



East Midlands Sprint Championships Meadows Urban 'O' Saturday June 17th 2017



FINAL DETAILS

Beginners are welcome!

Travel	<p>The event will take place in the Meadows area of Nottingham, just south of the City Centre and Railway Station. The Assembly area will be in Queen's Walk Recreation Ground.</p> <p>Address: It is located off Queens Walk, next to the Queens Walk tram stop.</p> <p>Postcode: NG2 1JH, Grid reference: SK571388</p>
Parking	<p>Limited parking for volunteers only is provided in the Recreation Ground, next to the Assembly area. No parking is provided for competitors at the event.</p> <p>Parking options are:-</p> <ol style="list-style-type: none">1. The Park and Ride at Clifton South (on the A453 from Junction 24 M1). Take the tram to Queens Walk which is next to the Assembly area.2. The Park and Ride at Forest Recreation ground. Take the tram to Clifton South alighting at Queens Walk which is next to the Assembly area.3. Park at any City Centre car park and take a tram headed for Clifton South, alighting at Queens Walk.4. Free parking is available on the Trent embankment which is about a 10-15 min walk to the Assembly area, by following the tram track.5. From Nottingham Railway station, the assembly is a 10 minute walk south. Follow the tram track.
Facilities	<p>Enquiries, Registration, Download and Results will be situated in the Assembly Area in Queens Walk Recreation Ground. Toilets will be available in the assembly area.</p> <p>There will be an unmanned baggage tent in the assembly area. Bags left at owners risk.</p>
Entry	<p>This event is entry on the day only.</p>
Courses	<p>See below for details of courses</p>
Registration	<p>Registration will be open from 10:00 and will close at 11:00.</p> <p>Fees: Seniors £7, Juniors/Students/beginners £3</p> <p>SI hire: £1, Extra maps: 50p</p> <p>Note that the SI boxes will not operate in contactless mode and must be punched by all competitors.</p>
Eligibility	<p>The event is open to all, including beginners, however the East Midlands Sprint Championship is only open to East Midlands Club members (NOC, DVO, LEI, LOG).</p>

Beginners	Beginners are welcome. We have allocated a separate course as part of Race 1 for people who just want to run once. Beginners are of course welcome to run both events and run other courses if they wish to stay longer.
Start Times	<p>Race 1 starts will be between 10.30-12.00. (There is a 1km walk to the start, allow 15 mins). There are no pre-allocated start times for Race 1.</p> <p>Start times for Race 2 are at minute intervals and in reverse order of finishing time of Race 1 so the fastest in Race 1 goes off last. Those mispunching or otherwise failing to complete Race 1 will be the earliest starters in Race 2. The start list for Race 2 will be published at Registration and at Start 2 as soon as it is available. We aim to start Race 2 on or before 2pm.</p>
Starts	<p>Race 1: The start will be around 1 km from the assembly. Please follow the taped route to the start to avoid the race area.</p> <p>Race 2: The start will be around 300m from the assembly. Please follow the taped route to the start to avoid the race area.</p>
Control Descriptns	Loose control descriptions will be available in the start lanes, and will be printed on the map.
Shadowing	No shadowing is allowed on championship courses. Shadowing is allowed on beginner's course.
Terrain	<p>A varied city centre housing estate with patches of grass and paved alleyways breaking up the small residential blocks. The area is very flat, allowing for fast running and there are no major roads to cross during the races. That said, there may still be traffic within the cul-de-sacs within the estate, this should be slow moving but please take care crossing any roads.</p> <p>The races will be approximately 90% hard surfaces.</p>
Map	<p>The map has been drawn to ISSOM2007 at 1:4000 with a 2m contour interval. Whilst there are many trees throughout the area, several have been cut down in recent months (a large number of these have been cut to ground level) but tree stumps have only been added to the map where they are of a significant enough height to be considered a control feature.</p> <p>All roads that could have heavy traffic have been mapped with a purple screen and are strictly OOB – competitors may run alongside these roads on the pavement where there is one and may only cross such roads at marked underpasses.</p> <p>There are areas of large scale redevelopment in some parts of the estate, which have been clearly shown as Out Of Bounds on the map.</p> <p>All race maps will be A4 and printed on waterproof paper. Control codes will be printed on the map next to the control number.</p>
Finish	<p>There is one Finish in the Assembly area. First Aid will be available at the finish.</p> <p>You must report to the Finish by 15:30 even if you do not complete your course.</p> <p>All competitors must go to download before leaving to avoid us instigating a search.</p>

Results	Intermediate results will be displayed in the assembly area and will be available at www.live-o.org . The East Midlands Sprint Championship titles and East Midlands Urban League points will be awarded based upon the total time across both races. Ranking points will be awarded separately for each race.
Prize Giving	Prizegiving for the East Midlands Sprint Championships will take place at, or as soon after 15:00 as possible when the winners are known. Prizegiving will take place in the Assembly area.
Safety	Competitors take part at their own risk. Whistles should be carried. Shorts may be worn. This is a public area, please respect members of the public, including walkers, dog-walkers, cyclists, children playing etc. Please use the marshaled crossing across the tramline, and take care crossing any other unmarshalled road crossings. Nearest A & E: Queen's Medical Centre, Derby Road Nottingham, NG7 2UH Tel: 0115 9249924 Maps with directions available at enquiries All competitors must report to download even if they retire. Courses will close at 15:30 after which controls will be collected. You must report to download even if you miss the cut-off time as this will avoid a search being instigated.
Child Safety	Competitors take part at their own risk. Under 17's must enter the junior course as British Orienteering rules specify no major road crossings for safety reasons. NOC recommend that young and inexperienced orienteers are shadowed (or accompanied) in this area. The event organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police. If anybody has concerns regarding the misuse of camera equipment they should report it to an event volunteer immediately.
Catering	No outside catering providers are allowed at this event. Food can be purchased at the Meadows shopping centre, approximately 3-400m from the Assembly Area.
Other users	The area is popular with walkers, bikers, dog walkers so please be considerate and give them a wide berth.
Dogs	Dogs are welcome in the Assembly area but must be kept on leads at all times. No dogs on courses.
Thanks	The organisers would like to thank Nottingham City Council for their co-operation and support in the hosting of this event.
Officials	Organiser: Julie Webster (NOC) 07749 743473 e-mail org20170617@noc-uk.org Planners: David Schorah (NOC), Rose Schorah (NOC) Controller: Jeff Baker (LOG)

Courses

Race 1			
Course	Classes	Distance	Controls
1	Mens Open, M40+	3.6km	27
2	Womens Open, W40+, M55+	3.1km	24
3	W55+, M/W65+, M/W16-	2.2km	17
3a	Beginners	2.2km	17

All courses in race 1 cross the main road through the area, however this must only be done using the underpass marked on the maps. The courses have been planned such that it would be a large disadvantage to not do this.

All courses in race 1 also cross the NET tram line on the final few hundred metres of the race. This must be done at the marshalled crossing point, which the line from the previous control will go through.

Race 2			
Course	Classes	Distance	Controls
1	Mens Open, M40+	3.9km	28
2	Womens Open, W40+, M55+	3.1km	23
3	W55+, M/W65+, M/W16-	2.5km	19

Courses 1 and 2 will have a double sided map for race 2 and will need to flip their map part way around.