

SPRINT SCOTLAND 20-23RD JUNE 2019 BULLETIN 2

General Information

Program

Thursday 20th June

10:00 – 14:00 Sprint coaching – Hillpark Hotel, Rosyth
14:00 – 15:00 Q&A with the Sprint Scotland team – Hillpark Hotel, Rosyth
17:00 – 19:00 Training race registration and starts - Bo'ness Old Kirk

Friday 21st June

10:00 – 14:00 Sprint coaching – Denny Football Centre
14:00 – 15:00 Presentation and Q&A by Matt Fellbaum - Denny Football Centre
17:00 – 19:00 Training race registration and starts - Denny Football Centre

Saturday 22nd June

10:30 – 12:00 **Race 1 – Bo'ness Kinneil (WRE, SOUL, UKUL)** – Deanburn Primary School
13:00 – 14:00 Scottish Orienteering Association AGM - Bo'ness Academy
14:00 – 15:00 Guest speaker - Øystein Kvaal Østerbø - Bo'ness Academy
15:30 – 17:00 **Race 2 – Bo'ness Grahamdyke (WRE, SOUL, UKUL)** - Bo'ness Academy

Sunday 23rd June

11:30 – 13:30 **Race 3 – Bo'ness Newtown (WRE)** – Bo'ness Academy
13:30 Sprint Scotland prize-giving - Bo'ness Academy



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 (exception WRE classes) – 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-orders at the event, or purchase on the day (subject to availability).

Filming – There will be a TV crew filming on Friday and Saturday. Let us know if you don't want to appear.

Prizes - Prizes for top 3 in each category (combined times from all 3 races). Prizes from Lochland Runner and Silva.

Journey planner - www.travelinescotland.com.

Embargoed area - As on the British Orienteering website.

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

Contact e-mail address sprintscotland2016@gmail.com

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

UKUrbanLeague



Orienteering



Coaching Days - Thursday 20th June

Sprint coaching – Rosyth

Note - We apologise for the last minute change in venue. Email us if you need transport help and we will do our best!

Timings – 10:00-14:00.

Venue – Hillpark Hotel (10 Heath Rd, Rosyth, KY11 2BT). Toilets, changing facilities and a room for leaving bags/valuables. <https://goo.gl/maps/hAenJaHrYkoGSRWu9>

Public Transport – The nearest train stations are Inverkeithing and Rosyth. Bus stops along Castlandhill Road.

Parking – At the hotel.

Local facilities – Close to Rosyth. Hotel has reasonably priced food and drinks available.

Entry on the day – Subject to map availability. £14 adults / £7 juniors / students per set of maps.

Training (long and short options available)

1. Corridor - follow a thin corridor of map.
2. Starts Training - practice the first couple of controls over and over again.
3. Short Course - rerun a short course and help identify areas in your technique that are costing you time.
4. Long/Short Legs - use the easy navigation sections of long legs to plan ahead

Coaching – Available from Chris Smithard. 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.

Terrain – Sloping urban terrain – slightly unusual housing estate with spread out buildings. **One fairly busy road.**

Clothing and footwear – Mixture of asphalt and grass. Trainers/running shoes if dry. Shorts are fine.

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

Presentation – Rosyth

Timings – 14:00 – 15:00

Venue – Hillpark Hotel (10 Heath Rd, Rosyth, KY11 2BT)

Format – Question & Answer session with the Sprint Scotland team

Tickets - Available on the door subject to availability £5 adults / £2.50 juniors / students.

Training Race – Bo'ness North

Timings – 17:00-19:00.

Venue – Bo'ness Old Kirk, Panbrae Rd, Bo'ness EH51 0EN. Limited indoor space. Toilets and a room for leaving bags/valuables. <https://goo.gl/maps/eBY7j2dTu4eNVT2n9>

Public Transport – Many bus stops nearby.

Parking – On streets around the church.

Local facilities – Close to Bo'ness town centre.

Courses - Long and short courses available. Optimal distances approximately 4km and 3km.

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.

Timing – Touch-free SportIdent will be set out.

Terrain – Mixed. Park, housing on steep slope and flat old town. Unlike any other terrain for Sprint Scotland 2019.

Clothing and footwear – Shorts are fine. 90% Asphalt. Steep sections generally on asphalt.

Risks – Traffic, cyclists, dogs, other pedestrians. The old town has alleys and many blind corners - always expect someone or something just around them. Remember this is only a training race!

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.

Coaching Days - Friday 21st June

Sprint coaching – Denny

Timings – 10:00-14:00.

Venue – Denny Football Centre, Shanks Ave, FK6 5EB. Toilets, changing facilities and a hall for leaving bags/valuables. <https://goo.gl/maps/FQ9LG13NCqEPUKjq7>

Public Transport – The nearest train stations are Larbert and Camelon. Bus stops along Glasgow Road.

Parking – Dirt area in the Football Centre grounds accessed from Shanks Avenue.

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

Entry on the day – Subject to map availability. £14 adults / £7 juniors / students per set of maps.

Training (long and short options available)

- Simplification - draw your own map, just the features you need to find the controls.
- Sprintervals - open training. To focus on skills you feel you want to work on. Discuss with coach beforehand.
- Routechoice - thinking about how to pick the best routechoices.

Coaching – Available from Chris Smithard. 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.

Terrain – Moderately hilly urban terrain. Hilly rough open park land around the Football Centre. **One fairly busy road.**

Clothing and footwear – Shoes with grip and trousers / long socks recommended. Shorts and vests permitted.

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.

Presentation – Denny

Timings – 14:00 – 15:00

Venue – Denny Football Centre, Shanks Ave, FK6 5EB.

Format - Presentation and Question & Answer session by Matt Fellbaum (JWOC Sprint Medallist)

Tickets - Available on the door subject to availability £5 adults / £2.50 juniors / students.

Training Race – Denny

Timings – 17:00-19:00.

Venue – Denny Football Centre, Shanks Ave, FK6 5EB . Toilets, changing facilities and a hall for leaving bags/valuables. <https://goo.gl/maps/FQ9LG13NCqEPUKjq7>

Public Transport – The nearest train stations are Larbert and Camelon. Bus stops along Glasgow Road.

Parking – Dirt area in the Football Centre grounds accessed from Shanks Avenue.

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

Courses - Long and short courses available. Optimal distances approximately 4km and 3km.

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.

Timing – Touch-free SportIdent will be set out.

Terrain – as above.

Clothing and footwear – as above.

Hazards – as above.

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.

Saturday 22nd June – Race 1 - Bo'ness Kinneil

10:30 – 11:45
12:15

Starts Race 1 – Bo'ness Kinneil (WRE, Scottish Urban League, UK Urban League)
Courses close

Venue – Deanburn Primary School (Hazeldean Ave, Bo'ness EH51 0NS). Open 9:30 - 12:45. Toilets and hall for changing and leaving bags/valuables. <https://goo.gl/maps/X4t7EpudvKC25JJv5>

Public Transport – Various bus stops nearby.

Parking – School playground and car park.

Local facilities – Bo'ness town centre fairly close by with normal amenities.

Entry on the day – Subject to map availability. Registration in the school hall. £14 adults / £7 juniors / students.

Under 16s (born 2001 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 7 and 8.

Labyrinth – No string course, but we will have a labyrinth in the school grounds. Free to enter.

Map – 1:4000, 2.5m contour interval. Survey 2019 G Gristwood. Printed on waterproof paper.

Winning time - 12-15 minutes

Terrain – Typical Scottish housing scheme with quiet dead-end roads and many small alleyways. A non-urban area is moderately steep in places, with some steps and grassy slopes. A small shallow burn flows through the area which can be easily crossed, or even run along, although using bridges is generally advisable. One control is described as a "linear thicket", but is in fact a large fallen tree trunk.

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

Start – In the school grounds. Punching start for all. **Call up** – 3 minutes.

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

Finish – In the school grounds. Punching finish for all. WRE maps will be collected until after last starter.

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

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 the race.

Hazards – Traffic (mostly slow moving), steep banks, rough open areas with **rough ground**, areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents. May be slippery if wet. Please be courteous and take care on blind corners and narrow passageways. **Note that while Course 8 doesn't cross any roads, competitors may cut across parking areas – take care!**

Timing system - SPORTident. Touch free enabled for SIAC cards (available for hire £1 per race, £2 for weekend).

Clothing - Shorts and vests permitted. Shoes with grip recommended.

World Ranking Event specific information (Courses 1 and 2)

Start list - Based on World Ranking 16th June 2019.

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

Warm Up Map – Available from registration.

Planner Graeme Ackland (Masterplan Adventure)

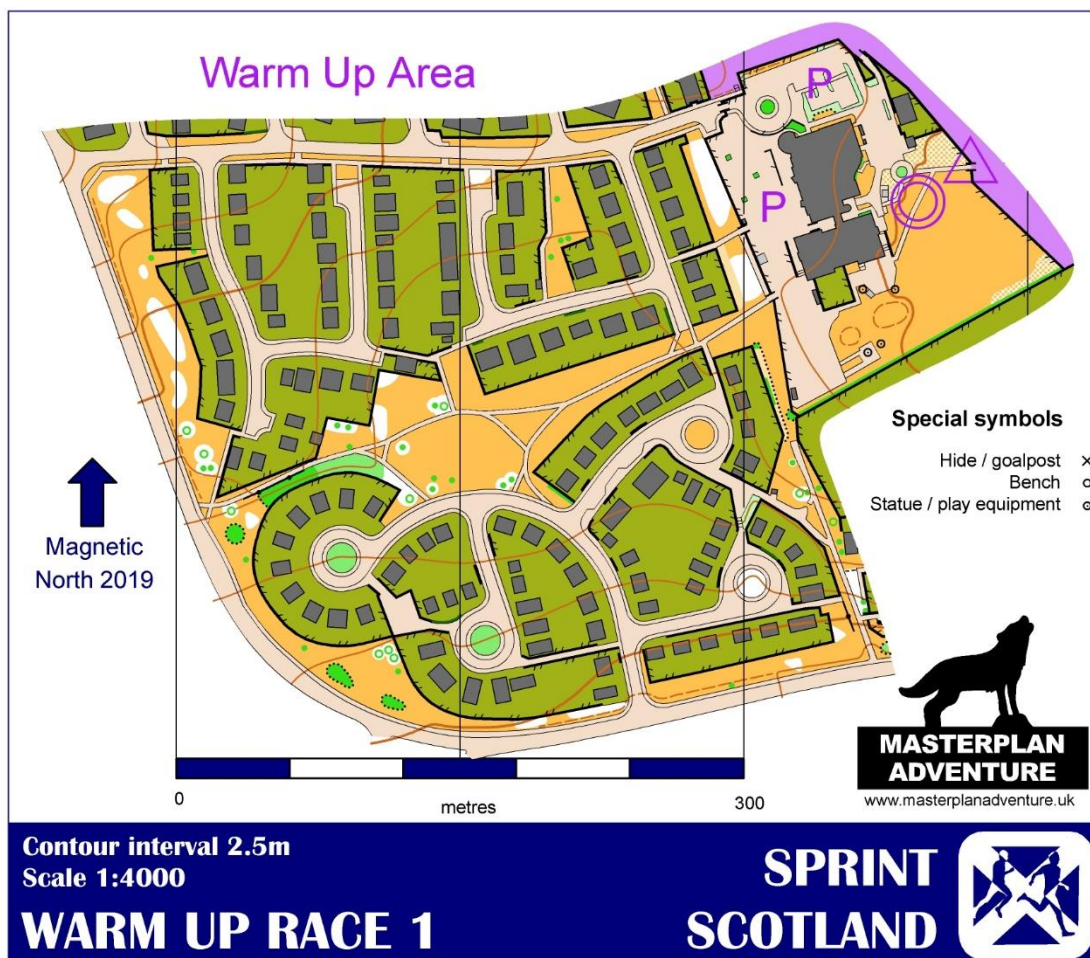
Controller Rob Hickling (GRAMP)

Organiser Graham Gristwood (Masterplan Adventure) 07821 788885

IOF Event Advisor Ted Finch (FVO)

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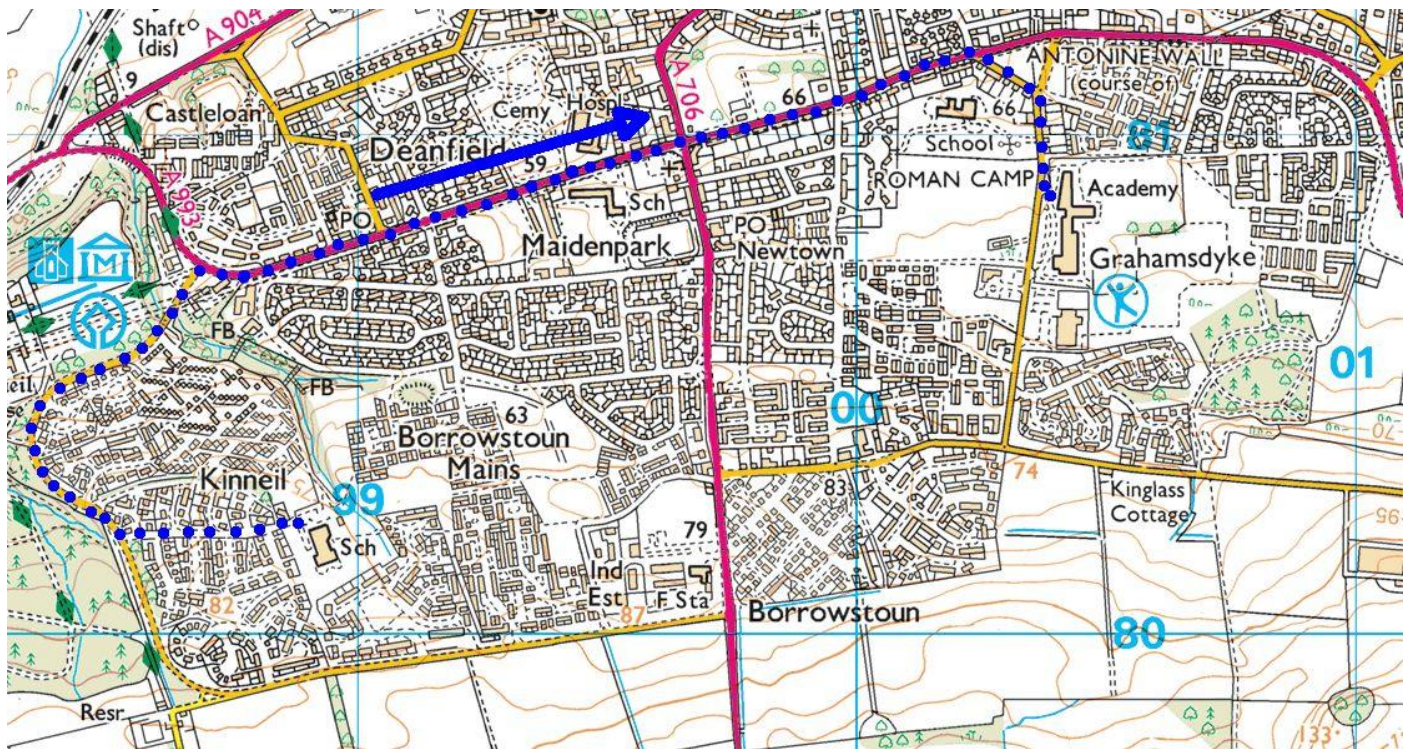
Race 1					
Course	Class	Distance (km)	Optimal distance	Controls	Climb (m)
1	Men Open	3.1	3.9	23	130
2	Women Open	2.7	3.5	19	110
3	Men 40+	2.5	3.3	19	110
4	Men 55+, Women 40+	2.4	2.9	16	90
5	Men 65+, Women 55+	2.1	2.5	14	70
6	Women 65+, Women 75+, Men 75+	1.6	1.8	12	60
7	Men/Women 16-	1.9	2.4	17	80
8	Men/Women 12-	1.2	1.3	11	35



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Recommended route from Race 1 to Race 2 and the SOA AGM.

This route avoids the areas used for Races 2 and 3 and can be walked or driven.



Saturday 22nd June – Race 2 - Bo'ness Grahamsdyke

13:00 – 14:00	Scottish Orienteering Association AGM - Bo'ness Academy
14:00 – 15:00	Guest speaker - Øystein Kvaal Østerbø- Bo'ness Academy
15:45 – 17:00	Starts Race 2 – Bo'ness Grahamsdyke (WRE, Scottish Urban League, UK Urban League)
17:30	Courses close

Venue – Bo'ness Academy (Gauze Rd, Bo'ness EH51 9AS, UK). Open 12:30 - 17:45. Toilets and hall for changing and leaving bags/valuables. <https://goo.gl/maps/e213vPcJqrUUmuzQ9>

Public Transport – Various bus stops nearby.

Parking – School car park.

Local facilities – Bo'ness town centre fairly close by with normal amenities. Bo'ness Recreation Centre with swimming pool and café is next door to the race venue and open from 9pm-5.30pm (please note however that unfortunately the swimming pool will be closed from 3pm - 4.45pm).

Entry on the day – Subject to map availability. Registration in the school hall. £14 adults / £7 juniors / students.

Under 16s (born 2001 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 7 and 8.

Labyrinth – No string course, but we will have a labyrinth in the school grounds. Free to enter.

Map – 1:4000, 2.5m contour interval. Survey 2019 G Gristwood. Printed on waterproof paper. Courses 1, 2, 4 and 6 have a map change – with the second part printed on the back of the first part.

Winning time - 12-15 minutes

Terrain – Terrain – Complex housing estate, with many passages, grassy areas and barriers. Courses 1-7 will have around 20-40% soft ground, and course 8 will be mainly on grass. There are 2 uncrossable boundaries that look crossable but could be dangerous when running at high speed. These will be marked with tape, please respect the rules and do not cross them.

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

Start – In the school grounds. Punching start for all. **Call up** – 3 minutes.

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

Finish – In the school grounds. Punching finish for all. WRE maps will be collected until after last starter.

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

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 the race.

Hazards – **Traffic** (mostly slow moving), areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents. May be slippery if wet. Please be courteous and take care on blind corners and narrow passageways. Watch out for other runners on corners. **Note that while Course 8 doesn't cross any roads, competitors may cut across parking areas – take care!**

There are areas of grass with head height washing lines on the route between controls.

Timing system - SPORTident. Touch free enabled for SIAC cards (available for hire £1 per race, £2 for weekend).

Clothing - Shorts and vests permitted. Areas with long grass and other vegetation, so you may wish to wear trousers or long socks. Suitable for flats/trainers, although if it is wet you may choose to wear something with more grip.

World Ranking Event specific information (Courses 1 and 2)

Start list - Based on World Ranking 16th June 2019.

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

Warm Up Map – Available from registration.

Planner Matt Fellbaum (EUOC)

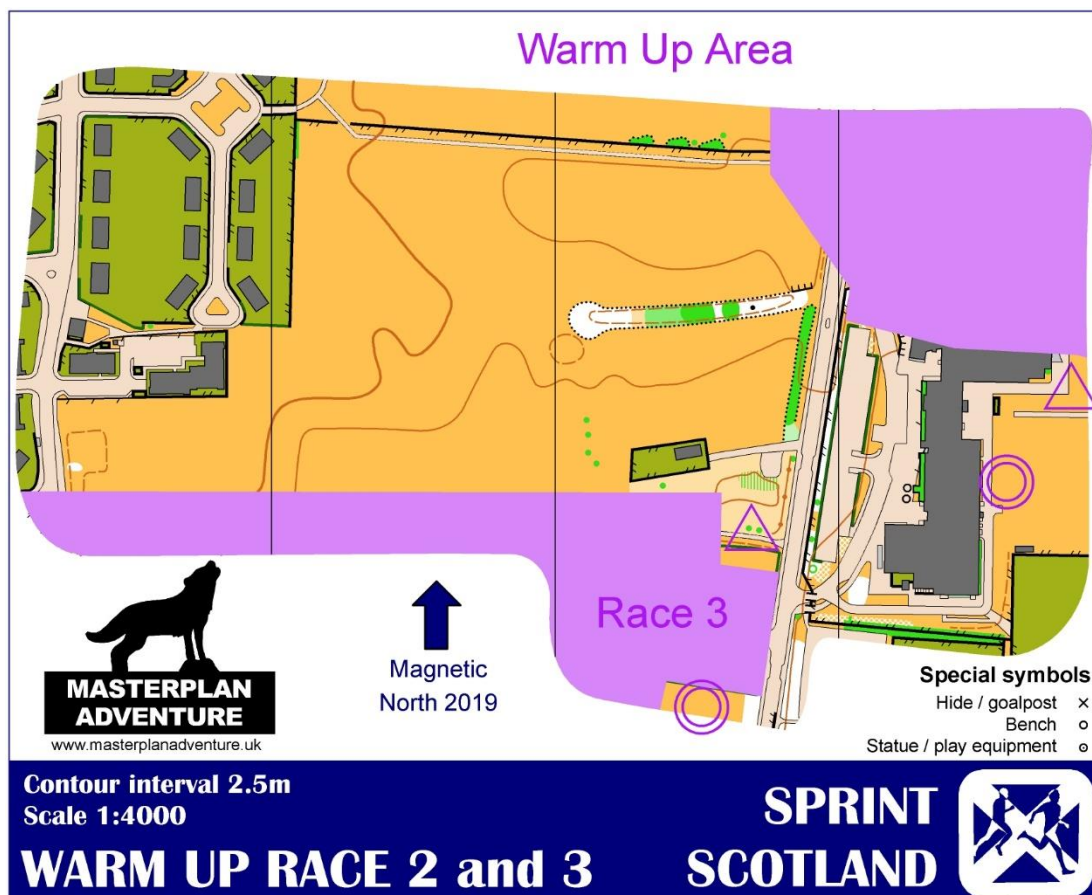
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Course	Class	Race 2				Race 3			
		Distance (km)	Optimal distance	Controls	Climb (m)	Distance (km)	Optimal distance	Controls	Climb (m)
1	Men Open	3.0	4.2	21	10	2.8	3.9	20	42
2	Women Open	2.6	3.6	19	5	2.5	3.6	18	40
3	Men 40+	2.4	3.4	14	10	5.2	7.3	28	95
4	Men 55+, Women 40+	2.1	2.8	15	5	4.2	6.1	24	70
5	Men 65+, Women 55+	1.9	2.5	13	5	3.2	4.6	18	60
6	Women 65+, Women 75+, Men 75+	1.8	2.4	14	5	2.6	3.6	17	42
7	Men/Women 16-	2.1	2.6	19	5	2.8	3.8	19	30
8	Men/Women 12-	1.6	1.8	15	5	1.4	1.6	18	15



Sunday 23rd June – Race 3 – Bo'ness Newtown

11:30 – 12:45	Starts Race 3 – Bo'ness Newtown (WRE) – Bo'ness Academy
13:30	Courses close
13:30	Sprint Scotland prize-giving (or earlier if possible)

Venue – Bo'ness Academy (Gauze Rd, Bo'ness EH51 9AS, UK). Open 10:15 - 13:45. Toilets and hall for changing and leaving bags/valuables. <https://goo.gl/maps/e213vPcJqrUUmuZQ9>

Public Transport – Various bus stops nearby.

Parking – School car park.

Local facilities – Bo'ness town centre fairly close by with normal amenities. Bo'ness Recreation Centre with swimming pool and café is next door to the race venue and open from 9pm-5.30pm (please note however that unfortunately the swimming pool will be closed from 12.30pm - 2.30pm).

Entry on the day – Subject to map availability. Registration in the school hall. £14 adults / £7 juniors / students.

Under 16s (born 2001 or later) - Safety considerations allied with our insurance position mean U16s are only allowed to run courses 7 and 8.

Labyrinth – No string course, but we will have a labyrinth in the school grounds. Free to enter.

Map – 1:4000, 2.5m contour interval. Survey 2019 G Gristwood. Printed on waterproof paper.

Winning time - 12-15 minutes for the WRE sprint races for Men/Women Open. Urban races for all other classes with courses distances using BOF ratios.

Terrain – The sprint races and the majority of the urban courses use complex housing estate, with quiet dead-end roads as well as many passages, grassy areas and barriers. The longer urban courses may encounter some parkland including area of longer grass and other vegetation. The courses will have around 10-25% soft ground.

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

Start – Across the road from the Academy (as shown on the map). Punching start for all. **Call up** – 3 minutes.

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

Finish – Across the road from the Academy (as shown on the map). Punching finish for all. WRE maps will be collected until after last starter.

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

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, are Out of Bounds until after the race.

Hazards – Traffic (mostly slow moving), areas with long grass and high vegetation, steps, other runners, bikes, dogs, general public, playing children and residents. May be slippery if wet, particularly on grassy slopes. Please be courteous and take care on blind corners and narrow passageways. **Note that while Course 8 doesn't cross any roads, competitors may choose to cut across parking areas – take care!**

Timing system - SPORTident. Touch free enabled for SIAC cards (available for hire £1 per race, £2 for weekend).

Clothing - Shorts and vests permitted. Small sections on most courses may cross areas with long grass and other vegetation. Suitable for flats/trainers, although if it is wet you may choose to wear something with more grip.

World Ranking Event specific information (Courses 1 and 2)

Start list - Based on World Ranking 16th June 2019.

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

Warm Up Map – Available from registration.

Planner Jon Cross (Masterplan Adventure)

Controller Rob Hickling (GRAMP)

IOF Event Advisor Ted Finch (FVO)

Organiser Graham Gristwood (Masterplan Adventure) 07821 788885