

SPRINT SCOTLAND



MASTERPLAN ADVENTURE



Masterplan Adventure present **Sprint Scotland 2018** Falkirk area 19th-22nd July Bulletin 1



Overview

- ◆ Professional standard maps of new areas
- ◆ Professional standard course setting
- ◆ Professional analysis of each training and race
- ◆ Short travel distances
- ◆ Good social element including a ceilidh
- ◆ 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 19th July

10:00 - 17:00

Sprint coaching - Grangemouth South and West

20:00 - 21:00

Evening talk by guest speaker (tbc)

Friday 20th July

10:00 - 17:00

Sprint coaching - Hallglen

20:00 - 21:00

Evening talk by guest speaker (tbc)

Saturday 21st July

10:30 - 11:30

Race 1 - Denny (WRE, Scottish Urban League)

14:30 - 15:30

Race 2 - Denny (WRE)

19:00 - 20:00

Evening talk by Kris Jones

20:30 - 22:00

Ceilidh in Stirling

Sunday 22nd July

11:30 - 12:30

Race 3 - Grangemouth North (WRE)

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 sessions
- ◆ Presented by Kris Jones and guest speakers (last time Murray Strain and Heather Monro)

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

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

Ceilidh - Traditional Scottish dancing with tuition (subject to selling enough tickets by May 27th).

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).

	Before 27 th May		Before 8 th 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
Ceilidh	£8.00	£4.00	£8.00	£4.00	£8.00	£4.00
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, Training planner

Race planners and organisers

Denny controller

Grangemouth controller

IOF Event Advisors

Contact e-mail address

Web page

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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