



Red Rose Orienteers



2017 SUMMER *SPRINT* SERIES

What is the format of a SROC Summer Sprint event?

The basic format is borrowed more or less from the major Sprint Orienteering events such as the British Champs. In essence there are two separate races, each quite short (though not as short as a sprint on the track!). The first is a qualifier or prologue which is used to determine the start order in the final, with fastest starting last. The final will have two or more variants of the same course such that you can't just rely on following the competitor in front of you since they will probably be taking the controls in a different order. Competitors must follow the order of controls as marked on their map (unless the planner has introduced additional variations). Everyone ends up doing the same course but parts will have been taken in a different sequence. Overall results (for each event) are simply the total time taken, adding both races together. Straight line distances are typically around 2-3 km and probable winning times are 10 mins and 15 mins for the two races. However some folk will take a lot longer.

The terrain is usually local parkland (or a mix of parkland and urban roads) enabling competitors to maintain 'high' running speed with rapid decision making and route execution being rewarded.

A Sprint Series League will be produced in which each competitor's best three results will be used to calculate 'league points' on the basis of 1st = 60 points, 2nd = 55, 3rd = 51, 4th = 48, 5th = 46, 6th = 45, then 44, 43, etc. There will also be 6 age group categories : Open Men / Women, VM / VW+55 and JM / JW-14.

Everyone, beginner to experienced orienteer, is welcome and help is always at hand.

