

## ASTLEY PARK AND ASTLEY VILLAGE URBAN EVENT SUNDAY 4<sup>TH</sup> JULY 2021

### COURSE DETAILS (Subject to final controlling):

Note these are straight-line lengths, not adjusted to go around impassable objects such as buildings and private land.

Yellow - 2.0k

Orange – 2.6k

Light Green – 2.8k

Very Short Green – 3.0k

Short Green – 3.5k

Green – 4.4k

Short Blue – 5.1k

Blue – 6.2k

Short Brown – 7.6k

### NORTH WEST URBAN LEAGUE

This event is a counter in the North West Urban League. Entry will therefore be by Urban League classes. You may of course enter any course of your choice but in order to count in the league the following associations of classes to courses will apply:

<b>Open</b>		<b>Short Brown</b>	<b>Women Open</b>		<b>Blue</b>
<b>Men Veteran</b>	<b>40+</b>	<b>Blue</b>	<b>Women Veteran</b>	<b>40+</b>	<b>Short Blue</b>
<b>Men SuperVeteran</b>	<b>55+</b>	<b>Short Blue</b>	<b>Women SuperVeteran</b>	<b>55+</b>	<b>Green</b>
<b>Men UltraVeteran</b>	<b>65+</b>	<b>Green</b>	<b>Women UltraVeteran</b>	<b>65+</b>	<b>Short Green</b>
<b>Men HyperVeteran</b>	<b>75+</b>	<b>Short Green</b>	<b>Women HyperVeteran</b>	<b>75+</b>	<b>Very Short Green</b>
<b>Men Junior</b>	<b>18-</b>	<b>Light Green</b>	<b>Women Junior</b>	<b>18-</b>	<b>Light Green</b>
<b>Men Young Junior</b>	<b>14-</b>	<b>Yellow</b>	<b>Women Young Junior</b>	<b>14-</b>	<b>Yellow</b>

### MAP AND CONTROL DESCRIPTIONS:

The map is an “issprom 2019” version of the British Sprint Elite Champs map from 2010 also used for Chorley Urban in 2012. It has had minor revisions in spring 2021. Scale is 1:4000, contour interval 5m. All maps will be printed at A3 size with control descriptions printed on the front. Descriptions will be downloadable from the SROC website in the few days before the event. Yellow and Orange courses will have text descriptions, all other course descriptions are pictorial.

### TERRAIN DESCRIPTION:

All courses have a few controls in the woodland / parkland area of Astley Park, all on or very close to paths. The vast majority of all courses is on hard surfaces. There is an area of classic complex urban “sprint” terrain in Astley

Village (north) which is used for a substantial part of all the courses except yellow. The Astley Village (north) part of the area is separated from the Astley Park and the rest of Astley Village by a road, on which some vehicles go quite fast (illegally). All courses use a mandatory underpass to enter the Astley Village (north) part of the area, and those courses on which junior competitors are allowed also use it to return (see details below).

**JUNIOR SHADOWING:**

Shadowing is permitted, and if declared at the time of entry the junior safety restrictions below do not apply. However, to be competitive, shadows must complete their run before shadowing a junior.

**JUNIOR SAFETY – COURSE RESTRICTIONS:**

- Yellow, Orange, Light Green, Very Short Green, Short Green and Green courses also use the mandatory underpass to return across the road, and so are suitable for all juniors (and adults!).
- Short Blue, Blue and Short Brown courses cross the road at a point of their choice, and so these courses are **not** suitable for any juniors up to and including M/W 16. Please ensure that unshadowed juniors do not attempt to enter or run these courses. Any such entries will be rejected (or disqualified).