

JOK CHASING SPRINT – SHERWOOD PINES, MANSFIELD – 29/02/04 FINAL DETAILS

(last minute changes will be posted on www.jok.org.uk)

Travel Directions

Grid reference for entrance to parking: SK/612645, just off the B6030. The event will be signed from the A614 south of Ollerton; there are also Forestry Commission signs to Sherwood Pines Visitor Centre. Once within the forest, follow orienteering signs to the car park, as we will not be parking at the public car park.

Format of event

The Chasing Sprint comprises two short races; the *prologue* (Race 1) and then the *chase* (Race 2). Each competitor is allocated a start time for Race 1, and then their time for Race 1 determines their start time for Race 2. The men's and women's open classes are part of the UK Cup and Future Champions' Cup series.

This year, there is also a NOC district event taking place at the same time as the Chasing Sprint.

Map

1:10 000 map by D Olivant, modified G Ackland, 2003. Contour interval 5m. IOF symbols will be used, with two additional non-IOF symbols listed on the legend. Control descriptions are on the front of the maps and loose descriptions will be available at the start of both races.

Terrain

Sherwood Pines is flat with many tracks. The forest is mapped for visibility not runnability. You may be slowed in white forest on account of undergrowth, particularly near the starts where there are brambles; light green is extremely fast, mid green is runnable. Dark green is passable and on occasions presents the fastest route. The dot knoll symbol usually represents a sizeable pile of logs/branches. Chase courses pass an out of bounds area - a pet cemetery - this is marked on your maps but not on the ground.

Mountain bikers and a horse riding stable also use the forest. Please be courteous to all other forest users.

Race Information

SI electronic punching will be used. Competitors hiring e-cards should collect their e-cards from enquiries. There is a hire charge of £1 for the day. Your e-card must be cleared and checked at the start before **each** race. Please ensure that the unit registers correctly. If a unit is not working, continue with the course; punching the map is not necessary. The prologue will have a punching finish; the chase will have a finish line, after which you should stay in order to punch the final control. Do not forget to download after the prologue!

The forest is out of bounds until your run. Any chasing sprint competitors competing in the NOC district event before the two chasing sprint races will be declared non-competitive for the chasing sprint. Parents may, however, shadow juniors on the white or yellow courses.

Some controls are shared with the district event. You may retain your map after the prologue, but you may not show it to anyone until after the last start time (12:15). All competitors who start must report to the finish. Whistles are recommended. Gaiters or some kind of leg protection may also be a good idea.

Assembly area

The assembly area is 500m from the car park. You may want to bring your kit for Race 2 to assembly, particularly if you have a late start for Race 1. Assembly will contain enquiries, download, toilets, and the start and finish for the chase (Race 2), as well as all facilities for the NOC district event. Therefore, please make sure that you download at the correct station! If you entered late and have not paid your £1 late entry fee, please could you pay this at enquiries. Hired e-cards can also be collected at enquiries.

Facilities

Please do not use the chemical toilets in the car park – these are for competitors on the string course only. There are toilets at the visitor centre just north of assembly; there will also be portaloos at assembly, for male use only, as there are sufficient facilities for women at the visitor centre. There is a café at the visitor centre, and Ultrasport may be in attendance (to be confirmed).

Starts

Start for **Race 1** is 1.5km from assembly – please follow the tapes. There will be no clothing transfer although there will be a clothing dump in assembly. Start 1 will be a normal timed start. Do not arrive late; start officials cannot change your start time. **Race 1 closes at 12:45**. A start list is enclosed with the final details and available on www.jok.org.uk. The top 15 competitors from last year's UK Cup and the current leaders in the Future Cup are running in a seeded block in the centre of the start times. Those competitors who entered after the deadline have been accommodated where possible. However, on Men's Open, it has been necessary to extend the start times and therefore late entrants will not be seeded, and will start after 12:00.

The start for the **chase** is in assembly. After downloading from Race 1 you will be handed a copy of your split

times for Race 1. Your start time for Race 2 is calculated by adding the time taken for Race 1 to the base time. The base time for courses B and D (women) is **12:45**; for courses A and C (men) it is **13:15**. So, for example, if you are on course C and take 27 minutes and 43 seconds for Race 1, your start time for Race 2 will be 13:42:43. Please calculate your own Race 2 start time. There is a mass start at **14:15** for any competitor who is disqualified from Race 1 or took longer than 60 minutes.

Call up for the Chasing Start will be at minus 5 minutes. Competitors will be called up in minute blocks and lined up in start order. Please help the start officials by sorting yourself into order. Start 2 will be a timed start. The top 10 competitors for each category will be asked to wear a race number on their chest, which will be provided, together with safety pins, at the start. **Race 2 closes at 15:15.**

Finishes

For Race 1 your finish time is when you e-punch at the finish control. Please follow tapes from the finish back to assembly (1.3km) in order to download. Please download **immediately!** For Race 2 you finish when you cross the finish line. After crossing the line competitors should stay in order and e-punch at the SI unit a few metres after the line. Officials will be judging close finishes; please respect their decisions.

The finish for Race 2 crosses the assembly area, where there may well also be members of the public, including children, as it is next to the visitor centre. Officials will be warning the public that there is a race in progress, but please be aware that it is a public area and take care as you race in to the finish!

Course Details

<i>Course</i>	<i>Class</i>	<i>Race 1</i>	<i>Race 2</i>
A	Men's Open	5.8km	5.2km
B	Women's Open	4.3km	3.3km
C	M40+ / M16-	4.1km	3.5km
D	W40+ / W16-	2.8km	2.4km

Climb is negligible.

Commentary

Spectators at the finish are strongly encouraged. To add to the excitement, there will be a commentary on the *chase* given by Jon Cross.

Prize giving

Prize giving will take place at the finish at **14:45**. The famous *Flying-Pig* Trophies will be awarded to the winners of all classes. Please hang around for a few minutes to support the winners. Please will all current trophy holders return their trophies to enquiries in the morning.

Officials

Organiser: Caroline Catmur (07971 661271 or organiser@jok.org.uk)

Planner: Graeme Ackland

Controller: Tony Buckland

Thanks

Many thanks to NOC for allowing us to share their event.

Further information

Last minute updates will be available on www.jok.org.uk . For more information on the UK Cup series, go to <http://www.peellandsurveys.co.uk/ukcup/index.html> . For more information on the Future Champions' Cup series, including forums, news and photos, go to www.nopesport.com/fcc .