



Guildford Orienteers

present

The South-East Sprint Championships

at Manor Park/Research Park,
Guildford
on 31 July 2022

Final details

Covid-19

Whilst restrictions have been lifted, COVID is very much still in circulation and we encourage a continued responsible approach to orienteering events. People have different risk tolerances and we like to be mindful of, and to respect, others' personal choices as normality returns. We would particularly ask that you to be aware when queuing at the Start and Download.

Please do not attend if you or a member of your household has COVID-19 symptoms, if you have been asked to isolate by NHS Test and Trace, or if you are required to quarantine having been on holiday.

Please make yourself aware of and abide by the [British Orienteering Participant Code of Conduct](#) (revised August 2021).

Highlight points

- Check your entry especially your "yes/no" self-declaration of eligibility for medals as an SEOA member. You can only amend it in Racesignup until Friday 29 July.
- It's a timed start – you start **at** your start time (not before). If you are late you will be fitted in but may have to wait, especially on course 3.
- Check out the "**Safety**" section below, which recommends wearing shoes with reasonable grip (metal studs are not recommended).

Travel to the event

The event centre is at [W3W ///boxer.solar.insect](#) about a 1.5 mile walk from Guildford mainline station.

Car Parking

Come off the A3 and follow signs to the Royal Surrey County Hospital. There will be no O-signage until after you pass the hospital visitors parking entrance on your right; turn right at a small roundabout at the top of the hill into the Surrey Research Park and parking is at the Surrey Technology Centre immediately on the right.

Event Centre

Assembly is beside the Surrey Technology Centre at [W3W ///boxer.solar.insect](http://W3W:///boxer.solar.insect). This is the building shown on the "warm-up area" map below.

Enquiries, dibber hire and Download are located here outside the building, as well as First Aid. There are also toilets inside the building and that is the only reason for access inside the building. Please do not go/stay indoors for any other reason; if it is raining there is a car parking area underneath the building to provide shelter.

Because the car park and assembly area are located within the competition area they are surrounded by areas that are out of bounds. Please restrict yourself to the warm-up area when not running your course.

Food and drink

Tom and Julie's food wagon will be at the Event Centre and water will be provided at Download – *please bring your own cup or bottle*. There is also a café in the Royal Surrey hospital just down the road if you care for a stroll between races.

Start

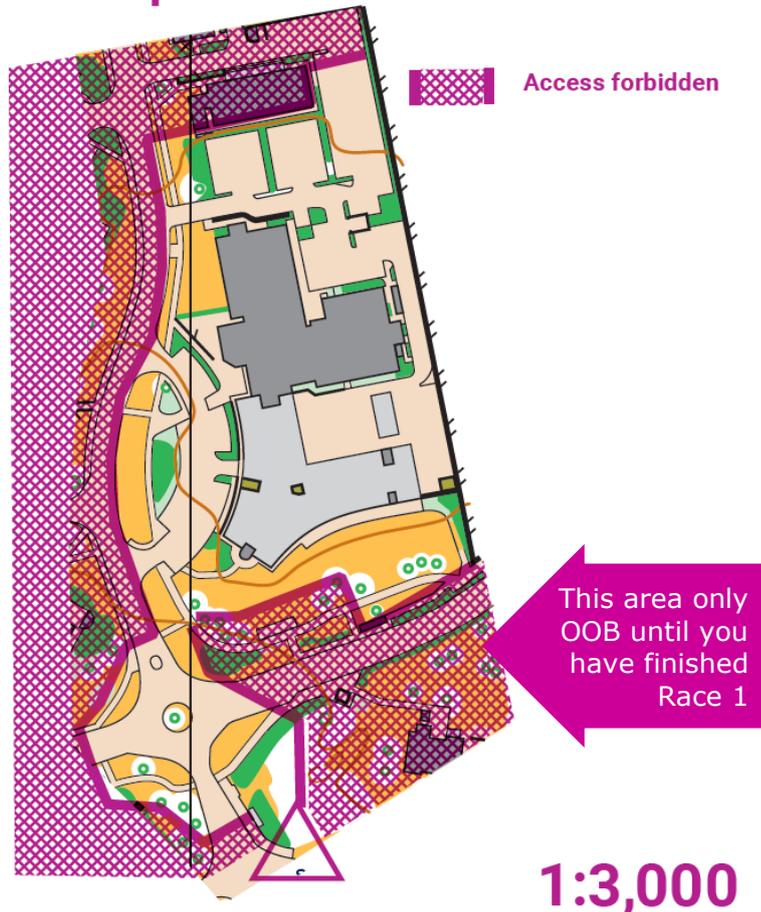
Race 1 start times are from 10:30 to 11:30 (courses close at 12:30) and Race 2 starts are from 12:30 till 13:30 (courses close at 14:30). Race 1 Start is 140 metres from the event centre. Race 2 Start is next to the event centre. SIAC battery check and CLEAR SI units will be at each Start.

The Starts being nearby and relatively compact, please aim not to arrive there more than a few minutes before your start time. Call-up is at -3 minutes There will be three start boxes at -3, -2 and -1 minute:

- CLEAR your dibber before call-up and entering the first start box. This will be a silent start; please do not disturb other competitors when in the start lanes.
- **-3** Dibber CHECK and loose control descriptions; control descriptions are pictorial except for course 4, which has written descriptions.
- **-2** Map corrections and SIAC Test unit.
- **-1** Stand by your map and wait for clock beeps; hold your map on the first short beep; look at it and go on the final long beep.

Check you know your course number and you have picked up the right map.

Warm Up area



Shadowing

If you shadow someone before your own run please declare yourself non-competitive. Anyone shadowed must also be non-competitive.

Area

The University of Surrey Manor Park and Surrey Research Park are a new area that has never before been used for orienteering. It is an urban type environment. It is a public area so please be courteous to members of the public.

Map

Map scale 1:3000 with 2.5m contours. Surveyed/mapped in 2022 and drawn to ISSprOM2019-2 standards; it includes the new symbols *512.1 Bridge or tunnel entrance* and *512.3 Area passable at two levels*. Further details may be found by reading this [IOF Guidelines document](#).

Maps are size A4 landscape, printed on waterproof paper. Control descriptions are printed on all maps.

The height gain is negligible on all courses. Some small flights of stairs have been simplified or omitted to aid clarity on the map.

For Race 2 there is a mapped and taped out of bounds area on the map. It is there for a reason. Please respect it.

Road Crossings

All competitors cross a minor road (in a 20mph zone) during Race 1 that is marshalled. Follow marshal instructions.

All courses have *very* minor road crossings in Race 2 (also in the 20mph speed limit). Please take care in case of (very low probability of) traffic.

Backup pin-punches

Controls have pin-punches in case of SI unit failure, which should be used if your dibber fails to register. Please show pin-punches at Download so that we can correct your result.

Finish and Download and Results

All competitors must punch the FINISH including SIAC. Please download as soon as you can. Maps will be collected until the last starter has set off, and can be collected after that from Download.

Results will be displayed at the event on a laptop and will also be printed and posted at Download for Race 1. Full results will be available on the GO website after the event (www.guildfordorienteers.co.uk).

Medals

Medals will be awarded to Gold/Silver/Bronze winners who are members of SEOA, at Download at 2pm.

Courses

Course no	Age Classes	Race 1 length	Race 2 length
1	M14-16, M18-40, M45-55	2.4km	2.4km
2	W14-16, W18-40, W45-55	2.0km	2.2km
3	M60-65, M70+, W60-65, W70+	1.7km	1.8km
4	M10-12, W10-12	1.4km	1.2km

You can run any course you like. If you run up you are only eligible for a medal in the class that you enter, not your own age class. If you run down "out of class", you are not eligible for a medal.

Safety (including recommended footwear)

British Orienteering's Rule 1.32 states that "Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. However, Organisers must have made reasonable risk management arrangements to mitigate the hazards that a competitor might reasonably not be aware of."

This we have done by addressing the hazards identified in the Risk Assessment, the planning of the courses and the information provided in these Final Details.

Nonetheless you are expected to play your part; be aware that you take part at your own risk. There is traffic, kerbs to trip over, uneven surfaces, slope and steps – the rough and smooth of everyday urban orienteering, although this is a quiet area at weekends.

There is also grass, which could be slippery when wet. So wearing shoes with reasonable grip is advised (metal studs not recommended). Please clean shoes to avoid spreading potential tree diseases. Wear suitable clothing for what may be quite a hot day; shorts are permitted.

Hospital information – A and E services

First Aid on site will be available at Download.

Main Accident and Emergency (less than 0.5 miles from event centre):

Royal Surrey County Hospital
Egerton Road, Guildford, GU2 7XX
Tel: 01483 571122

Officials

Planner: James Crawford
Controller: Ian Marsden (HH)
Organiser: Jeremy Wilde
organiser@guildfordorienteers.co.uk

With thanks to the University of Surrey for permission to hold this event