



**WEST ANGLIAN ORIENTEERING CLUB**  
**ST NEOTS DOUBLE SPRINT SATURDAY 12<sup>TH</sup> MAY 2018**  
**PART OF SEOUL LEAGUE 2018**

## Final details

This sprint event is part of the [2018 SEOUL league](#) and offers a full range of courses for seniors as well as courses suitable for juniors. The format is a double sprint with a combination of parkland and urban terrain.

**Where:** Longsands Academy, Longsands Road, St Neots, PE19 1LQ **Grid Ref:** TL191606

### Travel/directions:

#### By car

Parking is free

From: A1 travelling South

Leave at the junction for B1048 St Neots/ Higham Ferrers B645. After 200m, take first exit at roundabout onto Great N Road/ B1048 St Neots. After 200m, take second exit at roundabout onto Crosshall Road/B1048 St Neots. Follow road for approx. 1.3k to roundabout, take first exit to continue on B1428 through town centre. After 1.5 k, turn left at traffic lights just before Spar onto Longsands Road. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

From: A1 travelling North

Take B1048/B645 exit towards St Neots/ Kimbolton. After 0.3 km, turn right onto B1048 St Neots. After 0.3km, roundabout take first exit onto Crosshall Road/B1048. Follow road for approx. 1.3k to roundabout, take first exit to continue on B1428 through town centre. After 1.5 k, turn left at traffic lights just before Spar onto Longsands Road. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

From: A428 (from East)

Leave A428 by following B1428 towards St. Neots, being second exit at the roundabout. Continue on B1428 by continuing straight on and taking first exit at next two roundabouts. When you reach the double roundabout continue straight ahead and stay on the B1428 (Cambridge Road/ Cambridge Street) toward the Town Centre. In 300m, turn right onto Longsands Road at traffic lights past the SPAR Shop. Continue 400m along the road then turn left down King's Road and then turn right into Longsands Academy. Will be signed from junction of Longsands Road and B1428.

#### By public transport

St Neots station is less than 10 minutes walk from registration at Longsands Academy. Follow signs to Town Centre and then follow taped route which starts just outside station and leads to Longsands Academy. Please follow tapes to avoid entering the competition area.

### Assembly and facilities:

Assembly is in the Longsands Academy Sports hall, adjacent the car park. This will include registration, dibber hire and collection, download and some space for waiting between runs. There will not be race bibs. Anybody who has hired a dibber through fabian 4 will need to pay for and collect their dibber on the day. SIAC dibbers will cost £3 and standard SI cards £1. In both cases, loss of a hire dibber will incur a charge equivalent to full replacement cost: £30 for a standard SI card, and £75 for a SIAC.

Toilets and showers are available.



To be competitive in the SEOUL league you should enter the course indicated for your age class. All courses are relatively short, as this is a sprint event.

Course	Priory Park		Love's Farm		Classes
	Distance (km)	Controls	Distance (km)	Controls	
1	3.5	19	2.9	18	Men's Open
2	3.1	19	2.4	16	Womens' Open, Male Vets (M40+)
3	2.7	15	2.3	14	Female Vets (W40+), Male Supervet (M55+)
4	2.4	13	1.9	12	Female Supervet (W55+), Male Ultravet (M65+), Newcomers
5	2.1	12	1.5	11	Female Ultravet (W65+), Female Hypervet (W75+), Male Hypervet (M75+)
6	2.3	14	1.8	13	Juniors (M/W16-)
7	1.4	11	1.2	11	Young Juniors (M/W12-)

We cannot accept entries to senior courses 1-5 from anyone under the age of 16 since these courses involve unmarshalled road crossings. All distances are "as the crow flies". Actual distance run on an optimal route will typically be about 50% longer than the distance shown for the Love's Farm courses (urban).

### Map:

The two races will be on separate areas with different non-overlapping maps. One course (Priory Park) is predominantly parkland, the other (Love's Farm) is predominantly urban. Both maps are at 1:4000 scale and are newly drawn to the ISSOM 2017 standard, printed on waterproof paper. Control descriptions are pictorial on all courses and are to 2018 standards. Pictorial control descriptions are on the map. Loose control descriptions will be in the start lanes.

### Controls:

SI punching is being used, SIAC enabled so that both SIAC and SI can be used. **Start controls must be punched by both SI and SIAC.** The finishes for both courses will also be SIAC enabled so can be swiped. Most controls in the Priory Park will use stakes as usual and most controls in Love's Farm will be attached to objects in a manner that will not obstruct punching. Control numbers will only be on the control boxes, there will not be separate numbers on the stakes.

### Planner's notes:

The Love's Farm estate is a modern estate with green corridors and abundant traffic calming with road width restrictions. The area also includes a park which is briefly visited by all courses.

Priory Park is mostly open parkland surrounded by woodland fringes. All lone trees in the open parkland are accurately mapped. The wooded areas are of very variable runnability; courses have been planned to avoid the need to walk through undergrowth. Some paths may be muddy. While Priory Park is gently sloping, the climb is small enough to be negligible.

### Clothing and footwear:

There should be little to no undergrowth, so shorts and vests are permitted. The Love's Farm terrain is mostly of tarmac and paving, with some grass, and Priory Park is mostly grass. Trainers (or rubber studded shoes if you prefer, or if it is very wet) are recommended.

## Safety:

Courses have been planned to avoid busy roads but **please take care when crossing any road or car park**. Junior courses in Love's Farm have been kept to quieter areas and green corridors. However please ensure juniors are reminded of the need to take care when crossing all roads.

Love's Farm does have a river running through it and some lakes and streams. While no controls are placed by unfenced water features, parents are asked to ensure that children are aware of the need to take care.

Please ensure that you run within your capabilities and do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. Please give way to all non-orienteers at all times. Members of the general public may not be expecting to meet runners and please watch out for cyclists. There may be uneven ground and beware of trip hazards.

There are some construction sites which are marked as out of bounds on the map and well fenced off.

**You must report to download at assembly, even if you abandon your race.**

All competitors take part at their own risk.

## First aid:

A first aider will be based at Assembly and at the Love's Farm finish. The nearest hospital for accident and emergency is Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon, Cambridgeshire, PE29 6NT.

## Photography:

A photographer may be taking photographs for publicising future orienteering events. If you would prefer not to be in any image, please tell the enquiries team.

All profits will be donated to local brain injury charity Headway Cambridgeshire



## Enquiries/Contact:

Please email [entries@waoc.org.uk](mailto:entries@waoc.org.uk) for any enquiries.

## Officials:

- Organiser - Helen Hague, WAOC
- Assistant Organiser – Oliver Hague, WAOC
- Planner – Stephen Borrill, WAOC
- Controller - Simon Errington, HH

## Acknowledgements:

We would like to thank the following for their contributions to the event.

- Longsands Academy for the sports hall and parking.
- Huntingdonshire County Council for permission to use both areas.
- Everyone who has volunteered to help at the event.
- **Safety and Risk:** A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.
- **Insurance:** Please note that if you have participated in three orienteering events/activities and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.
- **Privacy:** You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not limited to) name, any club affiliation, race times and age group. [Read our data protection page](#) for further information about how we look after your personal information.