

**Planners and organisers**

**Denny controller**

**Grangemouth controller**

**IOF Event Advisors**

**Contact e-mail address**

Graham Gristwood

Graham Gristwood, Kris Jones, Chris Smithard & Fanni Gyurko

Richard Oxlade (GRAMP)

Ted Finch (FVO)

Ted Finch (FVO) and Rob Hickling (GRAMP)

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