

SPRINT SCOTLAND 19-22ND JULY 2018 BULLETIN 2

General Information

Program

Thursday 19th 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 20th 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 21st July

10:30 – 11:45

Race 1 – Denny (WRE, Scottish Urban League) – Denny Football Club

14:45 – 16:00

Race 2 – Denny (WRE) – Denny Football Club

19:00 – 20:00

Evening talk by Kris Jones (European Champs Medallist) – Denny Football Club

Sunday 22nd July

11:30 – 12:30

Race 3 - Grangemouth North (WRE) – Grangemouth High School

13:30

Sprint Scotland prize-giving

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 time.
- 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 roads and deal with traffic safely - take the time to be safe and aware.
- Maps will not be collected after your run – please do not show to later competitors.

Going green – 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.

Training maps and T-shirts – Collect pre-ordered maps and t-shirts at the training Event Centre, or purchase on the day (subject to availability).

Prizes - Prizes for top 3 in each category (based on combined times from all 3 races). Prizes provided by Compasspoint, Fenland Runner and Silva.

Contact e-mail address sprintscotland2016@gmail.com

Web page <http://sprintscotland.co.uk>



Coaching Days

Entry on the day – Subject to map availability. £20 adults / £10 juniors / students

Timings - All training maps are open all day (from 10:00 – 17:00)

Coaching – Available from the Sprint Scotland team. Analysis forms are available.

Under 16s - 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.

Training markers - Will be set out.

Journey planner - www.travelinescotland.com.

Skills tips

- Have a plan for each session - what do you want to achieve? Identify targets to hit and write them down.
- Analyse afterwards (analysis forms will be available) - did I achieve my targets?
- Check your control codes and control descriptions - do you know what they all mean?
- Plan ahead when you can - but not if it means getting lost now!
- Don't do too much – focus on quality and make sure you recover well between each training.

Thursday 19th July – Grangemouth

Timings – 10:00-17:00.

Venue – Grangemouth Stadium (Kersiebank Ave, Grangemouth FK3 0BS). Toilets, changing facilities and a hall for leaving bags/valuables. <https://www.google.co.uk/maps/@56.0053929,-3.7088858,233m/data=!3m1!1e3?hl=en>

Public Transport – The nearest train station is Polmont. Bus stops along Tinto Road close to the stadium.

Parking – At the stadium

Local facilities – Close to Grangemouth Town Centre. Cafe at the Stadium (opening hours)

Training (long and short options available)

1. Visualisation training – picturing how the leg and control circle look.
2. Starts training – practice the first couple of controls of your race over and over again.
3. Long legs / short legs – practice the transition – think about planning ahead and when to focus.

Terrain – Flat urban terrain. 3 distinct types of housing areas and some town centre.

Recommended footwear – Mostly asphalt, some grass/off road running. Trainers/running shoes.

Recommended clothing – Shorts are fine.

Risks – Traffic, cyclists, dogs, other pedestrians. Many blind corners - you could run into somebody. Slippery if wet.

Evening Talk - 20:00 – 21:00 - Evening Q&A with the Sprint Scotland team – Grangemouth Stadium (Kersiebank Ave, Grangemouth FK3 0BS). Tickets available on the door subject to availability £5 adults / £2.50 juniors / students.

Friday 20th July – Hallglen, Falkirk

Timings – 10:00-17:00.

Venue – Hallglen Sports Centre (Islands Crescent, Hallglen, Glen Village FK1 2PS). Toilets, changing facilities and a hall for leaving bags/valuables. <https://www.google.co.uk/maps/@55.9869804,-3.781331,96m/data=!3m1!1e3?hl=en>

Public Transport - Nearest train station is Falkirk High. Bus stops along New Hallglen Road close to Sports Centre.

Parking – At the Sports Centre.

Local facilities – Local shop and take-away. Close to Falkirk, and Lidl nearby.

Training (long and short options available)

1. Route choice training – thinking about how to make the best choices.
2. Map memory training – memorise one leg at a time – work out what details are important.
3. Line legs – follow the line and see if you can stay on it all the way.

Terrain – Hilly urban terrain. Very complex throughout, many steps and banks. Almost traffic free.

Recommended footwear – Hilly and lots of grassy sections. Shoes with good grip.

Recommended clothing – Shorts are fine.

Risks – Traffic, cyclists, dogs, other pedestrians, steps. Many blind corners - you could run into somebody. The grassy areas and slopes can be very slippery if wet. There may be some building materials on the ground.

Evening Talk - 20:00 – 21:00 - Evening talk by Yannick Michiels (World Cup Winner) – Grangemouth Stadium (Kersiebank Ave, FK3 0BS). Tickets available on the door subject to availability £5 adults / £2.50 juniors / students.

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Saturday 21st July – Denny

10:30 – 11:15	Elite starts Race 1 – Denny (WRE, Scottish Urban League)
11:15 – 11:45	Non-elite starts Race 1 – Denny (WRE, Scottish Urban League)
14:45 – 15:30	Elite starts Race 2 – Denny (WRE)
15:30 – 16:00	Non-elite starts Race 2 – Denny (WRE)
19:00 – 20:00	Evening talk by Kris Jones (European Champs Medallist)

Venue - Denny Football Centre (Shanks Ave, Denny FK6 5EB). Access from Shanks Avenue junction with Loney Crescent. Open 9:30 - 20:00. Toilets, showers and hall for changing and leaving bags/valuables.

<https://www.google.co.uk/maps/@56.0157082,-3.9085337,177m/data=!3m1!1e3?hl=en>

Public Transport – The nearest train stations are Larbert and Camelon. Bus stops along Glasgow Road adjacent to the Football Centre. Journey planner is here - www.travelinescotland.com.

Parking – Dirt area in the Football Club grounds. **Traders** – Compasspoint will be attending.

Local facilities – Close to Denny Town Centre. Walking distance to supermarket.

Entry on the day – Subject to map availability. Registration at the Football Centre. £12 adults / £6 juniors / students.

Under 16s (born 2001 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 6 and 7.

Labyrinth – No string course, but we will have a labyrinth close to the Football Centre. £1 per map.

Map – 1:4000, 2.5m contour interval. Survey 2018 G Gristwood. Printed on waterproof paper.

Winning time - 12-15 minutes

Course Closing Time – Race 1 – 12:15, Race 2 – 16:30

Terrain – New terrain. Moderately hilly urban terrain with a mixed complexity. Hilly rough open park land around the Football Centre. **One busy road dissects the map.**

Underpasses – All courses in Race 1, and courses 1 and 2 in Race 2, will use underpasses to cross a busy road marked in purple as out of bounds on the map. It is forbidden to cross the road anywhere other than these marked underpasses. See next page for a map extract of how this will look.

Warm up area – Anywhere on the map on the next page – please print your own if you want one.

Start – Race 1 - 600m walk including crossing a road. Race 2 - adjacent to Football Centre. **Call up** - 3 minutes

Road Crossing – All courses will cross minor roads. Be aware that traffic may be moving quickly. We will have marshals observing Course 7 participants (who should **never** run on the roads).

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

Finish – Same finish for both races adjacent to the Football Centre. Touch free punching enabled.

Download - All competitors must report to download (inside Football Centre) whether completing the course or not.

Spectator control – The last parts of all courses will be reasonably visible from the Finish area.

Control descriptions - Available loose at the start (printed on the maps too).

Out of bounds – All areas, except those marked on the warm up map below, are Out of Bounds until after both races.

Hazards – **Traffic** (mostly slow moving), steep banks, rough open areas with **rough ground**, some areas of rubble, areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public and residents. Note there may be **broken glass** and other **dangerous rubbish** in the parkland area around the Football Centre. We will do our best to remove the worst of this, but we cannot guarantee that there will not be any.

Timing system - SPORTident. Touch free punching enabled for SIAC cards - also available for hire (£2.50 per race, £5 for weekend).

Clothing - Shorts and vests permitted. Shoes with grip recommended. Areas with long grass and other vegetation, so you may wish to wear trousers or long socks.

Embargoed area - As on the British Orienteering website.

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

World Ranking Event specific information (Courses 1 and 2)

Start list - Based on World Ranking 15th July.

Quarantine – We plan to have a room available for athletes who wish to simulate 'quarantine'

GPS Tracking - We hope to have this for top ranked runners at the WREs.

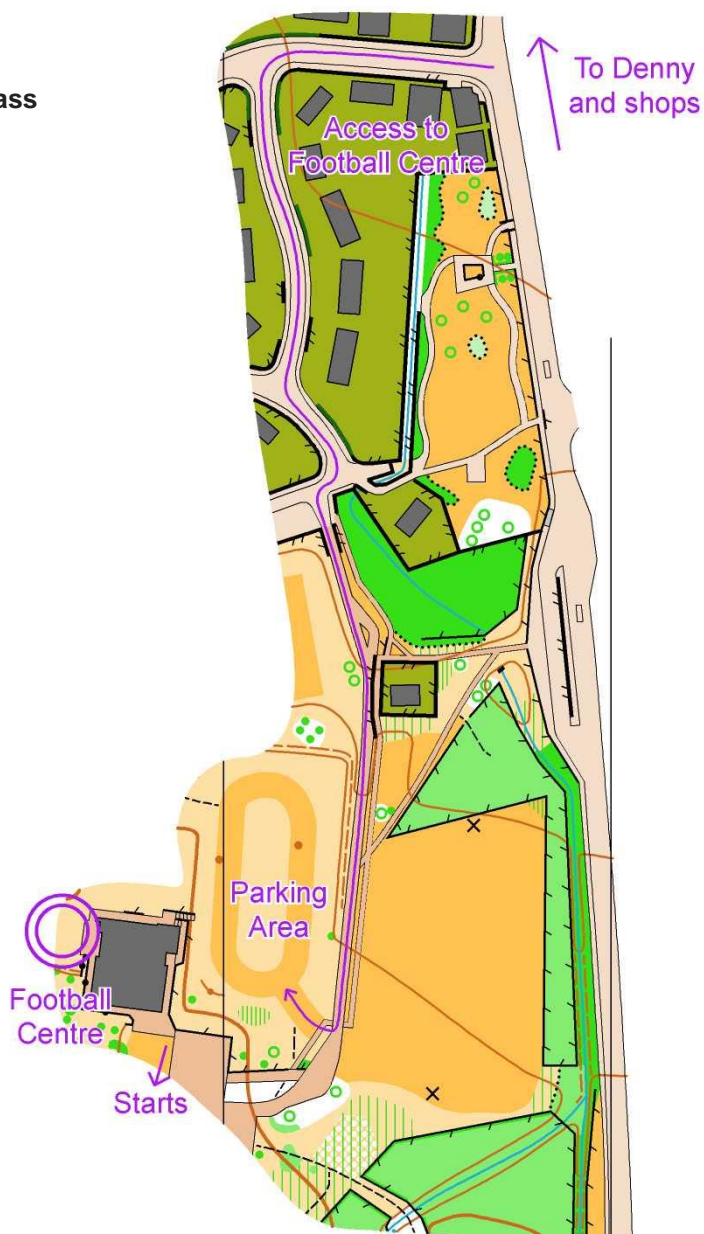
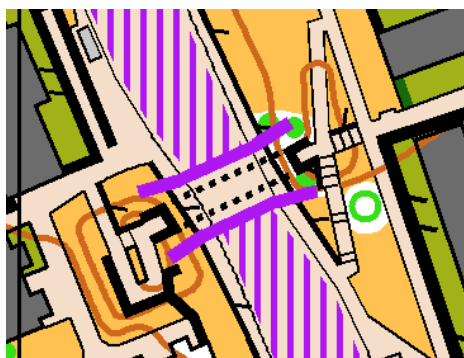
Complaints / Jury - By 15 minutes after Course Closure to Graham Gristwood. Jury to be confirmed (info on the day).

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Course	Class	Race 1				Race 2			
		Distance (km)	Optimal distance	Controls	Climb	Distance (km)	Optimal distance	Controls	Climb
1	Men Open	2.9	3.6	25	45	2.9	4.1	16	50
2	Women Open, Men 40+	2.5	3.1	20	40	2.6	3.4	14	45
3	Men 55+, Women 40+	2.0	2.7	20	35	2.3	3.1	14	40
4	Men 65+, Women 55+	1.9	2.4	18	35	1.9	2.7	13	30
5	Women 65+, Women 75+, Men 75+	1.6	2.2	17	35	1.5	2.0	12	30
6	Men/Women 16-	2.2	2.7	18	30	2.2	2.8	12	45
7	Men/Women 12-	1.5	1.7	15	20	1.4	1.6	16	25

Warm up map and event layout to right

Sample map showing out of bounds road and underpass



Planners Jon Cross and Fanni Gyurko

Controller Richard Oxlade (GRAMP)

Organiser Graham Gristwood 07821 788885

IOF Event Advisor Ted Finch (FVO)

Evening Talk – 19:00 – 20:00

Kris Jones (European Champs Medallist)

Denny Football Club (Shanks Ave, Denny FK6 5EB).

Tickets available on the door subject to availability

£5 adults / £2.50 juniors / students.

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Sunday 22nd July – Grangemouth

11:15 – 12:00	Elite starts Race 3 - Grangemouth (WRE) – Grangemouth High School
12:00 - 12:30	Non-elite starts Race 3 - Grangemouth (WRE) – Grangemouth High School
13:30	Sprint Scotland prize-giving

Venue - Grangemouth High School, Tinto Dr, Grangemouth, Stirlingshire FK3 0HW. Open from 10:15 until 15:00. Toilets, showers, changing facilities and an area for leaving bags/valuables.

Public Transport – The nearest train station is Polmont. Bus stops along Tinto Road adjacent to the school. Journey planner is here - www.travelinescotland.com.

Parking – At the Grangemouth High School. Approach from Inchyra Road, then Kersiebank Avenue.

Traders – Compasspoint will be attending.

Local facilities – Nothing adjacent. Grangemouth shops 1.5-2km.

Entry on the day – Subject to map availability. Registration at the School. £12 adults / £6 juniors / students.

Under 16s (born 2001 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 6 and 7.

Labyrinth – No string course, but we will have a labyrinth in the school grounds. £1 per map.

Map – 1:4000, 2m contour interval. Survey 2016, updates 2018 G Gristwood. Printed on waterproof paper.

Winning time - 12-15 minutes

Course Closing Time – 13:00

Terrain – A significant extension to the area used for Sprint Scotland 2016. Complex housing estate, with many passages, grassy areas and barriers.

Warm up area – Anywhere on the map on the next page – please print your own if you want one.

Start – In the school grounds. **Call up** - 3 minutes

Road Crossing – Courses 1-5 will cross reasonably busy roads. Be aware that traffic may be moving quickly.

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

Finish - Inside the school grounds. Touch free punching enabled.

Download - All competitors must report to download in the school whether completing the course or not.

Control descriptions - Available loose at the start (printed on the maps too)

Out of bounds - All areas, except as marked on the warm up map below, are OOB until after the competition.

Hazards - Traffic, other runners, dogs, bikes, general public and residents.

Timing system - SPORTident. Touch free punching enabled for SIAC cards - also available for hire (£2.50 per race, £5 for weekend).

Clothing – Shorts and vests permitted. Suitable for flats/trainers.

Embargoed area - As on the British Orienteering website.

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

World Ranking Event specific information (Courses 1 and 2)

Start list - Based on World Ranking 15th July.

GPS Tracking - We hope to have this for top ranked runners at the WREs.

Complaints / Jury - By 12:45 to Graham Gristwood. Jury to be confirmed (info available on the day).

Planner Chris Smithard, **Controller** Ted Finch (FVO), **Organiser** Graham Gristwood 07821 788885, **IOF Event Advisor** Rob Hickling (GRAMP)

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Course	Class	Race 3			
		Distance (km)	Optimal distance	Controls	Climb
1	Men Open	3.0	3.7	18	5
2	Women Open, Men 40+	2.5	3.3	17	5
3	Men 55+, Women 40+	2.3	2.9	15	5
4	Men 65+, Women 55+	2.2	2.5	13	5
5	Women 65+, Women 75+, Men 75+	1.7	2.0	12	5
6	Men/Women 16-	2.1	2.4	15	0
7	Men/Women 12-	1.4	1.5	13	0

Warm up map and event layout

