



SELOC SPRINTS

incorporating NWOA Sprint Championships 2019



Sunday 16 June 2019
FINAL DETAILS

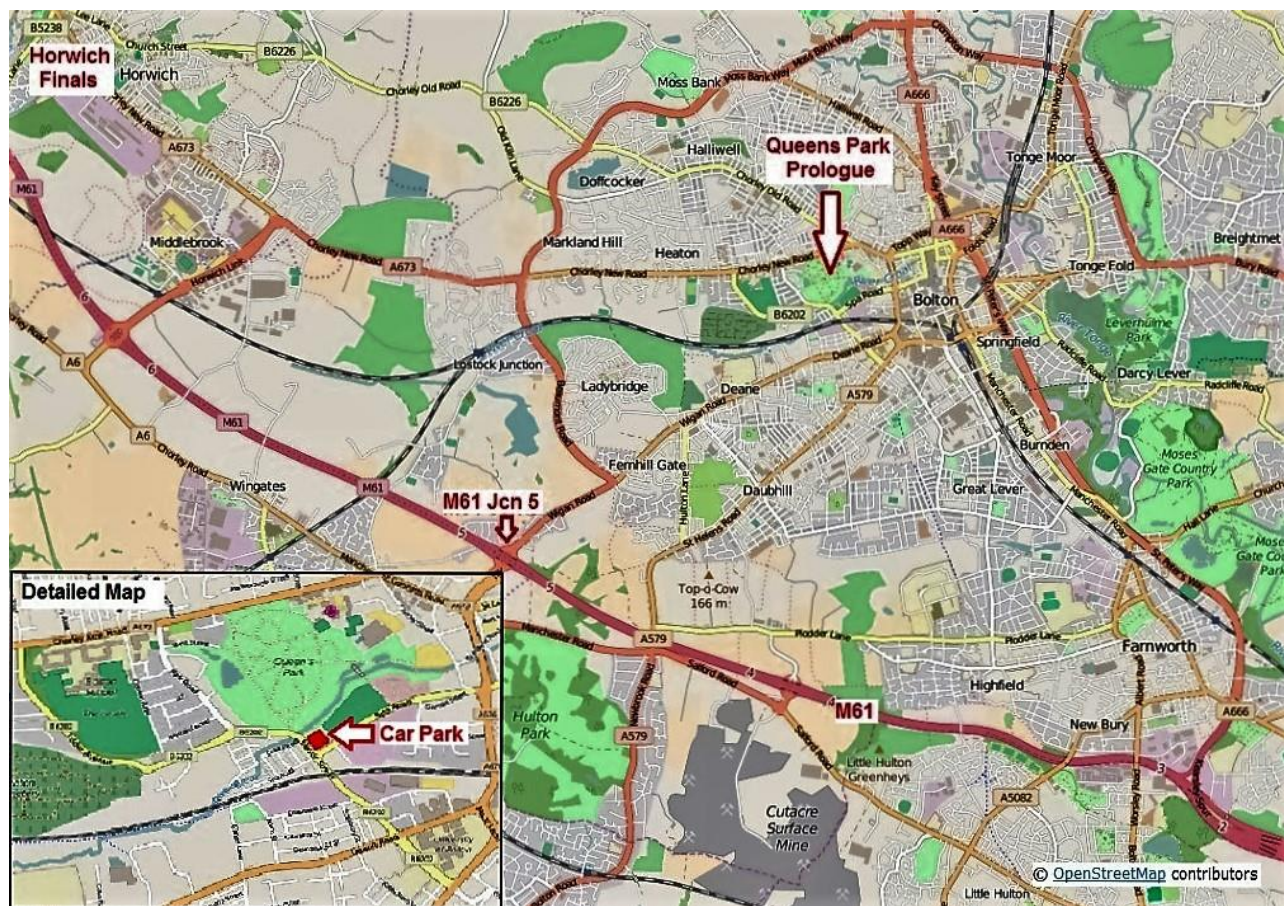
This event is part of the Horwich Festival of Racing, which in addition to orienteering incorporates a triathlon, road races, cycle & unicycle races and race walking. The orienteering consists of two races – a prologue race in the morning in Queens Park/Bolton School, with individual starts and is followed by a final mass start race in Horwich Town Centre. Both races form part of the NWOA Sprint Championships.

For 2019, we have returned to Queens Park and Bolton School for the Prologue race whilst keeping the Final in Horwich Town Centre, with the famous mass start in front of the crowds. But there are a few changes so please read these details carefully to pick up on them.

The Prologue site is near the centre of Bolton, about 5 miles east of Horwich Town where the Final will be held. There will be a MASS START for the Final at 13:35 so competitors MUST complete the Prologue and **DOWNLOAD BY 11.45 AT THE ABSOLUTE LATEST** to allow time for them and us to get to the Final.

TRAVEL

Details are given in the relevant section for each race and the map below gives an overview.



Bolton rail station is about 1 mile from the prologue. It has frequent trains from Manchester and from the West Coast main line at Wigan and Preston. Buses from Bolton to Horwich pass close to the Prologue.

General Points affecting Prologue and Final races

Event schedule	Due to the short space of time between the finish of the Prologue and the start of the Final we ask that you ensure you have enough time to complete your Prologue course, and download promptly after finishing. Then head off to Horwich Town Centre (where there will be plenty going on at the rest of the Festival) ready to collect your map for the Final by 13.15 at the latest and to be in the Final call-up zone at 13:20. To fit in with the busy Festival schedule, the mass start is planned to start promptly at 13:35 and we will not be able to accommodate late starters.
Race numbers	Numbered bibs must be worn and be clearly visible on the front in both races. Competitors should collect a bib from registration prior to running in the Prologue.
Hired SI cards	You can collect hired standard and pre-ordered SIAC cards at registration. They must be returned at download after the Final. Cards not returned will be charged at £30/£70 for SIACs.
Control descriptions	All courses have pictorial descriptions apart from the Young Juniors (course 6). 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. General rule for both races: give way to other users
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 are shown in a key on the Prologue map, and must not be crossed regardless of whether or not it is physically possible to do so.
Results and prizes	Overall results will be decided on the aggregate times from both races. Medals will be awarded to the top NWOA club member in each age class together with a trophy for the leading NWOA runners in both Men's and Women's Open classes, but there will be no Festival prizes this year. Please stay for the prize-giving if you can, which will take place in or around the Scout Hut shortly after the Final.

THE PROLOGUE RACE – parkland, school grounds and some streets

Travel	See map on front sheet. Easiest approach is from M61 junction 5 and via A6027, A673 then B6202, but there are shorter routes from S and E via Bolton town centre. A satnav will help.
Parking	In car park on south side of area, as marked, or in adjacent streets, having consideration for local residents. The main car park has a flat grassed area, which can be used if the paved area is full but if this then fills, please do not double park and cause blockages, use adjacent streets with consideration to local residents. The postcode of the pavilion, where the registration will be housed is at BL1 4RU, map ref SD706091. <u>Please do not park on the north side of Queen's Park or on the A673, Chorley New Road and walk through the competition area before you have run. If you do you will be declared non-competitive in the results.</u>
Toilets and facilities	Situated inside the Pavilion café building being used for registration. The café will be open for orienteers to use.
Registration (both races)	Opens at 09.30 in the café building in Queen's Park. There will be a manned bag area to leave your bag (at your own risk) and/or keys, but no changing facilities.
Pre-entries	YOU MUST GO TO REGISTRATION to collect race number and any hired SI card prior to starting the prologue race.
Entries on day	Available while map stocks last, seniors £11.00, juniors (M/W20 and under) and students £5.00. Entries from those under 16 on the day of the event must have consent of a parent or responsible adult; under 12's may only enter course 6 and under 16's course 5 or 6.
Start & Finish	All courses will start close to registration (where download is also situated). Courses 5 and 6 will finish nearby too. The finish for courses 1 – 4 is around 600m from download and competitors should follow a taped route along a busy main road, taking particular care at a complex junction.

- 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 **MUST** physically “dib” this to switch on their SIAC.
- Start procedure Start times will not be allocated. Competitors should report to the appropriate 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 10:00 – 11:00 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	Course	Suggested Classes	Distance	Climb	Controls
	1	Men Open; Women Open; Men Veterans	2.9	25	18
	2	Men SuperVets; Women Veterans	2.3	25	18
	3	Men UltraVets; Women SuperVets	1.8	20	15
	4	Women UltraVets; Men and Women HyperVets	1.6	20	11
	5	Junior Men and Women (M/W16 and under)	1.9	40	15
	6	Young Junior Men and Women (M/W12 and under)	1.6	35	13

All course lengths measured using straight line distances.

- Finish procedure All competitors, including SIAC users, must physically “dib” at the finish control in the conventional way.
- Courses close All courses close at 11:35. Competitors **MUST** download by 11:45 to allow time for them and the organising team to travel to Horwich, park and get to the Final.
- Terrain & safety Queen’s Park is hilly urban parkland, very runnable with a great path network, while Bolton School offers a small but complex campus style area around school buildings surrounded by playing fields. Caution will be required on fast descents. There are plenty of lone trees and a small river running through the south east of the area. When running on paths and around the children’s play area be particularly vigilant around children wandering in and out of the area, also be careful of dog walkers using extended leads.

The Park and the School are joined by a residential area and courses will cross two potentially busy roads – **please take care as there will be no timed-out road crossings**. Juniors on courses 5 and 6 remain within the Park boundaries.

There are several patches of flower beds within both Bolton School and Queen’s Park which are mapped as olive green (private garden) and may appear crossable on the ground but must not be crossed.

Note special item in control descriptions X park bench

- First Aid Cover will be provided by members of SELOC or by Bolton Mountain Rescue. The nearest hospital is the Royal Bolton, Minerva Road, Farnworth, Bolton, BL4 0JR
- Clothing & footwear Shorts may be worn. Courses 1-4 are approximately half on tarmac and half on open grassland while courses 5 & 6 will be mostly on grass or paths. Queen’s Park has quite a slope to it so if the ground is wet then trail or fell shoes with extra grip are recommended.
- Map 1:4000 by Stephen Richards, May 2016 with minor updates by Matt Driver 2017.

THE FINAL RACE – Urban Head-to-Head Racing

- Travel** After your prologue race, make your own way to Horwich, which is about 5 miles. The obvious route is westward along Chorley New Road (A673), but you may prefer the alternative to the north on Chorley Old Road/Church Street (B6226) – see maps. Be aware that Horwich town centre is closed for the Festival so traffic may be very slow; allow time to get from the Prologue. Road closures are marked with a black line on the Town Centre map below.
- Parking** Please find your own parking on streets having consideration for local residents. Do not park in the registration-building car park as space is limited for event officials/stewards.
- Toilets & facilities** Limited toilets at the Scout Hut (see below). Please support the pubs and cafes open in Horwich for refreshments and take the opportunity to use their toilet facilities. There will be some refreshments on sale at the Scout Hut, but watch out for people carrying hot drinks when you enter the building as the serving hatch is very close to one door.
- Map issue** All competitors **MUST VISIT THE SCOUT HUT** (see map) **BETWEEN 13.00 and 13.15** to clear and check their SI or SIAC cards. Sealed maps for the Final will be issued here. **DO NOT LOOK AT THE MAP PRIOR TO THE RACE.**
- Start procedure** Runners must assemble at 13.20 in the call-up zone on Albert Street near its junction with Lee Lane and SE of the start/finish gantry to be ready for **MASS START(S) beginning at 13:35**. If we get a very large number of entries, they will be corralled into several mass start groups. **Course 6 runners will have their own start in order to reach a traffic free area so will be segregated in the call-up zone and walked to their start by a marshal. 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 you will file past an official carrying a dummy control. SIAC users should use this to test that their card is working; 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 prize-giving.

Courses	Course	Suggested Classes	Distance	Controls
	1	Men Open; Women Open; Men Veterans	2.9km	30m
	2	Men SuperVets; Women Veterans	2.5km	20m
	3	Men UltraVets; Women SuperVets	2.1km	20m
	4	Women UltraVets; Men and Women HyperVets	1.9km	15m
	5	Junior Men and Women (M/W16 and under)	2.2km	20m
	6	Young Junior Men and Women (M/W12 and under)	1.6km	20m

All course lengths measured using straight line distances.

- Courses close** All courses close at 14.10 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 14.10, keep to a coned lane on the nearside to avoid clashes.

- Terrain & safety** The bulk of the courses are on tarmac, mostly quiet residential streets with a little parkland. Shorts may be worn.

Only the race circuit itself is closed to traffic so **PLEASE TAKE CARE WHEN CROSSING OTHER ROADS**. No other races will be taking place between 13.35 and 14.10 but watch for cyclists doing an unauthorised test lap (especially when crossing Winter Hey Lane) and for pedestrians, spectators, householders and other runners, especially on blind corners – please run wide around these.

- First Aid** Cover will be provided by members of Bolton Mountain Rescue. The nearest hospital is Chorley & South Ribble, Preston Road, Chorley, PR7 1PP.

- Butterfly and other loops** All Senior courses at the Final may 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 the next control accurately, as the map inevitably conveys a lot of information.

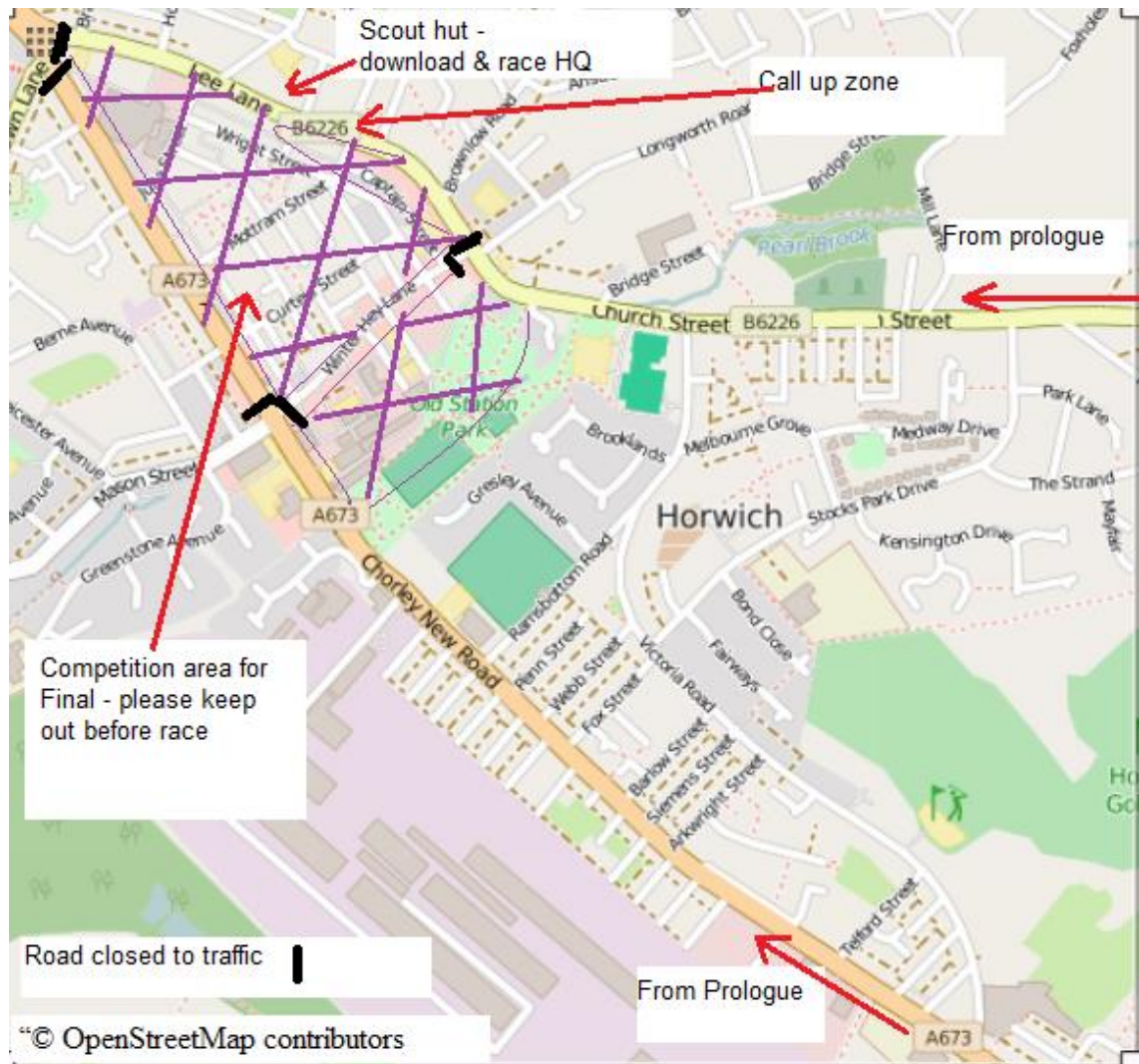
Map 1:4000 by Peel Land Surveys 2011, with minor updates since. Note that to aid clarity kerbs are not shown on side roads but only on the main roads making up the race circuit.

Non IOF symbols:

X	Park bench or picnic table
O	Play equipment
O with dot in centre	Sculpture or monument

Download 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 SI cards so that we don't have to pursue you for £30 (or £70 for a SIAC).

Map of Final area



Other useful information

Officials	<u>Prologue</u>	<u>Final</u>
	Planner: Ed Mellor	Stephen Richards
	Organiser: Kevan Latham 07757 403554	Tony Varley 07770 562797
	Co-ordinator: Steve Round 01706 522897	
	Controller: George Crawford-Smith (PFO)	

Horwich Festival of Racing 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: www.horwichfestivalofracing.co.uk/

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