

British Orienteering Performance Group

in conjunction with NATO & NN (Northumberland Spring)

Present

The Cramlington Junior Sprint Selection Race (& Public Event)

Friday April 1st 2022

FINAL DETAILS

Venue

Our thanks to NATO & NN for providing support for both this selection race and, for their organisational efforts across the whole of the Northern Championships/Northumberland Spring weekend. We would also like to thank, specifically, Fred Miller for his work on providing the competition map, Paul Boyles for securing permissions for access to the assembly centre and Allie Wilson & Frank Shillitoe for their co-ordination efforts across the weekend's programme.

Cramlington is a small feeder town, 10 miles north of Newcastle city centre, and we are using parts of it which should provide for both excellent sprint racing and minimal traffic, in the main. The base of operations will be in the Concordia Leisure Centre, Forum Way, Manor Walks Shopping Centre, Cramlington, NE23 6YB. There is a large public car park in the shopping centre and there is 4 hours free car parking available here. Please do not use any other car parking area, as the majority of the town is embargoed for the duration of the event.

Travel & Parking

The event will not be signposted. We recommend that drivers approach the Manor Walks Shopping Centre from the A1, which passes within 2km of the centre of Cramlington, and is accessed from either the A19, if travelling north, or the small feeder road at Shotton, if travelling south. Post code is NE23 6YB, grid reference NZ261768 OR <https://w3w.co/yards.widget.crabmeat>

Facilities

Toilets, showers and changing rooms are available in the Concordia Leisure Centre, free of charge.

Assembly/Registration

Assembly and registration will be in the foyer area of the Concordia Leisure Centre. Registration will be open from 4:30pm. **Please register on arrival so that we can provide you with a warm-up map, check your information in the computer for download purposes, and know that you are at the event.** A spectator map will also be available, showing the way to the finish area. Clear and check, along with a SIAC battery check, will be positioned here to switch on the SIAC facility on your dibber.

The finish area will be close to the Manor Walks Shopping Centre and an excellent spectator view of this can be seen by following the spectator map provided. Can we ask that spectators stay clear of all

the controls within the finish area and, to protect the integrity of the event, that they do not share course information with any runners yet to compete. **Please do not go south of this area – OOB is shown clearly on the spectator map. The finish area is OOB for competitors yet to run their course.**

First Aid and Safety

Competitors take part at their own risk and are responsible for their own safety. Shorts are permissible, and, if the weather is inclement, cagoules may be advisory.

The event takes place entirely in the residential area of Cramlington, and there may well be pedestrians and slow-moving traffic on the course. Please take care crossing minor roads and give way to cars and cyclists at all times.

There are a number of major roads, which are shown clearly as OOB, and there are designated crossing points on the course, usually in the form of underpasses. These are shown in examples below and are mapped to the latest ISSprOMM 2019-2 specification. The warm-up map will include some underpasses, so that runners have the opportunity to familiarise themselves with the layout, prior to racing. **In the interests of safety and fairness, do not cross main roads that are marked as OOB, except at these crossing points.**



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 the Finish area and in the Concordia Leisure Centre.

The closest A&E is at
Northumberland Specialist Emergency Care Hospital
Northumbria Way
Cramlington
Northumberland
NE23 6NZ
0344 811 8111

Competition format

There are three courses: 1 – M18/20; 2 – W18/20 & M16; 3 – W16. Estimated winning times courses 1 & 2 should be 12-15 minutes and for 3 should be 10-13 minutes.

Course 1 (M18/20) – 2.5k (straight line), ~ 3.5k (optimum route), 15 controls

Course 2 (W18/20 & M16) – 2.2k (straight line), ~ 3.2k (optimum route), 14 controls

Course 3 (W16) – 1.8k (straight line), ~ 2.3k (optimum route), 11 controls

There is a negligible amount of climb on all courses.

Courses are run on a mixture of tarmac and mown grass and the recommended shoe is a road shoe. Dobs/spikes are not permitted.

Starts

A warm-up map will be provided of the area that covers the route to the pre-start (-4 minute call-up), which is approximately 500m away from registration. There are a number of controls on the warm-up map, showing the typical set-up that runners can expect in the race event itself. **All other areas of the town outside of this map are OOB for the duration of 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.

Start times will run from approximately 1730-1900hrs for the selection race and then approximately 1915-2045hrs for the public race. Start lists will be published, along with the final details, on the NATO website and a seeding process applied for the selection race, 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 on the same course. The list will roll through courses, in the repeating sequence of Course 1, then Course 2 and finally Course 3, working from lowest seeds to highest seeds in each age class. Please check your start time on arrival at registration, as there may be minor changes applied in the final few days. If you miss your designated start time, you will still be permitted to start, but you may have a significant wait until the next available slot.

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 on the warm-up route, 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 2022 map; 1:4000 to ISSprOM 2019-2 standards; contours at 5m, by Fred Miller, with minor updates by Paul Murgatroyd. 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. A previous map, drawn to old ISSprOM standards, can be seen at the end of the final details and can also be viewed as a number of variants on NATO's Routegadget page.

No legend is provided on either the warm-up and competition map, but a relevant sample is shown below.

 Open Land	 Distinct vegetation change	 Building - impassable edges
 Open land with scattered trees	 Boulder	 Canopy - passable edges
 Rough Open Land	 Seat	 Uncrossable Wall or Fence
 Uncrossable Vegetation	 Play equipment (swing etc.)	 Uncrossable Fence
 Settlement - Out of Bounds	 Tree or Bush	 Crossable Fence
 OUT OF BOUNDS	 Big Tree	 Crossable Wall
		 Uncrossable Hedge
		 Road with fast traffic (CROSS ONLY VIA UNDERPASS)
		 Steps
		 Bridge

Please be aware of the main features, 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. Purple hatching shows out of bounds areas. Thick black lines and the green hedge symbol **MUST NOT BE CROSSED**. **The black circle, ie. man-made feature, represents play equipment.**

Note that there is once uncrossable fence marked on the map, which has holes in it, making it physically crossable. Red and white tape has been used to clarify that this remains an uncrossable feature, but this could potentially be removed by local residents on the day – in any case, please obey the mapping of the feature and do not attempt to cross this fence.

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 should return to the assembly area, via the route shown on the spectator and competition maps, to download. It has been decided not to collect maps at the finish. 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 runner will be notified verbally of the overall time and confirmation (or not) of a successfully completed course. We hope to provide a results' display at download. Final results will be available via the NATO club website.

Officials

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

Controller: Craig Lucas (LOG)

Organiser: Paul Murgatroyd (LOG)

Previous map of Cramlington (overleaf)

