



# SELOC SPRINTS



Sunday 17 June 2018  
FINAL DETAILS

This event is part of the 6 day Horwich Festival of Racing which incorporates a triathlon, fell, road, cycle & unicycle races and race walking as well as orienteering. The orienteering consists of two races – a morning Prologue race in Lever Park with individual starts, followed by a Final mass start race in the Town Centre.

For 2018, the orienteering will all be based in Horwich Town Centre. The Prologue start and finish are walking distance (around 1.4km) from registration while the Final will start and finish within about 50m of registration. The MASS START for the Final will be at 13:50 so competitors **MUST** complete the Prologue and **DOWNLOAD BY 13.15 AT THE ABSOLUTE LATEST** in order to maintain the Festival schedule.

## TRAVEL

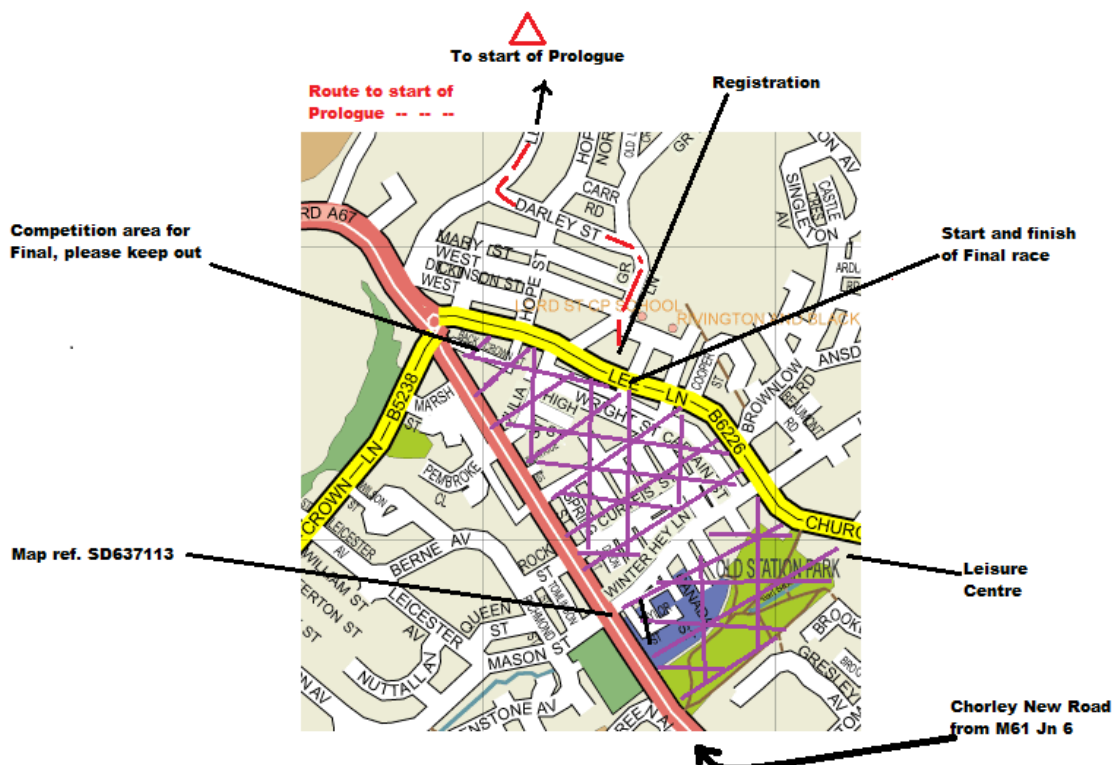
The easiest route by car is to leave M61 at junction 6 and follow normal road signs for Horwich, approaching the town from the SE along A673 Chorley New Road. Competitors travelling from the north may prefer to leave the M61 at junction 8 and pick their way down the A6 and A673 to park on the north side of Horwich.

Access to the race venue by rail is currently poor with bus replacements operating on Sundays on the local Manchester – Bolton – Preston rail line. The nearest rail station is Blackrod, which is still over 2km walk from the town centre. Horwich Parkway is 3km from the town centre and on the same line but will have two bus replacements per hour rather than just the one at Blackrod. Buses run from both stations to the town centre, see <http://www.traveline-northwest.co.uk/> for journey planning.

Be aware that Horwich town centre is closed for the Festival so traffic may be slow.

## PARKING

Please find your own parking on streets having consideration for local residents. The map below shows the general layout of the Town Centre and main orienteering locations.



## REGISTRATION

At the Scout Hut on Lord St/Peter Martin Street (BL6 7AJ, off Lee Lane) behind the commentary stage next to the Public Hall (see map above), open 10.00 – 11.30 but shared with other sports. There will be a manned bag area to leave your bag and/or keys at your own risk but no changing facilities.

## TOILETS & FACILITIES

Toilets in Horwich Leisure Centre on Church Street, and very limited at the Scout Hut. Please support the pubs and cafes open for refreshments and take the opportunity to use their toilet facilities.

## **General Points affecting Prologue and Final races**

Entries	Pre-entries available via Fabian4 until 23.59 on Sunday 10 June, then limited Entries on the Day available while map stocks last.
Fees	Seniors: £8 pre-entry (plus £2 for non-BOF members); EOD £10 Juniors (M/W20 and under) and students: £4 pre-entry; EOD £5
Orienteering event schedule	Registration open: 10.00 – 11.30 Prologue starts: 10.45 – 12.00, courses close 12.45 Final, mass start call up: 13.35 for 13.50 start; courses close 14.25
Race numbers	Numbered bibs must be worn and be clearly visible on the front in both races. Competitors should collect their bib from registration prior to running in the Prologue. Please complete the medical information on the reverse.
SI Air Cards ("SIACs")	Contactless punching will be enabled for both races. Competitors without their own card may hire one when pre-entering, for collection at registration, and there may be a very limited number available for hire on the day. All hire cards must be returned at download after the Final. Cards not returned will be charged at £70.
Control descriptions	All courses have pictorial descriptions apart from the Young Juniors (course 4). There will be loose copies available in the start lane at the Prologue, but none available at the Final to avoid risk of confusion when courses have multiple loops.
Safety notices	These are in the following sections for each race and it is important that you read and understand them for your own safety.
Forbidden areas	Areas marked in olive green on the competition maps are private property, whilst those marked with purple hatching are out of bounds. Competitors entering any such areas, whether accidentally or deliberately, will be disqualified. Other standard uncrossable features must not be crossed regardless of whether or not it is physically possible to do so.
Results and prizes	Overall results and hence prizes will be decided on the aggregate times from both races. There will be Festival prizes for the <u>male and female winners only</u> in all seven age classes (Young Junior, Junior, Open, Veterans, Super Veterans, Ultra Veterans and Hyper Veterans). Please stay for the prize-giving if you can, which will take place shortly after the Final.  The event is part of the North West Urban League and points based on overall results will be awarded in accordance with the League rules. The Prologue race will count for BOF ranking points but the Final race will not because it has a Mass Start.

## **THE PROLOGUE RACE – wooded country park with some undergrowth**

Start & Finish	All courses will use the same start, approximately 1.4km walk and crossing a fast road so young children should be accompanied. Follow the taped route from registration. The finish for all courses will be close to the start so young children should meet a responsible adult there to return to registration. Clothing may be left at the start at owner's risk.
Pre-start	Clear boxes will be sited before the pre-start. There will be a Check box in the start lane for use by all competitors, and SIAC users <b>MUST</b> physically "dib" this to switch on their SIAC.
Start procedure	Start times will not be allocated. Competitors should report to the start, clear their SI cards and join the queue for their course. Loose control descriptions will be available in the start lane. On the whistle, all competitors (including SIAC users) must physically "dib" the start box in the conventional way.
Start times	10.45 – 12.00 with conventional intervals and a punching start. Please start as early as possible, especially if you think you may take some time on your prologue course.

Courses	<b>Course</b>	<b>Suggested Classes</b>	<b>Distance</b>	<b>Climb</b>	<b>Controls</b>
	1	M Open, W Open, M Vets, W Vets,	2.8km	30m	20
	2	M Super Vets, W Super Vets M Ultra Vets, W Ultra Vets M Hyper Vets, W Hyper Vets	1.9km	30m	13
	3	Junior (M/W 14 & M/W16)	1.6km	25m	13
	4	Young Junior (M/W12-)	1.6km	25m	13

Finish procedure All competitors, including SIAC users, must physically “dib” at the finish control in the conventional way.

Courses close All courses close at 12.45. Competitors **MUST** download back at registration in the Scout Hut by 13.15 to allow time for them get to the Final.

Butterfly & other loops Course 1 contains loops requiring multiple visits to a single control. Ask at registration or start if you require further explanation of this.

Terrain & safety Flattish country park with good path network. Generally runnable, with some undergrowth coming through, though worst is avoided, as are holly thickets in south of area. When running on paths give way to other users and be particularly vigilant around dog walkers using extended leads. Cyclists and horse riders also use the park. In the denser woodland areas be aware of lower branches.

Clothing & footwear Full body cover must be worn as the area is wooded and leg protection is advised. Studded footwear may be useful if the ground is muddy as there are a couple of steep banks that may be slippery.

Map 1:4000 by Stephen Richards with minor updates in 2015 and 2018. To ISOM 2017 standard.

## **THE FINAL RACE – Urban Head-to-Head Racing**

Map issue All competitors should visit the Scout Hut as soon as possible after finishing their Prologue race to download. They will then collect their sealed map and should also clear and check their SI or SIAC cards. DO NOT LOOK AT THE MAP PRIOR TO THE RACE.

Start procedure Runners should assemble at 13.35 in the call-up zone on Albert Street near its junction with Lee Lane and SE of the start/finish gantry (see map). They **MUST** be ready for a MASS START at 13:50. **Course 4 runners will have their own start just after the main starts as they will head off in the opposite direction to other courses in order to reach a traffic free area. Would parents please ensure their Young Juniors are aware of this.** Late starters cannot be accommodated because of the tight Horwich Festival of Racing schedule.

Between call up zone and start line we will check your map is still sealed.

Finish procedure All competitors, including SIAC users, must physically “dib” at the Finish and should then move clear of the area to go quickly to download so that they don’t obstruct the next Festival race. We can then get swift results and hold a prompt prizегiving.

Courses	<b>Course</b>	<b>Suggested Classes</b>	<b>Distance</b>	<b>Controls</b>
	1	M Open, W Open, M Vets, W Vets,	2.9km	24
	2	M Super Vets, W Super Vets M Ultra Vets, W Ultra Vets M Hyper Vets, W Hyper Vets	2.5km	23
	3	Junior (M/W 14 & M/W16)	2.5km	23
	4	Young Junior (M/W12-)	1.5km	12

All course lengths measured using straight line distances.

Terrain & safety	<p>The bulk of the courses are on tarmac, mostly quiet residential streets with a little parkland. Shorts may be worn.</p> <p>Only the race circuit itself is closed to traffic so <b>PLEASE TAKE CARE WHEN CROSSING OTHER ROADS</b>. No other races will be taking place between 13.50 and 14.25 but watch for cyclists doing an unauthorised test lap (especially when crossing Winter Hey Lane) and note the point below about late finishers.</p> <p>Watch also for pedestrians, spectators, householders and other runners, especially on blind corners – please run wide around these.</p>										
Courses close	<p>All courses close at 14.25 to ensure that the race circuit is clear ready for the next race. If you are a long way from completing your course at that point, we ask that you retire and make your way carefully to the download without interrupting the next race, taking care as you cross the circuit. If you are just completing the run in at 14.25, keep to the near-side to avoid clashes.</p>										
Butterfly & other loops	<p>All Senior courses at the Final contain loops requiring multiple visits to a single control. Ask at registration or start if you require further explanation of this. Feedback from competitors in previous years has been that special care is required under the pressure of this mass start race to accurately identify the intended course. Whilst every effort has been made to ensure maximum clarity of the courses during planning, we recommend special attention is given to identifying each next control accurately, as the map inevitably conveys a lot of information.</p>										
Map	<p>1:4000 by Peel Land Surveys 2011, minor updates by Stephen Richards 2015 and Pete Kidd 2018. Note that to aid clarity kerbs are not shown on side roads but only on the main roads making up the race circuit.</p> <table> <tr> <td>Non IOF symbols:</td><td>X</td><td>Play equipment</td></tr> <tr> <td></td><td>O</td><td>Park bench or picnic table</td></tr> <tr> <td></td><td>O with dot in centre</td><td>Sculpture or monument</td></tr> </table>		Non IOF symbols:	X	Play equipment		O	Park bench or picnic table		O with dot in centre	Sculpture or monument
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Download	<p>Immediately after finishing please go to download at the Scout Hut so that we can produce results and start the prize-giving. Remember to return any hired SIAC if necessary so that we don't have to pursue you for £70.</p>										

### **Other useful information**

Officials	<p>Organiser: Steve Round <a href="mailto:stephenround@msn.com">stephenround@msn.com</a></p> <p>Planners: Prologue - Dean Thetford, Final – Pete Kidd</p> <p>Controller: Ian Gilliver (MDOC)</p>
Horwich Festival of Racing	<p>Details of the Festival, with entry forms for the more energetic types to take part in other races, can be found at this web address: <a href="http://www.horwichfestivalofracing.co.uk/">www.horwichfestivalofracing.co.uk/</a></p>

Your name may appear in results and photographs published on websites and in the press. Please contact the organiser in advance of the event if you object to this.

**ORIENTEERING IS AN ADVENTURE SPORT – PLEASE TAKE CARE AND REMEMBER THAT YOU TAKE PART AT YOUR OWN RISK**