



SE SPRINT CHAMPIONSHIPS
UNIVERSITY OF KENT AT CANTERBURY
SATURDAY 5 SEPTEMBER 2009
FINAL DETAILS

CAR PARKING & DIRECTIONS

The event will be based at the University of Kent in Canterbury with car parking adjacent to Keynes College. GR137596. Postcode for SatNav users: CT2 7NP.

If travelling from the west, leave the A2 at GR 115581 (signed for Canterbury and Harbledown). After 1km turn left at traffic lights and follow O signs. The event will also be signed from the A290 Whitstable to Canterbury road, if approaching from other directions.

Parking is free provided you print out [this permit](#) and display it in your car. **PLEASE NOTE** We regret that we still await the formal permit from UKC but this should be available by 2 or 3 Sept so please check back then to download a permit. However if this is your only opportunity to download a permit, please do so and exchange it at registration for a UKC permit.

THE ASSEMBLY AREA is adjacent to the car parking and will include: EOD Registration, SI Dibber Hire, Finish & Download, Enquiries and Results Display. Space is available for club tents.

Round 1 start is a 3 – 4 min walk (max. 500m) from Assembly and Round 2 start is 150m away from Assembly and can be seen from there.

Toilets, showers, changing facilities and vending machines are available in the university's sport centre close to the car parking. (No muddy shoes or spikes in the sports centre, please). Tapes will lead you there. Do not stray from these tapes into the competition area.

Catering is limited as we are outside term time so please bring your own sandwiches/picnic.

LATE ENTRIES, REGISTRATION AND ENQUIRIES

Late entries and entries on the day will be accepted while overprinted maps last.

Late entries and competitors wishing to enter on the day should go to the Registration point on arrival.

Registration 11:30 – 13:00 First round starts 12:00 – 13:30

Fees for late entry and entry on the day are as follows:

Seniors £8.00; Non BO seniors £10.00; Juniors £3.00;

Pre-entered competitors who have **not paid**, please go to Registration to pay upon arrival.

SI Dibber Hire will be at Registration. Dibber hire £1.00

A member of Saxons will be on hand at registration to offer advice and guidance.

The new **SPORTident Card9 dibbers** (currently only available on the continent) are not compatible with the older style control units being used at this event. Any competitor who has one of these newer SI dibbers may exchange it at registration for a Card5 dibber free of charge for the duration of the event.

SE SPRINTS

This competition will consist of two rounds with the times for each round being added together to give the final positions. Provisionally start times will be between 12:00-13:30 for round 1 and 15:30-17:00 for round 2.

The fastest competitors from the first round will start last in the second round; however it will not be a chasing start and in both rounds there will be a minimum of one minute between each starter. Those requiring split times in the second round will be accommodated (Please come and talk to the SI team between the rounds if necessary). There are ten competitive classes split between three courses as below (subject to final controlling):

Course Code	Age Group	Course No	Course Type	Rnd 1 length	Rnd 1 climb	Rnd 1 controls	Rnd 2 length	Rnd 2 climb	Rnd 2 controls
MJun	M14 M16	1	Sprint race	2.9km	10m	17	2.7km	25m	19
MOpen	M18-M40	1	Sprint race	2.9km	10m	17	2.7km	25m	19
MVet	M45-M55	1	Sprint race	2.9km	10m	17	2.7km	25m	19
WJun	W14 W16	2	Sprint race	2.8km	10m	17	2.6km	15m	17
WOpen	W18-W40	2	Sprint race	2.8km	10m	17	2.6km	15m	17
WVet	W45-W55	2	Sprint race	2.8km	10m	17	2.6km	15m	17
MSVet	M60+	2	Sprint race	2.8km	10m	17	2.6km	15m	17
WSVet	W60+	2	Sprint race	2.8km	10m	17	2.6km	15m	17
MYel	M12 & under	3	Yellow	1.2km	5m	10	1.1km	10m	11
WYel	W12 & under	3	Yellow	1.2km	5m	10	1.1km	10m	11

STARTS We shall be using a “punch and go” system for the Round 1 start. Accordingly, competitors have been given an 18 minute start block in which they may start at any time at the discretion of the start officials. On arrival at the start, please join the appropriate start queue for your course. Call up will be 3 minutes before your start time.

Sportident punching will be used for this event. Some SI units will be secured to fences etc using a cable tie passing through the "dibber hole". There is still room to insert your SI card but you are advised to check for the beep/flash that indicates a successful punch.

Parents with split starts – have been accommodated where a request has been made but if this causes a problem, please contact the organisers.

ROUND 1 Closing time 14:30

ROUND 2 Closing time last start plus 60 mins

MAP/TERRAIN

The map will be at 1:4000 and drawn to ISSOM standards with a 2.5m contour interval. Map size A4. There will be no legend on the map but copies of legends will be available at registration.

All sprint races will cross minor roads within the campus; traffic should be light and travelling slowly but please check before running across any roads. Towards the end of round 1 there will be a manned crossing point on ALL courses; on the yellow course for round 2 there will also be manned crossing points; parents, please make your children aware that there are manned road crossings on both rounds.

Note: there will be other pedestrians and cyclists on campus, as well as other competitors, some travelling at speed so take care, especially when coming round blind corners.

The University has been built on a gentle hillside and many paths have steps.

All courses will largely be on hard surfaces with some routes crossing short grassland. Medal studded shoes are not recommended, rubber studs may be sensible if wet. Shorts are allowed.

There are separate starts for each round but both rounds will use the same finish which is adjacent to the car park. Immediately after the start triangle for round 2, outgoing runners may encounter runners approaching the finish – take care.

Competitors are reminded that olive green is OOB and is not to be crossed. Course 1 and 2 in Round 2 have controls by strips of olive green (flower beds). These should not be crossed and have been taped (with red/white tapes) to highlight this/remind competitors. Planning ahead will help here too:-)

The University is currently undertaking some building work and this is marked as OOB/purple stripes on the map. There may be scaffolding against buildings in some areas which is unmarked.

Control descriptions: Sprint pictorial control descriptions are used for courses 1 and 2; text descriptions are provided for course 3. The control descriptions will be on the front of the map. Loose copies of descriptions for all courses will be available at -2 minutes.

FINISH

You must punch at the finish control and then proceed to Download.

It is important that you download as soon as you have finished round 1 in order for the round 2 start list to be compiled. We hope to publish the round 2 start list by 15:15 but please bear with us if we over run!

You must report to Download before leaving, even if you retire. Water will be available in the car park.

Maps will be collected at the end of each round – please place in the correct course bag. The maps will be released soon after the last starter has started on round 2.

PRIZE GIVING will take place as soon as possible after 17:00 with medals to the top three SEOA members in all classes.

ACCOMMODATION AT UKC

B & B accommodation is available at the University of Kent <http://www.kent.ac.uk/holidays/> but if you have booked this we would ask you to observe the following:

In the interest of fair competition, please treat the University campus as Out of Bounds until after the competition and do not go to your accommodation until after you have competed in both rounds.

We had hoped to provide camping on Saturday night in the Assembly Area for Day 2 (Blean Woods) but regret that this has not proved possible. However there are a number of commercial campsites along the north Kent coast. Further information available from www.canterbury.co.uk

HEALTH & SAFETY

Competitors take part in this event at their own risk. A **First Aid kit** will be available at registration. The nearest hospital is Kent & Canterbury Hospital, Ethelbert Road, Canterbury CT1 3NG. Anyone arriving alone who wishes to be checked back in, please leave your car keys at Registration. Dogs are not permitted at this event.

OFFICIALS Organisers – Anita Kingdon (01892 722624/07903 163953) and Sarah Howes (01892 723327/07718 762667)

Entries enquiries – Sarah Howes 01892 723327 before 2130 until 3/9/09 or sarahmhowes@hotmail.co.uk

Planner – Nick Barrable (SYO/SAX); Assistant Planner – Mark Glaisher (SAX)

Controller: John Faller (SO) – courses and map; Charlie Turner (SLOW) – on the day

In the unlikely event of the cancellation or curtailment of the event, the Club reserves the right to retain part or all of entry fees paid to defray costs incurred.

You take part in this event at your own risk.