

LISBURN CITY FESTIVAL OF ORIENTEERING  
IRISH SPRINT CHAMPIONSHIPS  
INCORPORATING AN IOF WORLD RANKING EVENT  
NORTHERN IRELAND 1- 4 MAY 2015

BULLETIN 2

(Version1)

ORGANISED BY LAGAN VALLEY ORIENTEERS  
AND GREAT EASTERN NAVIGATORS





## WELCOME

Lagan Valley Orienteers and Great Eastern Navigators warmly welcome you to the Lisburn City Festival of Orienteering. With six events being held over the weekend it will be a busy but hopefully an enjoyable time for all. The highlight of the weekend will be the IOF World Ranking Sprint that has attracted interest from elites from outside Ireland. This Bulletin deals primarily with the World Ranking Sprint but gives some detail on the other activities of the weekend.

## EVENT ORGANISATION - IRISH SPRINT CHAMPIONSHIPS

Race Director: Stephen Gilmore (GEN & LVO)

Acting Race Director: Colin Henderson (LVO)

Course Planner: Igor Stefko (GEN & LVO)

Controller: Pat Flanagan (3ROC)

Assistant Controller: Richard McCourt (LVO)

Liaison: Andrew Butterfield (GEN)

Safety Officer: Helen Baxter (LVO)

## IOF Event Advisors

Julie and Ronan Cleary (LOK - UK)

## CONTACT

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Website: [www.ioc2015.org](http://www.ioc2015.org)

## RULES

The IOF World Ranking Event will be held under the Rules and Guidelines of the International Orienteering Federation while the Irish Sprint Championships will be held under the Rules of British Orienteering and the Guidelines of the Irish Orienteering Association. An application has been made to the IOF to permit the Sprint maps to be printed digitally.

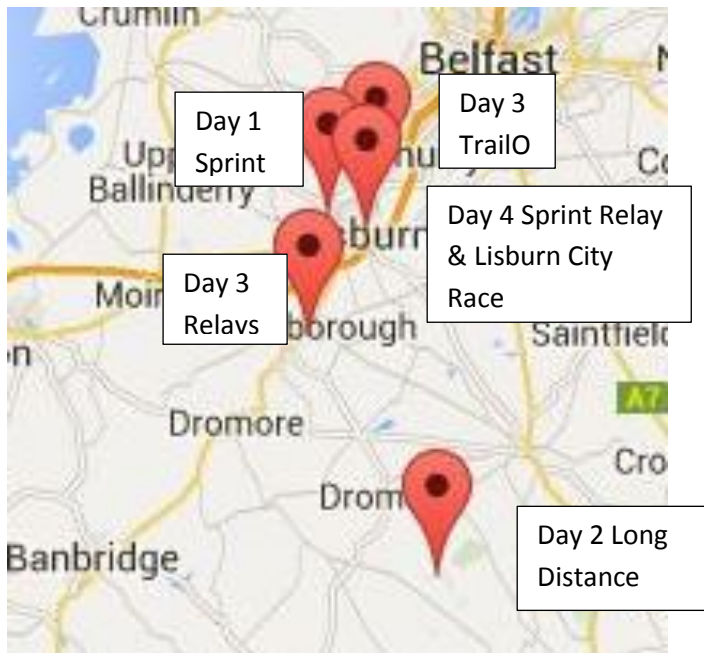
## TIMETABLE OF COMPETITIONS

The timetable for the events over the weekend of 1 to 4 May 2015 is as follows:-

Day	Date 2015	Event	Venue	Start times	Courses close
Friday	1 May	Irish Sprint Championships incorporating the IOF World Ranking Event	Laurelhill Sportszone	1700 to 1930 (WRE 1810 to 1845)	2000
Saturday	2 May	Irish Long Distance Championships	Slieve Croob	1100 to 1300	1600
Sunday	3 May	Irish Relay Championships	Hillsborough Forest	1000	1300
		Irish TrailO Championships	Aberdelghy Golf Course	1400 to 1500	1700
Monday	4 May	Sprint Relay	Lagan Valley Island	1000	1200
		The Lisburn City Race	Lisburn	1200 to 1300	1500

Full details of the weekend's event are available at [www.ioc2015.org](http://www.ioc2015.org)

## LOCATION MAP FOR THE WEEKEND EVENTS



## LOCATION OF THE IOF WORLD RANKING EVENT AND IRISH SPRINT CHAMPIONSHIPS

Laurelhill sportszone, Laurelhill Road, via Ballymacash Road, Lisburn BT28 2UH

Grid Ref: J252652 Latitude: 54.520180 Longitude: -6.066898

## TERRAIN



During the last quarter of the 20th century, the Northern Ireland Housing Executive was the largest builder of social housing in the UK. Generally building in greenfield or large urban redevelopment areas, this has left a legacy of ideal locations for sprint orienteering. The



No use of orienteering maps, running training of all kinds, and route choice testing etc. are allowed in the embargoed area.

No one with potential connections to a competitor may visit the embargoed area.

Normal access to the embargoed area is permitted for local residents but in the sport's spirit of fairness, any competitor who feels that they have an unfair advantage through their intimate knowledge of the competition area should declare themselves non-competitive when entering.

## ENTRIES

Entries closed on Friday 24 April 2015.

## SUMMARY OF ENTRIES RECEIVED\*

Country	Men	Women	Total
Northern Ireland	9	2	11
Republic of Ireland	22	15	37
Great Britain	2	2	4
Denmark	1	0	1
Finland	1	1	2
Spain	1	0	1
Sweden	0	1	1
Total	36	21	57

- \*includes M/W 18, 20, and 21E classes

## MAP

Survey and cartography to ISSOM standard by Stephen Gilmore 2015

Printed digitally by BML Print

Scale: 1:4,000 Contour Interval: 2.5m Dimensions: A4 (297x210mm)

Printed on waterproof Pretex paper 150gsm. The map is printed on both sides with Part 1 of the Course on one side and Part 2 on the other.

In terms of the more common ISSOM symbols, a thick black line represents a feature which is impassable, i.e. must not be crossed, whether or not it looks crossable. Vegetation (often hedges) mapped as green/black must not be crossed – even if there appears to be passable gaps on the ground. Areas mapped by a green/yellow (olive green) “settlement” colour are also not to be entered - such areas might be flower beds or private gardens. Some of these areas may be taped off with red and white tape which must not be crossed. However they are Out Of Bounds to WRE competitors, whether taped or not.

## MODEL AREA

Warm-up maps of the model area will be available from the Information and Registration Point. This area is approx. 100m from Assembly and competitors should use the pelican crossing on Prince William Road. Three controls will be placed in the warm-up area.

## START TIMES

Start times have been allocated based on a competitor's IOF WRE Sprint Ranking with the highest ranked competitor starting last. The start list will be available shortly on the IOF Eventor, Sportident, and the event websites.

## COURSE DETAILS

Course	Classes	Length k	Climb m	Number of Controls
1	M21E, M20E, M18E	3.5	35	27
2	W21E, W20E, W18E	3.2	30	21

Course lengths are measured on the shortest feasible route basis.

## CONTROL DESCRIPTIONS

Control descriptions will be attached to the map and loose descriptions will be available in the -3 minute box in the start lane. The descriptions on the Part 1 map will correspond with the controls on the first part of the course, and those on Part 2 with those on the second part. The sizes of the loose descriptions for Course 1 are 210x60mm, and for Course 2 210x60mm but measures 170x60mm if folded to only display the descriptions. The 2 parts of the course are separated on the control descriptions with the text "Please turn map over".

## CONTROLS

Controls will be presented on trestles with a sample at the pre-start and examples in the model area. A pin punch is provided for use should a SI station fail. In that instance the map should be punched and pointed out to the officials at the Finish.

## ELECTRONIC PUNCHING

Competitors in the World Ranking Sprint will use the new SIAC touch-free cards and these will be provided by the Organisers. WRE sprint competitors should collect their SIAC card together with their race bib from the Information and Registration Point prior to the competition. The cards will be retained at results download. All lost SIAC cards will be charged at £100.

The SIAC card is turned on when dived in the Check SI station and will emit a green light.

The SIAC touch-free cards record their presence at a control site by way of a radio signal provided they pass close to (within 50cm) the SI station that contains a radio beacon. The card flashes with a red light three times and emits a beep to confirm that the competitor has visited the control site. **It is the competitor's responsibility to ensure that their presence at the control site has been recorded.** To provide experience for those competitors unfamiliar with touch-free cards, the SI stations used for the model event will operate with the SIAC touch-free cards. An official will be on hand to provide advice on the use of these touch-free cards.

The IOF has recently issued an athlete's guide to the use of Sportident Air+ and athletes unfamiliar with the system are recommended to study the guide available at [http://orienteering.org/wp-content/uploads/2015/04/09/SI-Air-information-for-athletes\\_20150409.pdf](http://orienteering.org/wp-content/uploads/2015/04/09/SI-Air-information-for-athletes_20150409.pdf)

At the Finish, the SIAC cards are automatically timed when the competitor passes through the finish timing 'gate' allowing the competitor to finish at full speed. **WRE competitors should not punch at the Finish.**

**It is the competitor's responsibility to punch correctly.** If a competitor in the Sprint event thinks that their punch has not been registered correctly they should punch their map with the manual pin punch at the control site and report the problem at Results Download.

## RACE BIBS

Race bibs for the WRE Sprint will be available at the Information and Registration Point together with the competitor's pre-allocated SIAC touch-free card. The competitor's race numbers are given in the start lists. Safety pins will be provided. Competitors should allow enough time to collect their race bib and pin it to their clothing. It must be pinned to the front of the torso unfolded in such a way as to ensure that the number and logos are visible.

## START PROCEDURE

At the Sprint race, the pre-start will operate from -4 minutes, and everyone will be checked at its entrance. All M/W 18, 20, and 21 Elites will start from the WRE lanes for male competitors on Course 1, and for females on Course 2.



The formal check of competitors name, race number, and SI card number will take place at the entrance to the -4 minute box. Control descriptions will be available in the -3 minute box. No blank maps will be on display for the WRE competitors.

Competitors will have timed starts with a starting interval of one minute between competitors. The seeded starting order has been determined by the competitor's current IOF WRE Sprint Ranking.

At the minus 10 second beep on the start clock the competitor should move forward from the - 1 minute box and stand beside the map table. The competitors map will have the course number and the words Part 1 visible to confirm that that side of the map will show the first part of the course. It is the competitor's responsibility to check that they have the correct map.

On the final beep from the start clock, the competitor should lift the map and go. The start kite will be visible from the start line.

WRE competitors who arrive at the start line less than half the start interval after their start time will be allowed to start immediately (ie at 30 seconds). WRE starters who arrive at the start line more than half the start interval after their start time will be allowed to start at the next available half start interval. Where this happens the competitor's course time will be calculated from their published start time. Their actual start time will be noted.

Neither start nor download officials will be able to make any adjustments to the published start times. Competitors who are late for their published start time and who believe that they have good reason to have their start time adjusted should complete a Complaints form that will be available at the Information and Registration Point.

## FINISH PROCEDURE

WRE competitors should finish at full speed between two SI finish gates on their finish line where their finish time will be recorded. **They should not punch the finish control.** All should proceed to the Results Download where their race time will displayed.

Maps will be collected from competitors at the Finish. They will be retained in a club bag until after the last start time for the event and they can then be reclaimed from the Information and Registration Point.

## WATER

Water will not be provided anywhere on the course, nor at the Start or Finish. However an emergency supply will be available at the Finish on request.

## RESULTS

Results will be displayed in the Assembly Area. Provisional results will also be online on the event website each evening. RouteGadget will be available as soon as possible after each day's racing.

## LIVE RESULTS

Live results will be available at <http://lvo.org.uk/liveresults> for those with an internet enabled device.

## COMMENTARY

A commentary will be provided at the Sprint on the Friday.

## USE OF GPS

At the World Ranking Event (in compliance with IOF Rule 21.4), competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish of the race, unless the equipment is specifically approved by the Organiser in advance. GPS data loggers with no display or audible feedback are permitted

## FIRST AID

First Aid cover for the event is being supplied by Red Cross, and first aiders from Lagan Valley Orienteers. They will be located close to the Finish. Competitors should bring their own basic first aid kit for any minor cuts.

## Safety

Competitors take part in orienteering events at their own individual risk. Do not compete if you feel unwell or are injured. Risk assessments have been completed for each day's competition. Please be considerate and courteous to the other users of the event area.

The competition area is NOT traffic free. Traffic levels are expected to be light, but the Highway Code must be obeyed.

**All competitors must report to Results Download (even if they are retiring).**

Car keys can be left at the Information and Registration Point.

Yellow and black tape will be used to mark hazards, so competitors should take special care when coming across such tape.

Smoking is not permitted in any of the Car Parks, Assembly Areas or Competition Areas.

## Complaints and Protests

IOF Rules 27 to 30 apply. In the first instance, the competitor should discuss any concerns with the Planner, Controller, or Organiser, depending on the problem. If this does not resolve the issue, a Complaint may be made to the Organiser on a special form available at the Information and Registration Point. A complaint should be made as soon as possible after the problem has been identified, and no more than 15 minutes after the last result has been displayed.

The Organiser will make a decision on the Complaint (most likely in consultation with the Controller and the IOF Event Advisor) as soon as is practicable and record it on the form that will be held at the Information and Registration Point.

Should a competitor wish to lodge a Protest against the Organiser's decision they must put it in writing on the special form and lodge it at the Information and Registration Point without delay (no later than 15 minutes after the Organiser has communicated the decision on the Complaint)., There is no fee for lodging a Protest. Protests will be passed to the IOF Event Advisor who will convene the Jury. Their decision will be recorded on the form that will be held at the Information and Registration Point.

## JURY

The Jury members are Una May (IOA), Andy Lewsley (BOF), and Roger Thetford (BOF).

## CLOTHING

Full leg cover is not required. Shorts are permissible.

The terrain is approximately: 80% paved, 20% grass.

**Shoes with metal spikes are not permitted.** Otherwise the choice of footwear should be made accordingly but it is at the competitor's discretion.

## PRIZE GIVING

The prize giving for the IOF WRE Sprint will take place at approx. 19.15 in the Arena. The prizes will be presented by The Right Worshipful the Mayor of Lisburn & Castlereagh City Council, Councillor Thomas Beckett and Alderman Paul Porter, Lisburn & Castlereagh City Council.

## WEATHER

The weather could be changeable with above average rainfall normal for May and with temperatures in the 11 to 15c range. On sunny afternoons temperatures could rise to close to 20c. Night time temperatures are normally in thr 5 to 9c range.

## Facilities

Toilet, showers, and changing facilities will be available in the pavilion adjacent to the Arena.

The Lisburn Leisureplex has kindly agreed to make showers available free of charge on all days. Please follow the signs in the building. Please note that there is a swimming pool and a leisure pool for which there will be a charge. The area around the Leisureplex has a number of eating establishments and a Multiplex cinema.

29 April 2015