



Scottish Sprint Championships: Stirling: 10th May 2008: Final Details - 7th May

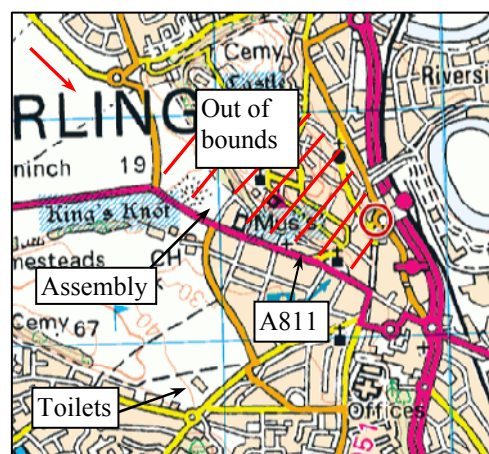
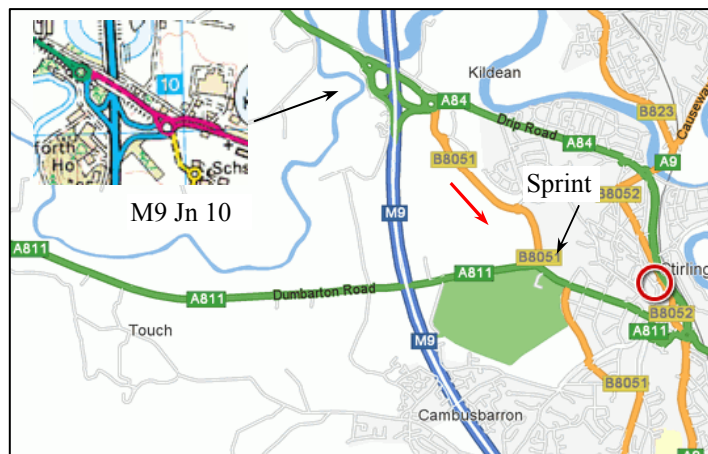
Directions / Parking / Out of Bounds

Exit M9 at Junction 10, following the A84 signed to Stirling. At the roundabout on the east side of the motorway, take the B8051 signed Stirling and Erskine Bridge (A811). At 3rd roundabout turn left

Sprint assembly is then on LHS at King's Knot. Take next right to park along east or south east edge of King's Park. Parking will not be marshaled. There are public toilets on the SE edge of the park.

Competitors arriving by public transport, to the bus or rail station, should proceed south through the pedestrian area of the town to the A811 and then west along the A811 to the assembly area.

The competition area to the north of the A811 is out of bounds from 12:30 on the day: Prior to that you are welcome to visit the castle or other sights of Stirling Old Town.



There are no toilets at the assembly area or at the start. Competitors must use those in the park.

Assembly

Access into Assembly at King's Knot is via the SE gate only, as indicated on the map above

All competitors must report to registration to collect their race number and a warm-up map. Registration will be open from 1pm. Please collect your number as soon as you arrive. Competitors will not be allowed to start without their race number.

Juniors need to get a consent form signed by a parent/ guardian and hand this in at registration before they will be given their race number. Consent forms are on the event website.

Competitors hiring SI cards should collect these from registration, and anyone with money to pay should also do this at registration.

Limited Entry on the day is available, while maps last, at a cost of £5 senior and £3 Junior.

The finish is adjacent to registration, and we hope to be able to provide commentary during the race

The prize giving will take place at approx 4:30 in the assembly area. Please stay to support the winners.

Start

The start is approximately 500m from assembly, and will be shown on the warm-up map. Competitors should use the map to navigate to the start (route will not be marked). SI clear stations will be at the start.

Starts are from 2-4 pm, with 30 sec interval in the first hour and 1 minute interval in the second hour. Start times are seeded with the men's race concluding first followed by the women's race.

Call up is at 3 minutes. In the start lanes, blanks maps will be on display and control descriptions printed on waterproof paper will be available.

It will be a timed start, and all competitors must start at their allotted time. Anyone arriving late will be started at the next available slot, but their race time will be from their allocated start time.

Download /Sport Ident

Competitors must proceed to download once they have finished or if they retire from their course.

SportIdent punching is being used. It is the competitor's responsibility to ensure that their card registers when punching at a control; and if in doubt should punch their map with the pin punch provided.

Maps will be collected at Download and will be available after 3:45 pm.

Results will be displayed in the Assembly Area; and on the FVO website after the event.

Terrain & Map

Stirling Old Town and vicinity provide an environment for sprint racing which is varied, challenging, and steep in places, offering both classic urban terrain and areas of open parkland and woodland.

Shorts may be worn, but there are some small patches of low undergrowth and competitors may wish to wear leg cover. The ground can be slippery in places if it has been wet and particularly in those circumstances Walsh/Inov8 type footwear may be best.

The area is mainly urban, and traffic and pedestrians will be present. Competitors must take care to avoid traffic, when crossing roads or stepping off pavements into the road. You are reminded that your safety is your own responsibility.

Competitors are asked to show courtesy to the public at all times. In particular, the course passes through an old graveyard. Please show suitable consideration to anyone who may be present.

The area has been mapped for this event by Stirling Surveys in spring 2008. It is drawn to the International Sprint Map Standard (ISSOM) and competitors need to be aware of how some of the symbols differ from traditional "forest" areas, particularly those that denote "passability"

A full legend will be shown on the warm-up map and your attention is drawn to the following:

- A thick black line represents a feature which is **impassable** and **must not** be crossed, even if a competitor believes they are able to. Some uncrossable walls are much higher on one side.
- Olive green represents private land and **must not** be crossed.
- Dark green represents vegetation that must not be crossed
- Light grey is used to denote crossable walls, and canopies within buildings that you can run through.
- Please ensure you are aware of the way that ISSOM shows paved and unpaved paths and tracks, and aware that it is only smaller or less distinct paths are shown using a dashed black line.
- Special symbols are used to represent a cannon, a statue, and for play apparatus.

Maps will be printed on waterproof paper and unbagged. The scale is 1:4,000 with 2.5m contours.

Control descriptions will be printed on the map as well as being available in the start lanes. Please be aware that some less commonly used symbols may feature, in particular those for a canopy, a paved area and an open area.

Course/classes

There will be one race and all classes will run the same course, which is 3.0 km with 155m of climb. To make best use of the variety of the area the course is expected to be won in slightly longer than the guideline winning time of 15 minutes

There are six classes in the Scottish Sprint Championships (Men Open, Women Open, M18-, W18-, M40+ and W40+). There are also super vets classes (M55+, W55+) as the race is part of the Nopesport Urban league series. Runners in a super vet class are eligible in the 40+ category in the Sprint Champs.

Junior and Veteran Competitors are eligible to win both their own age class and the relevant open age class. As a result will any competitor from these classes who chose to enter in the Open class please confirm their correct class so that age group prizes can be awarded correctly.

Courses close at 5pm, controls may be progressively removed from 4:30

Safety

To ensure that junior competitors and their parents/guardians are aware of and accept the risks/restrictions they must provide a signed consent form before they will be allowed to start.

A first aid kit will be available for minor cuts and scrapes and Stirling Royal Infirmary is nearby in the event of any more significant injuries.

Competitors take part at their own risk and are responsible for their own safety

Organiser
Gary Longhurst (FVO)

Planner
Jon Cross (FVO)

Controller
Graeme Ackland (INT/JOK)