

# Lancaster University Sprint event

(Day 1 of the SROC Lancaster Urban Weekend incorporating the NW Sprint Championships)



Saturday 22nd September 2018

[www.sroc.org](http://www.sroc.org)

## Final Details

### Location/Directions

Parking is at the Alexandra Park complex at the southern end of the University campus: nearest post code LA1 4YB, Grid Ref SD 48051 57557.

From Lancaster, continue south on the A6 to the university but at the campus traffic lights DO NOT turn right into the main drive. Continue on the A6 until the next set of lights where you need to take the filter lane and turn left. A short distance will take you to a mini round-a-bout, there take the first turn off into the Alexander Park complex. Please obey the marshalls who will park you from there.

From the south, coming from Garstang or J33 off the M6, take the A6 north towards Lancaster. Shortly after leaving Galgate you will come to traffic lights; as you approach them take the filter lane and turn right. Then as above.

### Registration/Enquiries/Toilets

These will be located at the car park. There will not be other toilets at the start; nor, with apologies, a room for changing. Download will be adjacent to the start/finish arena for both courses, approximately 500 metres from the western end of the car park.

There will be limited EOD, depending on map availability: Seniors £12, with a £2 discount for BOF members, £4 Juniors. If you have requested to hire a SIAC card this will be available for collection at registration. EOD SI cards will also be available: SIAC at £2 or SI card 5 at £1. There is a £40 charge for any lost or damaged cards.

# Novice Entries

Newcomers to orienteering who are not members of an orienteering club are invited to come and try the sport. Fees will be £5 adults and £3 juniors. SI card 5 hire free.

# Traders

Well-known orienteering supplier Compass Point will be in attendance on Day 1 only, for all your kit needs.

# Starts/Finishes

There are two courses, A and B, both starting at the same location approximately 500m from the west end of the car park. You must run Course A first. Starts are from 11.00 – 13.00 and Course B starts from 12.00 – 1400. All courses have a punching start with no pre-allocated start times. All competitors MUST go to the start from the west end of the car park and keep to the periphery road, as taped. Do not deviate off this road and keep to the left side of the road. Traffic is likely to be very light but please be aware of any cars and buses that might be using it.

The finish is common to both courses and also located in the same place as the starts.

All competitors must report to download even if they retire and do not complete the course. Course closure is at 2.30 pm.

# Courses

<b>Course</b>	<b>Recommended Age Classes</b>	<b>Provisional Length</b>	<b>Controls</b>
A1	MO	3.3	16
B1	MO	3.4	20
A2	MV / WO	2.9	14
B2	MV / WO	3.0	16
A3	MSV / WV	2.9	15
B3	MSV / WV	2.8	16
A4	MUV / WSV	2.4	15
B4	MUV / WSV	2.1	13

A5	MHV / WUV / WHV	1.9	12
B5	MHV / WUV / WHV	1.7	12
A6	M16- / W16- Adult Novice	2.9	20
B6	M16- / W16- Adult Novice	2.6	17
A7	M12- / W12- Junior Novice	1.4	12
B7	M12- / W12- Junior Novice	1.4	10

Note: all courses have negligible height gain. Distances quoted are by the shortest practicable route rather than straight-line.

All controls including the finish will be in SIAC beacon mode.

Course A must be run first. You will finish close to download and then be free to return to your car or not, as you wish. You then decide when to return for Course B, which can be from 12.00, but no later than 14.00. When downloading please be sure to use download station A or station B as appropriate to the course you have just finished. When you return to your car you must return the same way as you came. Please do not deviate as you will be in the competition area and thus liable for disqualification.

Also, please do not show your map to anyone who has yet to run. We will not be collecting maps in after each run so are relying on competitor's integrity to keep the competition fair to all concerned.

## Map/Control descriptions

The map for all courses is 1:4,000. At this time there are still on-going building works but final map corrections will be made as late as possible to ensure that it is as up-to-date as possible.

Control descriptions will be on the map with loose copies available in the start lanes. Courses 1-5 pictorial, courses 6&7 written.

## Results/Presentation

There will be live results during the event and posted on the club website on Saturday evening. Route Gadget will also be available.

Age group winners of the NW Championships will be determined by the total time of both courses. Winners will receive medals and we hope to make the presentation to them by 2.15 pm. Please stay if you can to congratulate them. Eligibility depends, of course, on being a member of a NW orienteering club and running the correct age-class course.

# Safety

The terrain is fairly flat and typical of university campuses, with running largely on hard surfaces and grass. Metal studs are not to be worn. It is a complex site with many twists and turns around blind corners. Please be extra vigilant at such points; whilst most students will still be on vacation there are still plenty around. Other competitors, of course, present a further hazard at such critical points. Although traffic is likely to be very light, there will be some moving vehicles on the peripheral roads which present a danger. Most adult courses, though no Junior courses, will cross such roads at least twice so please be vigilant at all times. Also, please be aware that the campus has a number of shallow ornamental water features which present a hazard and must not be crossed.

Note that the university has a 'no-dogs' policy, so if you bring one please keep it on a lead within the confines of the car park.

Although a comprehensive risk assessment has been made you are reminded that all competitors take part at their own risk and are responsible for their own safety.

If a competitor has a particular health concern that should to be made known to the organiser, please contact him about it, in confidence, before running.

# Officials

Planner/Mapper: Chris Roberts, SROC

Controller: David Rosen, SROC

Organiser: Julian Lailey, SROC (01524 845990) Email kezi1@btinternet.com