

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

BULLETIN 1

ORGANISED BY GREAT EASTERN NAVIGATORS
AND LAGAN VALLEY ORIENTEERS



INVITATION

We are very pleased to invite you to the Irish Sprint Championships that includes an IOF World Ranking Event, and forms part of the Lisburn City Festival of Orienteering on the weekend of 1 to 4 May 2015. The other events include the Irish Long Distance, Relay, and TrailO Championships, and an invitation sprint relay together with an urban event, the Lisburn City Race. The sprint events over the weekend will provide valuable training for athletes preparing for the World Championships in Scotland in August.

Lisburn is 10k South West of Belfast and is easily reached from the ports and airports in Northern Ireland and Dublin.

New maps have been produced for the Sprint, Sprint Relay, Lisburn City Race, and the TrailO that will take place on a golf course.

Come and enjoy full championship courses, new sprint, urban, and trailO terrain with top quality maps, and Irish hospitality.

Harold White

Coordinator

EVENT ORGANISATION - IRISH SPRINT CHAMPIONSHIPS

Race Director: Stephen Gilmore (GEN & LVO)

Course Planner: Igor Stefko (GEN & LVO)

Controller: Pat Flanagan (3ROC)

Assistant Controller: Richard McCourt (LVO)

Liaison: Andrew Butterfield (GEN)

IOF Event Advisors

Julie and Ronan Cleary (LOK - UK)

CONTACT

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Website: 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.

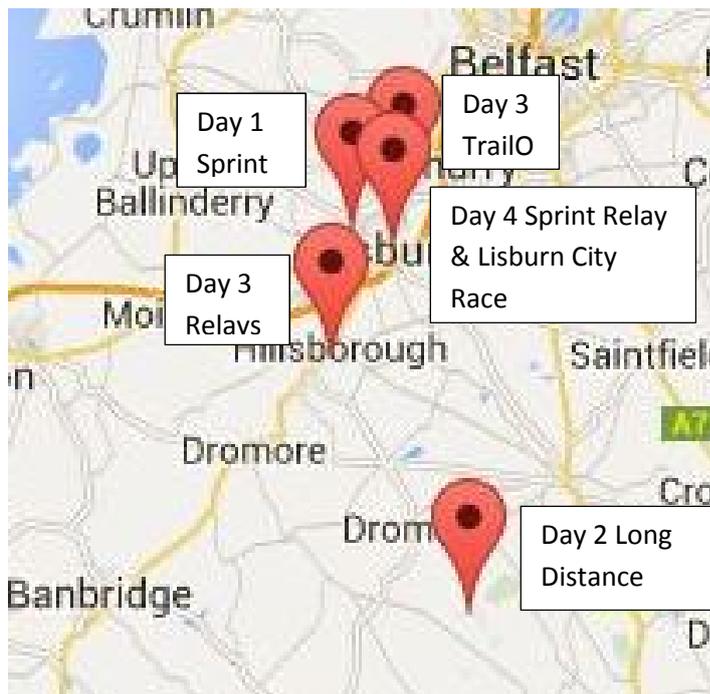
TIMETABLE OF COMPETITIONS

The timetable for 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 1900	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	The Island Lisburn	1030	1200
		The Lisburn City Race		1200 to 1300	1500

Competitors in the IOF World Ranking Event on Friday 1 May will start in a time block with a starting interval of one minute, and the timing of this within the overall start window of 1700 to 1900 hours will be determined by the organisers taking into account the number of entrants for the IOF Event.

LOCATION MAP FOR THE WEEKEND EVENTS



VENUE OF IOF WORLD RANKING EVENT AND IRISH SPRINT CHAMPIONSHIPS

Laurelhill sports zone, 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 Laurelhill sports zone provides an ideal arena and facilities, with easy access to the surrounding housing areas. Competitors can expect blocks of housing of various shapes and sizes interspersed with courtyards, alleys (some with dead-ends), parkland, copses and planters; with fast decision-making and perfect route choice execution being critical.

The competition area has access roads but the experience is that traffic tends to be light. The local residents have been advised of the competition and signs will be placed at the start of the access roads reminding drivers of the competition runners. Courses have been designed to give good sight lines of oncoming traffic.

Map (New): ISSOM Standard

Scale:1:4,000 Contour Interval: 2.5m

EMBARGO

The embargoed area to be used for the Sprint competition is indicated below in the area bordered by the orange line. The adjoining blue shaded area outlined in blue is the embargoed area for the Sprint Relay and the Lisburn City Race.



The embargo on the area applies to all entrants in the Irish Sprint Championships and the IOF World Ranking Event as well as team managers, coaches, doctors, etc., and all others with strong links to the entrants. It extends to anyone who through their knowledge of the terrain or the competition could influence the results of the Championships and the World Ranking Event. This means that:-

No organised orienteering of any kind may take place in the embargoed area until after the Irish Championships and the IOF World Ranking Event.

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.

CLASSES AND WINNING TIMES

M21E: 12-15 minutes

W21E: 12-15 minutes

There are no age restrictions but all entrants will need to be registered with the IOF and quote their current IOF ID when entering.

ENTRIES

Entries for the IOF World Ranking Event can be made through SI Entries, our entries service provider, at www.sientries.co.uk; or through IOF Eventor at <http://eventor.orienteering.org> that went live on 1 January 2015. We would encourage athletes to enter through SI Entries as payment of entry fees by credit or debit card can be made at that time, whereas the IOF Eventor system has no payment facility and payment by bank draft or cash will have to be made prior to the competition. With either entry system only athletes with a current IOF ID will have their entry accepted.

Competitors who already have an IOF ID will have to create a new user account on the IOF Eventor website but their old details and ID will be copied into the new system. Existing IOF ID's can be found using the *Athletes Search* facility in IOF Eventor. If entrants for the IOF World Ranking Event do not have an ID yet, they must register at <http://eventor.orienteering.org>. When the user account is created, entrants will be assigned an ID number. If competitors need further information or help, they should use the *Athletes Guide* on the Eventor website.

Competitors in the M/W18 and 20 elite classes will run on the two World Ranking courses and will be allocated IOF World Ranking Points.

Competitors in the M/W18, 20, and 21 age classes not wishing to compete on the WRE courses, or who do not meet the qualification criteria, may enter the Men's or Women's Open classes, or the Light Green, Orange, or Yellow Colour Coded courses.

Start times will be allocated based on a competitor's IOF WRE Sprint Ranking with the highest ranked competitor starting last. Due to this allocation process no requests for early, middle, or late start times can be accommodated.

The entry fee for both M and W21E classes will be £8.00 if the entry is made by Sunday 12 April, and £12.00 if it is made by the late closing date of 24 April.

Athletes from outside the European Economic Area (EEA) and Switzerland will have to apply for a visiting sports visa and the process for this is detailed in <https://www.gov.uk/sports-visit-visa>

WRE competitors on Courses 1 and 2A will use the new SPORTident Air+ timing system and they will be issued with their touch-free card on registration. These will be retained by the organisers at results download.

The organisers reserve the right to limit entries on each course, and to move entrants from the World Ranking classes to the Men's or Women's Open classes if they do not have an IOF ID, or if the classes are over-subscribed.

Competitors are reminded that orienteering is an adventure sport and they take part at their own risk.

The organisers are fully committed to supporting the efforts of the anti-doping authorities.

CLOTHING

Clothing is at the discretion of the competitor. The finish is on an astro turf pitch where metal-studded or spiked footwear is not permitted. Further clarification on this will be given in Bulletin 2.

Competitors should display their race bib on their front upper body.

WEATHER

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

TRANSPORT AND ACCOMMODATION

Lisburn is well served by public road and rail transport. All of the event venues can be reached by public transport apart from Slieve Croob where if there is sufficient demand we will provide transport from Lisburn. If you are interested in availing of this service please contact us at ioc2015@lvo.org.uk

The Lisburn area offers hotel, bed and breakfast, and self-catering accommodation, and the local tourist office will be happy to assist. They can be found at www.visitlisburn.com and can be contacted at:-

Phone: 0044 (0) 2892 660038

Email: vic.Lisburn@lisburn.gov.uk

Prices for hotels range from £50 to £100 for a double room with the rate varying with the time of booking and the number of days booked. Prices for bed and breakfast accommodation vary from £35 to £55.

TRAINING

A small warm-up training area with a sample map adjacent to the competition area will be available from 1600 hours on the day of the World Ranking Event.

If requested training can be made available for visiting groups in the preceding week in urban, forest, or mountain terrain. Requests should be sent to ioc2015@lvo.org.uk

FURTHER INFORMATION

Further information can be found at www.ioc2015.org