

**The Sprint Scotland team and Forth Valley Orienteers present**

# **Sprint Scotland**

**Stirling 14-17<sup>th</sup> July 2016**  
**Bulletin 2**



## **General information**

### **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
- Evening presentations from World Class orienteers
- Co-operation with Forth Valley Orienteers to provide a weekend of high quality orienteering

### **Program**

Thursday 14<sup>th</sup> July

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

Friday 15<sup>th</sup> July

10:00 - 17:30	3 sprint training sessions - Stirling and Bannockburn
20:00 - 21:00	Evening talk on Sprint Racing by Murray Strain in Stirling

Saturday 16<sup>th</sup> July

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

Sunday 17<sup>th</sup> July

11:30 - 12:15	Sprint Race organised by FVO - Grangemouth (WRE and Scottish UL)
14:00	Sprint Scotland prize-giving

### **Vision**

Sprint Scotland is designed to give the maximum amount of variety - both in terms of terrain and orienteering challenge. You will experience different types of course setting to challenge and improve your sprint orienteering skills.

### **Rules**

All participants are expected to abide by the following

- Read all the information and be aware of the risks involved.
- Follow the instructions provided by the organisers at all time.
- Respect other participants and the general public.
- Respect out of bounds areas and impassable features - it is your responsibility to know the map symbols!
- Know your limits - there is a lot of training available, and it is important not to do too much.
- Cross roads and deal with traffic safely - take the time to be safe and aware.

## **Skills tips for the camp**

- Train and race with a purpose.
- Have a plan for each session - what do you want to achieve? Identify targets to hit and write them down.
- Analyse afterwards (there is an analysis form on the back of the training maps) - did I achieve my targets?
- Read the control descriptions - do you know what they all mean?
- Check your control codes (get into the habit of doing it).
- Look at the whole leg - are there any traps? How will you approach/find the control?
- Plan ahead when you can - but not if it means getting lost now!
- Is it better to choose shorter or simpler routes? Know yourself and your strengths.
- Bring a watch that can take split times, and a pen to analyse your training.

**Training maps and T-shirts** - Will be available at all training sessions, both for those who have pre-ordered, and those who would like to pay on the day. The training sessions will be open all day, but there will only be changing facilities and toilets available at the specified times.

**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 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. Visit the [Nopesport Forum](#) to discuss sharing lifts - either if you are willing to give them, or if you would like them. There will also be a 'lift-sharing board' at all the training sessions and races.

**First Aid** - A&E Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR.

**Map of the region and map samples** - See bulletin 1.

**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** - Late entries are available online or on the day (subject to map numbers).

**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.

**Prizes** - Prizes for top 3 in each category (based on combined times from all 3 races)

**GPS Tracking** - We hope to have this for top ranked runners at the WREs.

**Co-ordinator** Graham Gristwood (07821 788885)

**Training planners** Graham Gristwood and Fanni Gyurko (FVO)

**Hallglen planner** Kris Jones (FVO)

**Hallglen controller** Rob Hickling (GRAMP)

**Hallglen organiser** Fanni Gyurko (FVO)

**Grangemouth planner** Lewis Taylor (FVO)

**Grangemouth controller** Dave Robertson (CLYDE)

**Grangemouth organiser** Frances Brown (FVO)

**IOF Event Advisor** Ted Finch (FVO)

**Contact e-mail address** [grahamgristwood@gmail.com](mailto:grahamgristwood@gmail.com)

**Web page** <http://sprintscotland.co.uk/>



# SPRINT SCOTLAND



## Thursday 14<sup>th</sup> July – Training day north of Stirling

10:00 - 10:30 Sprint 'multi-technique' training session - Dunblane - Victoria Halls - FK15 9EX

14:30 – 15:00 Sprint training session - Bridge of Allan- Allan Community Centre - FK9 4AT

17:30 – 18:00 Sprint relay training session (Sport Ident) - Braco - Village Hall - FK15 9QE

20:00 – 21:00 Evening talk on Sprint Analysis by Kris Jones - Stirling Albert Halls - FK8 2QL

### Training session 1 – Dunblane

**Timings** – 10:00-10:30 starts.

**Venue** – Victoria Halls, Stirling Road, Dunblane, FK15 9EX (NN781008). Open from 9:45 until 12:00. Toilets, kitchen and hall for changing and leaving bags/valuables.

**Public Transport** – Victoria Halls are 100m from Dunblane Rail Station. Bus timetable

– <http://www.pkc.gov.uk/CHttpHandler.ashx?id=16749>. Train timetable

– [http://www.scotrail.co.uk/sites/default/files/assets/download\\_ct/central\\_scotland\\_march\\_2016.pdf](http://www.scotrail.co.uk/sites/default/files/assets/download_ct/central_scotland_march_2016.pdf)

**Parking** – Anywhere in Dunblane. Free parking except in Tescos/railway station car park and residents parking areas. Recommended to park on the B8033.

**Local facilities** – Many cafes, shops, Dunblane Museum and Dunblane Cathedral are all very close.

**Training** – Long training challenging different aspects of sprint orienteering.

Starts and finishes at Victoria Halls.

Optimal distance – 9.6km (options – 4.5km and 6km).

Notes - This is the longest training session of the camp. There are long legs, sections of line orienteering, artificial barriers (on the map – not on the ground!), control picks. Be careful not to do too much. This is a gentle introduction before the more intense sessions to follow.

Recommended footwear – Mostly asphalt, but some grass/off road running. Trail shoes.

Recommended clothing – Some long grass, shorts are fine but you may feel more comfortable in long trousers.

Risks – Traffic, cyclists, dogs and other pedestrians. Deep river with steep banks. Steep steps. Some areas of forest with summer vegetation. Not suitable for unaccompanied U16s.

### Training session 2 – Bridge of Allan

**Timings** – 14:30-15:00 starts.

**Venue** – Allan Community Centre, Fountain Road, Bridge of Allan, Stirling FK9 4AT (NS791972). Open from 14:00 until 16:00. Toilets and hall for changing and leaving bags/valuables.

**Public Transport** – Allan Community Centre is 1000m from Bridge of Allan Rail Station. Bus timetable

– <http://www.pkc.gov.uk/CHttpHandler.ashx?id=16749>. Train timetable

– [http://www.scotrail.co.uk/sites/default/files/assets/download\\_ct/central\\_scotland\\_march\\_2016.pdf](http://www.scotrail.co.uk/sites/default/files/assets/download_ct/central_scotland_march_2016.pdf)

**Parking** – Anywhere in Bridge of Allan, there is a large car park at the train station.

**Local facilities** – Many cafes, shops are all very close.

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

Start and finish are 400m from the hall.

Optimal distance – 3km with a lot of climb!

Notes - It is important to be prepared for those times when sprint races go into 'unfamiliar' terrain. This course will take you in and out of the forest as well as through the suburbs of Bridge of Allan. Be prepared for route choice as well as fine navigation, with many changes of technique required. How will the steepness of the slope affect your decisions?

Recommended footwear – A mixture of asphalt, grass and steep forest. Trail shoes with good grip.

Recommended clothing – You can wear shorts, but you may feel more comfortable in long trousers in the forest.

Risks – Traffic, cyclists, dogs and other pedestrians. Very steep forest - slippery in places and some big DANGEROUS cliffs. Areas of summer vegetation (bracken) - worst areas mapped with 'vegetation' symbol. U16s may take part if accompanied to the start and back from the finish.

### **Training session 3 - Braco (Sport Ident)**

**Timings** – 17:30-18:00 starts.

**Venue** – Braco Village Hall, Feddal Rd, Braco, FK15 9QE (NN836097). Open from 17:00 until 19:00. Toilets, kitchen and hall for changing and leaving bags/valuables.

**Public Transport** – Bus timetable - <http://www.pkc.gov.uk/CHttpHandler.ashx?id=16749>

**Parking** – Anywhere in Braco.

**Local facilities** – Very limited. Some small shops.

**Training** – Sprint relay training in Roman Fort – grassy terrain with complex contour detail. Sport Ident. Start in groups of 4 of similar abilities.

Start and finish are 300m from the hall.

Optimal distance – 3.4km

Notes - Another training session in 'unfamiliar' terrain, with no buildings in sight. Instead you have complex earth works and some vague contour shapes to navigate by. Start with 3 others, and simulate a relay training - focus on your own technique whilst watching what the others are doing - are they going to your forking or not? Can you find a better line than them? There are lots of controls, so check your codes carefully!

Recommended footwear – Long grass and rough ground. Trail shoes with good grip.

Recommended clothing – You can wear shorts, but you may feel more comfortable in long trousers in the long grass.

Risks – Dogs and walkers use this area often. There are some steep banks and the ground is rough and tussocky in places. U16s may take part if accompanied to the start and back from the finish.

### **Evening Talk 20:00 – 21:00**

Sprint Analysis by Kris Jones in Stirling Albert Halls, Albert Place, Dumbarton Rd, Stirling FK8 2QL.



# SPRINT SCOTLAND



## Friday 15<sup>th</sup> July – Training day in Stirling

10:00 – 17:30 3 sprint training sessions - Stirling and Bannockburn

20:00 – 21:00 Evening talk on Sprint Racing by Murray Strain in Stirling

**Venue** - Stirling Boys Club, 36 St. John Street, Stirling, FK8 1EA (NS792936). Open from 9:45 until 19:00. Toilets, showers, kitchen and hall for changing and leaving bags/valuables.

**Public Transport** – Stirling Boys Club is 10 mins walk from Stirling Rail Station and Stirling Bus Station. Train timetable - [http://www.scotrail.co.uk/sites/default/files/assets/download\\_ct/central\\_scotland\\_march\\_2016.pdf](http://www.scotrail.co.uk/sites/default/files/assets/download_ct/central_scotland_march_2016.pdf)

**Parking** – Anywhere in Stirling. There are various public car parks, and on-street parking. Be careful not to park in residents only zones and to pay any applicable charges. Some parking information available here

- [http://www.stirling.gov.uk/\\_documents/transport/traffic-management/parking-info/9824-final-new-car-park-guide.pdf](http://www.stirling.gov.uk/_documents/transport/traffic-management/parking-info/9824-final-new-car-park-guide.pdf)

**Local facilities** – Many cafes, shops, Stirling Castle (note - you need to pay to go in!), Stirling Jail etc are all very close.

**Recommended footwear** – Trainers/flats are fine for all 3 sessions, although if wet it can be very slippery in places.

**Recommended clothing** – Shorts are fine for all 3 sessions.

**Risks** – All 3 sessions will encounter heavy traffic at times. Stirling is a bustling city with many people doing all kinds of things at all times of day. On the courses you might encounter steep banks, cliffs, slippery asphalt, steps, slippery grass, open water, dogs, bikes, cars, vans, building work. Not suitable for unaccompanied U16s.

### Training session 1 – Stirling Old Town

Start and finish at Stirling Boys Club.

Optimal distance – 4.8km (various cut off options)

Route choice training around the castle and old town. What factors affect route choice? Think about how long is the route, how much climb, how steep is it, are there steps, how much is on a good surface, how will you find the control, is it better to take a longer simpler route? How much time should you invest in choosing the route choice? Can you force yourself to stand still to decide?

### Training session 2 – Stirling City Centre

Start at Stirling Boys Club. Finish 900m from Stirling Boys Club.

Optimal distance – 3.6km

Standard sprint course in modern city centre. Mostly downhill course. Beware the roads marked as out of bounds - how will you cross them? Can you spot the best route choices each time? Is it better to choose the passages you already have used on later legs, even if the route is slightly longer?

### Training session 3 – Braehead (Bannockburn)

Start and finish 2km walk/jog from Stirling Boys Club. Directions available. Possible to drive/take the bus closer if required.

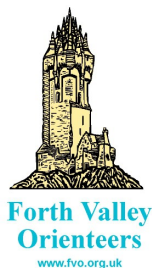
Optimal distance for each loop – 1.8km + 1.6km + 1.6km

Sprint interval loops in complex housing estate area. How does knowledge of the area affect technique? Do you orienteer differently the second and third time round? This training is all about finding the right speed - if you get behind with the orienteering it is impossible to catch up. Choose the right speed to follow where you are and to make good route choice decisions.

### Evening Talk 20:00 – 21:00

Sprint Racing by Murray Strain in Stirling Albert Halls, Albert Place, Dumbarton Rd, Stirling FK8 2QL.





## Saturday 16<sup>th</sup> July – Hallglen, Falkirk

10:30 – 11:15 Sprint Race 1 – Hallglen - Hallglen Sports Centre - FK1 2PS (WRE, Scottish and UK Urban League)  
14:15 – 15:00 Sprint Race 2 – Hallglen - Hallglen Sports Centre - FK1 2PS  
19:00 – 20:00 Evening talk by Heather Monro in Stirling - Stirling Albert Halls - FK8 2QL

**Venue** - Hallglen Sports Centre, Islands Crescent, Falkirk, FK1 2PS (NS889785). Open from 9:30 until 16:00. Toilets, showers and hall for changing and leaving bags/valuables.

**Public Transport** – 1.2km from Falkirk High train station, 2.2km from Falkirk Grahamston train station. Approach along Falkirk Rd / Glen Brae (B8028) then New Hallglen Road rather than through the park and the terrain. Bus numbers 1 and 29 stop closeby - <http://www.travelinescotland.com/pdfs/timetables/WLAO029A.pdf> and <http://www.travelinescotland.com/pdfs/timetables/FKAO001.pdf>

**Parking** – Along Glenburn Road, Hallglen, Falkirk. 150m walk to the Sports Centre.

**Local facilities** – Very limited shopping/fast food adjacent to the Sports Centre.

**Entry on the day** – Subject to map availability. Registration at the Sports Centre.

**Map** – 1:4000, 2.5m contour interval. Survey 2015 G Gristwood, updates 2016 K Jones. A4 waterproof paper.

**Terrain** – Never used for a competition. Complex housing estate on a slope, with many passages, steps, steep banks, grassy areas and barriers. Longer courses will also visit part of Callander Park.

**Warm up area** - Available adjacent to the start (see map below).

**Start** – Morning and afternoon starts less than 250m from the Sports Centre. Afternoon competitors will have to cross a road during the call up process before the race begins.

**Call up** - 3 minutes

**Finish**- Both morning and afternoon finishes are less than 250m from the Sports Centre.

**Download** - All competitors must report to download whether completing the course or not.

**Artificial barrier** – Courses 1 and 2 will encounter an impassable fence constructed out of tape.

**Spectator control** – Morning competitors will pass the arena after around 500m. Courses 1 and 2 will have a spectator control at this point.

**Control descriptions** - Available loose at the start (printed on the maps too)

**Map change** - Courses 1-3 (morning) and 1-2 (afternoon) have a map change for clarity. Both maps are printed on one page and labelled.

**Out of bounds** – All housing estate areas, except those marked on the warm up map below, are Out of Bounds until after the afternoon competition.

**Hazards** - Slow moving traffic, steep banks, steps, stony areas, dogs, general public and residents.

**Timing system** - SPORTident

**Clothing** - Shorts and vests permitted. Shoes with grip recommended. Areas with long grass.

**Embargoed area** - As on the British Orienteering website.

**Courses close** – Morning 12:00. Afternoon 15:45.

**First Aid** - A&E Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR.

### World Ranking Event specific information (morning race only, courses 1 and 2)

**Start list** - Based on World Ranking 10<sup>th</sup> July.

**GPS devices** - With display or audible feedback must not be worn

**Map collection** - Until 11:15

**Winning time** - 12-15 minutes

**Complaints / Jury** - By 11:45 to Graham Gristwood. Jury to be confirmed (info available on the day).

**Planner** Kris Jones (FVO), **Controller** Rob Hickling (GRAMP), **Organiser** Fanni Gyurko (FVO), **Co-ordinator** Graham Gristwood 07821 788885 [grahamgristwood@gmail.com](mailto:grahamgristwood@gmail.com) (FVO), **IOF Event Advisor** Ted Finch (FVO)

Course	Class	Race 1				Race 2			
		Distance (km)	Optimal distance	Contr ols	Climb	Distance (km)	Optimal distance	Contr ols	Climb
1	Men Open	3.14	3.91	26	40	2.94	3.59	20	125
2	Women Open, Men 40+	2.78	3.42	24	45	2.43	3.07	18	120
3	Men 55+, Women 40+, Men/Women 16-	2.33	2.80	20	35	2.03	2.66	18	90
4	Men/Women 65+, Women 55+	1.60	2.08	17	30	1.60	2.06	14	45
5	Men/Women 12-	1.26	1.41	15	25	0.97	1.16	15	40

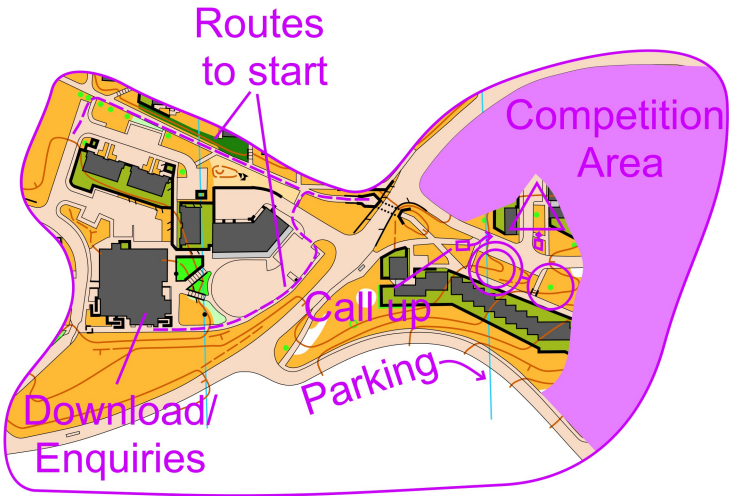
Special symbol

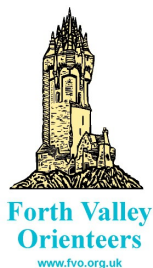
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Layout Race 1 (and warm up area)



Layout Race 2 (and warm up area)





## Sunday 18<sup>th</sup> July – Grangemouth

11:30 – 12:15 Sprint Race - Grangemouth - Grangemouth High School - FK3 0HW (WRE and Scottish Urban League)  
14:00 Sprint Scotland prize-giving

**Venue** - Grangemouth High School, Tinto Dr, Grangemouth, Stirlingshire FK3 0HW (NS932802). Open from 10:30 until 15:00. Toilets, showers and hall for changing and leaving bags/valuables.

**Public Transport** – Bus numbers 3 and 4 from Falkirk (including Falkirk Grahamston train station) stop on Tinto Drive outside the school - <https://www.firstgroup.com/uploads/maps/3%204%20Falkirk%20TT%20Bklt%20WEB.pdf>

**Parking** – Grangemouth High School, Tinto Dr, Grangemouth, Stirlingshire FK3 0HW. Approach from Inchyra Road, then Kersiebank Avenue (past Grangemouth Stadium).

**Local facilities** – Nothing adjacent. Grangemouth shops 1.5-2km.

**Entry on the day** – Subject to map availability. Registration at the School.

**Map** – 1:4000, 2m contour interval. Survey 2016 G Gristwood. A4 waterproof paper.

**Terrain** – Never used for a competition. Complex housing estate, with many passages, grassy areas and barriers.

**Warm up area** – In the school grounds, and along route to start (see map below).

**Start** – Approx 300m. There will be a marshalled road crossing on the way to the start.

**Call up** - 3 minutes

**Road Crossing** – There will be a marshalled road crossing for all competitors. Be aware that traffic may be moving quickly. Courses 1 and 2 cross another potentially busy unmarshalled road twice.

**Finish** - Inside the school grounds.

**Download** - All competitors must report to download whether completing the course or not.

**Artificial barrier** – One narrow 'gap' will be closed during the competition. It will be marked with a purple line on the map, and it will be taped on the ground.

**Spectator control** – All competitors will visit a spectator control towards the end of their race.

**Control descriptions** - Available loose at the start (printed on the maps too)

**Out of bounds** - All areas, except as marked on the warm up map below, are OOB until after the competition.

**Hazards** - Slow moving traffic, other runners, dogs, general public and residents.

**Timing system** - SPORTident

**Clothing** – Shorts and vests permitted. Suitable for flats/trainers.

**Embargoed area** - As on the British Orienteering website.

**Courses close** – 13:00

**First Aid** - A&E Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR.

### World Ranking Event specific information (Courses 1 and 2)

**Start list** - Based on World Ranking 10<sup>th</sup> July.

**GPS devices** - With display or audible feedback must not be worn

**Map collection** - Until 12:15

**Winning time** - 12-15 minutes

**Complaints / Jury** - By 12:45 to Graham Gristwood. Jury to be confirmed (info available on the day).

**Planner** Lewis Taylor (FVO), **Controller** Dave Robertson (CLYDE), **Organiser** Fran Brown (FVO), **Co-ordinator** Graham Gristwood 07821 788885 [grahamgristwood@gmail.com](mailto:grahamgristwood@gmail.com) (FVO), **IOF Event Advisor** Ted Finch (FVO)



Course	Class	Distance (km)	Optimal distance (km)	Controls
1	Men Open	3.4	4.1	27
2	Women Open, Men 40+	3.1	3.7	26
3	Men 55+, Women 40+, Men/Women 16-	2.4	3	23
4	Men/Women 65+, Women 55+	2	2.3	18
5	Men/Women 12-	1.5	1.7	16

### Race Layout (and warm up area)

