

The Sprint Scotland team and Forth Valley Orienteers present

Sprint Scotland

Stirling 14-17th July 2016

Bulletin 1



Overview

Sprint Scotland is an orienteering training camp with a difference:

- Professional maps
- Professional course setting
- Professional analysis of each training and race
- Set in the heart of beautiful Scotland
- Short travel distances
- Good social elements including a ceilidh
- Evening presentations from World Class orienteers
- Co-operation with Forth Valley Orienteers to provide a weekend of high quality orienteering

Program (provisional)

Thursday 14th July

| | |
|---------------|---|
| 10:00 - 11:00 | Sprint 'multi-technique' training session - Dunblane |
| 14:30 - 15:30 | Sprint training session - Bridge of Allan |
| 17:30 - 18:30 | Sprint relay training session (Sport Ident) - Braco |
| 20:00 - 21:00 | Evening talk on Sprint Analysis by Kris Jones in Stirling |

Friday 15th July

| | |
|---------------|--|
| 10:00 - 18:30 | 3 sprint training sessions - Stirling and Bannockburn |
| 20:00 - 21:00 | Evening talk on Sprint Racing by Murray Strain in Stirling |

Saturday 16th July

| | |
|---------------|--|
| 10:30 - 11:30 | Sprint Race – Hallglen (WRE, Scottish and UK Urban League) |
| 14:00 - 15:00 | Sprint Race – Hallglen |
| 19:00 - 20:00 | Evening talk by Heather Monro in Stirling |
| 20:30 - 22:00 | Ceilidh in Stirling |

Sunday 17th July

| | |
|---------------|--|
| 11:30 - 13:00 | Sprint Race organised by FVO - Grangemouth (WRE and Scottish UL) |
| 14:00 | Sprint Scotland prize-giving |

Classes

M/W12-, M/W16-, M/W Open, M/W Vet (40+), M/W Supervet (55+), M/W Ultravet (65+)

Terrain

You can expect a variety of old town, new town, urban estates, parkland, scrub land, detailed earthworks, steep forest and much more! See the map samples on the next page for a taster.

Accommodation

Various in Stirling and around – Stirling Youth Hostel recommended

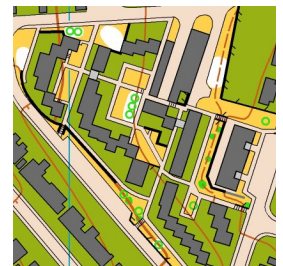
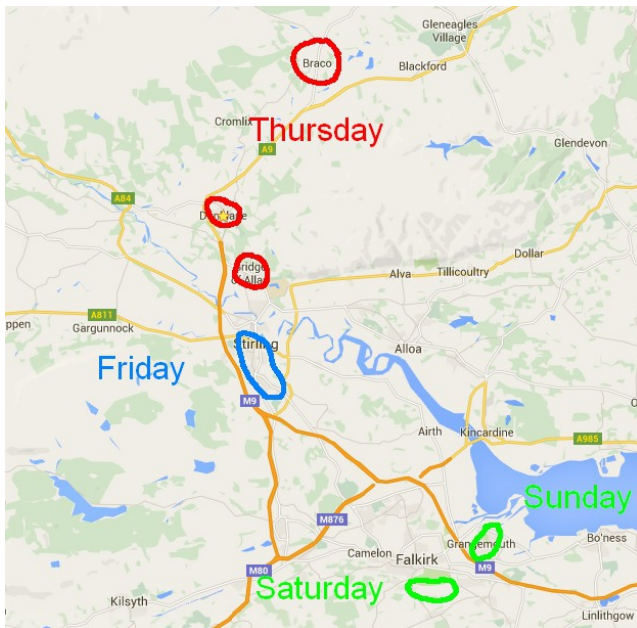
Timing system

Sport Ident. Timing cards will be available for hire.

Going green

All training sessions and races will be accessible by public transport, and we encourage people to share transport where possible.

Map of the region and map samples



Thursday – Training day north of Stirling

1) Dunblane

Long training session with 'skill sections' challenging different aspects of sprint orienteering.

2) Bridge of Allan

Standard sprint course with a mix of leg lengths and urban and forest elements.

3) Braco

Sprint relay training in Roman Fort – grassy terrain with complex contour detail. Sport Ident.

Friday – Training day in Stirling

1) Stirling Old Town and Riverside

Route choice training around the castle, old town and riverside area of Stirling. Sport Ident.

2) Stirling City Centre

Standard sprint course in modern city centre.

3) Braehead, Broomridge, Bannockburn

Sprint interval loops in complex housing estate area.

Saturday – Hallglen (2 races organised by Sprint Scotland team)

Complex housing estate area on a slope with many grassy areas. Never used before. Morning race will be a World Ranking Event.

Sunday – Grangemouth (race organised by Forth Valley Orienteers)

Complex housing estate area. Never used before. World Ranking Event.

Maps

All maps drawn to ISSOM specification 2014-16 by Graham Gristwood (except Dunblane drawn 2012 by Marcus Pinker) and updated for Sprint Scotland.

Under 16s (born 2000 or later)

Safety considerations allied with our insurance position mean that all training sessions except Braco are unsuitable for U16s unless the U16 is accompanied by an adult willing to take responsibility for decision making regarding road crossings and road safety. Suitably accompanied U16s are of course very welcome!

Entries and entry fees

Open March on Sprint Scotland website (sprintscotland.co.uk).

Deadline - 23rd June (limited late entry/entry on the day may be available).

| | Before 14 th May | | Before 23 rd June | | After 23 rd June | |
|---------------------|-----------------------------|------------------|------------------------------|------------------|-----------------------------|------------------|
| | Adult | Junior / student | Adult | Junior / student | Adult | Junior / student |
| Individual race | £10.00 | £5.00 | £12.00 | £6.00 | £15.00 | £7.50 |
| Individual training | £5.00 | £2.50 | £6.00 | £3.00 | £7.00 | £3.50 |
| Evening talk | £3.00 | £2.00 | £4.00 | £3.00 | £5.00 | £4.00 |
| Ceilidh | £5.00 | £2.50 | £6.00 | £3.00 | £7.00 | £3.50 |
| Technical T-shirt | tbc* | tbc* | tbc* | tbc* | Not available | |

*Technical T-shirt free if you enter 'everything' – i.e. 6 trainings, 3 races, 3 talks and ceilidh

Clothing

As per British Orienteering rules (competitors must wear clothing that fully covers their torso and legs in forest terrain – shorts ok otherwise).

Winning time for competitions - 12-15 minutes

Visas / extra training - Contact the co-ordinators

Climate - This is Scotland, so could be anything!

Embargoed area - Available on the British Orienteering website.

Co-ordinators

Training planners

Hallglen planner

Hallglen controller

Hallglen organiser

Grangemouth planner

Grangemouth controller

Grangemouth organiser

IOF Event Advisor

Contact e-mail address

Web page

Graham Gristwood (07821 788885), Kris Jones and Fanni Gyurko

Graham Gristwood, Kris Jones and Fanni Gyurko (all FVO)

Kris Jones (FVO)

Rob Hickling (GRAMP)

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Lewis Taylor (FVO)

Dave Robertson (CLYDE)

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