

British Orienteering Performance Group

in conjunction with WCOC

Present

The Windermere Junior Sprint Selection Race

Friday August 28th 2020

FINAL DETAILS

Covid-secure Guidelines

The event has been planned around the latest operational guidance for the return of the sport in England and participants need to be aware of the British Orienteering 'Participant Code of Conduct' on the BOF website, the link to which is:

<https://bof2.sharepoint.com/Competitions/Competitions%20%20Events/Forms/AllItems.aspx?id=%2FCompetitions%2FCompetitions%20%20Events%2FEvent%20Safety%2FCOVID%2019%2FCode%20of%20Conduct%206%20July%202020%2Epdf&parent=%2FCompetitions%2FCompetitions%20%20Events%2FEvent%20Safety%2FCOVID%2019&p=true&originalPath=aHR0cHM6Ly9ib2YyLnNoYXJlcG9pbmQuY29tLzpiOi9nL0NvbXBldG10aW9ucy9FZlgwLUxtS2xsRkRpUI9EQXpiTExoRUI3Q2REU05EUXZYZmt5MzNUazRVNVp3P3J0aW1IPTA5UTBra mhBMkVn>

Participants must not attend if they, or a member of their household, has COVID-19 symptoms, or if they've been asked to isolate by an NHS test and tracing programme, or are under a 14-day quarantine regulation.

Venue

Our thanks to WCOC for providing support for this selection race and, especially, to Roger and Lynne Thomas for their enormous help as controller and organiser, respectively. Their work in making this event happen, at such short notice, is remarkable and we are very lucky to be able to call on their skills at this difficult time for the sport. We would also like to thank Martin Bagness for providing the competition map.

Windermere is one of the main tourist hubs for the Lake District and it is anticipated that the town centre will be very busy on this Bank Holiday weekend, and people should plan their travel accordingly. The base of operations will be the Marchesi Centre, Holly Road, Windermere, LA232AF. Broad Street Car Park is the nominated parking area for the event and is a pay and display public car park, adjacent to the Marchesi Centre. You may use alternative parking, but only to the North (ie. the town centre) and West of the Centre (ie. West of New Road/A5074). South and East of the Marchesi Centre are Out of Bounds for the duration of the event.

Travel

The event will not be signposted. We recommend that drivers approach the Marchesi Centre from the A5074 and through the town centre, and turn left into Broad Street, just after the Sainsbury's Local is passed on the right.

Parking

Charges apply all day, and Broad Street parking is around 50m away from registration and download, sited in a tent next to the Marchesi Centre.

Facilities

Toilets are available in the Broad Street car park, with the public one closing at 5pm and charged at 50p via contactless payment. A temporary portaloo will also be available for use.

Assembly/Registration

Assembly and registration will be in a tent next to the Marchesi Centre and close to the parking area. Registration will be open from 3:00pm. **Please register on arrival so that we can check your information in the computer for download purposes and know that you are at the event.** A sample map of the competition area will be available for viewing, along with a supply of warm-up maps. Clear and check, along with a SIAC battery check, will be positioned here to switch on the SIAC facility on your dibber.

Can all family members please note that, due to the Covid guidelines, we are not permitted to allow any spectating at this race and they should stay away from the start/finish locations and the competition area (ie. all areas designated as OOB).

First Aid and Safety

Competitors take part at their own risk and are responsible for their own safety. Shorts are permissible, although lower leg cover may be desirable in places, and, if the weather is inclement, cagoules may be advisory.

The event takes place entirely in a residential area, but it is due to be reasonably quiet. Please take care crossing minor roads and give way to cars and cyclists at all times. Some courses cross a railway line on gated, public footpaths. Start times have been set to avoid the evening trains coming into and out of Windermere station, but it is the responsibility of the runners to check that the line is clear when crossing.

Please be courteous to pedestrians encountered and take care also turning blind corners, in narrow alleys and going up and coming down steps. Please slow down and run wide on corners. If it is wet, some of the surfaces can be slippery.

First Aid available at Registration. Local Accident and Emergency – **Westmorland General Hospital** (01539 732288) Burton Road, Kendal, LA9 7RG. <https://www.uhmb.nhs.uk/visiting-our-hospitals/parking-facilities/westmorland-general-hospital>

Competition format

There are four courses: 1 - M16; 2 - W16; 3 – M18/20; 4 – W18/20. Estimated winning times for M/W16 should be 10-12 minutes and for M/W18/20 be 12-15 minutes.

M16	14 controls, 1.8k, 45m
W16	13 controls, 1.7k, 40m
M18/20	18 controls, 2.6km, 55m
W18/20	17 controls, 2.3km, 50m

Distances quoted are straight line NOT the optimum.

Courses are run on a mixture of tarmac, mown grass and mixed woodland terrain and the recommended shoe is one with a mixture of grip and cushioning. Dobs/spikes are not permitted.

Starts

A warm-up map will be provided of the area adjacent to registration and this also shows the route to the pre-start (-4 minute call-up), which is approximately 400m away from registration, along with the permitted area for warm-up. There are four controls on this map, showing the typical set-up that runners can expect in the race event itself. **All other areas of the town are OOB during the competition.** There will be no kit drop available at the start and therefore all runners should arrive at the pre-start in race kit ONLY. Please time your arrival at the pre-start to be just before your call-up, to avoid queues and to help maintain social distancing.

Start times will run from 1600-1830hrs. Start lists will be released along with the final details and a seeding process applied, based on a combination of rankings, previous sprint results and all known form, where appropriate. There will be a minimum of one minute between runners and two minutes between runners of the same gender. The list will roll through age classes, in the repeating sequence of W16/M16, then W18/M18 and finally W20/M20, working from lowest seeds to highest seeds in each age group. Please check your start time on arrival at registration, as there may be minor changes applied in the final few days.

Clear, check and SIAC battery check will be at the entrance to the -4 call-up box. There will be start lanes, with call-up at -4 minutes to read final safety information and have dibbers checked. At -3 minutes, loose control descriptions will be available. At -2 minutes, a sample map of the competition area will be available to view. It will be a punching start.

Controls

This is an SI electronic punching event and touch-free SIAC will be enabled for this race. Most SI boxes will be attached via wooden boxes and gripple wires to the control feature, along with the standard kite. A number of controls showing this set-up will be available for practice in the warm-up area, with clear and check available at registration to switch on the SIAC facility on your dibber.

Control Descriptions

These are on the map, in symbol format, with loose copies also available at -3 minutes in the start lanes.

Competition Map

Updated 2020 map; 1:4000 to ISSprOM 2019 standards; contours at 2.5m, by Martin Bagness, with updates by Paul Murgatroyd. The map will be printed double-side (Part 1 and Part 2), with a map turnover from Part 1 to Part 2 at approximately 30-40% of the way through the course. The start of part 2 will be shown on the map as a start triangle.

Maps will be printed by BML on waterproof paper, plastic bags will not be provided. A blank competition area map will be displayed in the start lane at -2 mins and at registration. A previous map, drawn to old ISSOM standards, is at the end of this PDF.

A limited legend is on the warm-up and competition map. Please take time to study this, noticing all the places you must not enter. In particular, note that any area shown on the map as purple, olive or green which are not to be entered. There is a small river running through the map, which is crossable with care. Purple hatching shows out of bounds areas. Thick black lines and the black/green hedge

symbol MUST NOT BE CROSSED. All out of bounds areas listed above are to be strictly adhered to and could result in disqualification if entered or crossed. Marshals will be out on the course checking that runners are not transgressing the OOB areas.

Finish

The Finish is shown on the competition map and has a finish banner located next to it. It will be a punching finish NOT SIAC-enabled. Please note that, once finished, athletes must not congregate here and should return asap to the registration tent to download. We request that no family members congregate at the finish and respect all OOB for the duration of the competition. It has been decided not to collect maps at the finish, as usual, as we would not be able to return these within Covid guidelines. We trust athletes to respect the fair play ideal and not show their maps to any other competitors who are still to run in the race.

Results

At download, the athlete will be notified verbally of the overall time and confirmation (or not) of a successfully completed course. Due to Covid guidelines, no results will be displayed at download nor will competitors be provided with a splits printout. Final results will be emailed out to all competitors and available via the Lakeland Orienteering Club website.

Officials

Planner: Paul Murgatroyd, email: pmurgatroyd@britishorienteering.org.uk

Controller: Roger Thomas (WCOC)

Organiser: Lynne Thomas (WCOC)

Previous map of Windermere (showing Broad Street car park and registration)

