

YHOA Sprint Championships 2013

University of Hull 20th July 2013

A Yorkshire Urban League Event



Final Details (15/07/13)

Event Location & facilities:

Assembly will be at the University Sports Centre (GR. TA 076321) on **Inglemire Lane** ([map](#)). All competitors must arrive at the Assembly area from the Inglemire Lane entrance and should not attempt to walk or drive through the University campus as this is the competition area. There will be ample free parking at the Sports Centre.

There will be toilets, changing facilities and bag storage (at your own risk) available in the Sports Centre, close to the event Registration room. Drinks will not be provided by HALO, though there are vending machines in the Sports Centre Reception area and drinking water in the changing rooms.

Traveling to the Event

by public transport:

The rail and bus stations in Hull are located on the same site, the *Hull Paragon Interchange*. The University campus is to the NW of the city and will require a bus journey from the Interchange. Please use either the EYMS 115 or 315 services (Stand 13 in the Interchange – timetable & map [here](#)) as these will enable you to access the University Sports Centre without walking through the competition area. If arriving by train, turn left after going through ticket barriers and follow the signs to the bus stands.

You should ask to be set down as close as possible to the Cranbrook Avenue / Inglemire Lane crossroads (St. Mary's College). You will then need to walk west along Inglemire Lane for approx. 300m until you reach the Sports Centre (large 'O' signs) at the north of the University campus.

by Car:

Unless you are traveling from East Hull, the University Sports Centre should be approached from the A164 which runs from the Humber Bridge northwards to Beverley and beyond. Please note the Humber Bridge toll has been significantly reduced and is now £1.50 each way (they don't do return tickets).

For those traveling from the Humber Bridge/ A63 (M62)/south of England/ West Yorkshire, turn north on to the A164 signed **Beverley**.

If you are traveling on the M62, unless you know the area or have reliable satellite navigation, do not take the Beverley turn offs at the end of the motorway or the first junction on the A63, stay on the A63 and leave at the Humber Bridge/ Beverley junction. This is the 4th junction **after** the end of the M62.



*From the A164, take the first **Cottingham** turning (right) at the **Castle Hill** roundabout ('O' signed). This is the 4th roundabout **after** the Humber Bridge/A164 roundabout. You will pass Castle Hill Hospital on the left. After a double bend, go straight on at the roundabout into the centre of Cottingham. Go straight on at the traffic lights, straight on at the next mini roundabout, over the level crossing and turn right at the next roundabout. After the roundabout, take the first turning on the left ('O' signed). This is **Inglemire Lane**. Stay on this road, straight on across the traffic lights and you will eventually come to the University Sports centre on the right (large 'O' signs). Please follow the Marshal's directions (free parking).

For those traveling from the York area / NE England you will probably pick up the A164 either to the north or south of Beverley. Take A164 southbound signposted **Humber Bridge**. Do not take the Cottingham turn at the first roundabout, go straight on and turn left at the next roundabout at **Castle Hill** ('O' signed). Follow the directions above*, to take you to the University Sports Centre.

Entries

Online entries via Fabian4 will be available up to 18th July. Online entry fees, £8 per event (£9 after 14th July), with concessions for Juniors & students and a discount (£3 adults, £1 Juniors/students) for competitors entering both events online.

Entries after 18th July will be £10 per event with concessions, subject to map availability. If appropriate maps are available, it will be possible to enter both Hull-O events at this event which will guarantee a map for the Sunday race. The dual entry discount (£3 adults, £1 Juniors/students) is available for late entries.

SI Card hire and pre-hired cards will be available from Registration.

Times

Registration 10.00 – 11.15; Starts Race 1: 10.30 -11.30**; Race 1 Course closes 12.00**
Starts Race 2: from 12.30**; Race 2 Course closes 13.45**

Presentations 14.00**

** These times may be subject to change if late entries exceed expectations.

Race Numbers & Start Times

Race numbers will be allocated to all competitors and these should be collected from Registration. Competitors will not be allowed to Start without a Race Number. **Please Note: If you are also entered for the Hull Urban event on Sunday 21st July, please retain your race number for that event, spare numbers will not be available.**

Individual Start times **will not** be allocated for Race 1 but **will** be allocated for Race 2 (see Sprint Format below).

Terrain

Typical University Campus with many paths, roadways and some raised walkways. There are a mixture of academic, administrative and accommodation buildings on an essentially flat terrain.



Courses and Sprint Format

Competitors may enter for any course they wish. However, in order to obtain points for the Yorkshire Urban League or compete for the YHOA Sprint Championships, they must enter their correct age class.

Please Note:

- The course information below is subject to change should controlling require it.
- There is no significant climb, the campus is essentially flat.

Course	Classes	Race 1		Race 2		Approximate Running Distance
		Straight-line Distance (km)	Controls	Straight-line Distance (km)	Controls	
A	Men Open, M40+	2.2	19	2.3	19	It is anticipated that this will be at least 50% further than straight-line distances
B	Women Open, W40+, M55+	2.0	16	2.1	17	
C	W55+, W65+, W16-, M65+, M16-	1.5	14	1.4	15	

The Sprint format will be as follows:

- There will be two races for each course, Race 1 and Race 2. Competitors must run the same course (A,B or C) for both of their races to gain a qualifying time for the Sprint;
- All competitors will complete Race 1 and must download immediately after finishing;
- On the basis of their times for Race 1, competitors will be ranked for each course. This will determine the starting order/Start times for Race 2.
- The slowest competitors (or any disqualifications / retirements from Race 1) will start Race 2 first at minute intervals with respect to the rank order for the course (not the class). The fastest competitors for each course will start last and at the same time.
- Start times for Race 2 will be published in the Registration room as soon as possible after the end of Race 1. It is the responsibility of Competitors to ensure that they arrive at the Start for Race 2 at least 3 minutes before their allotted Start time. Late arrivals will Start at the discretion of the Start Marshals
- There will be a punching start for both races and the overall positions within each class will be determined from the cumulative time for Race 1 and Race 2.

Presentations for the YHOA Sprint Championships will take place in the Registration room as soon as possible after the completion of Race 2.

Map and Control Descriptions

The map has been revised by Brian Slater to the International Specification for Sprint Orienteering Maps (ISSOM) at a scale of 1:3000 (**NB. Amended scale!**) with 5m contours. A legend will not be printed on the map (see maprunner.co.uk for ISSOM map symbols & IOF pictorial control descriptions). Maps for all courses will be printed on A4 water resistant paper. Courses will be

overprinted with IOF pictorial control descriptions on the front. Loose control descriptions will be available in the Start lanes.

Start

This will be approximately 200m from the Sports Centre and should be accessed from an external door from the Registration room (recommended taped route) or via the western most side of the car park to the north of the Sports Centre building. Call-up at -3 min. with Controls Descriptions and blank maps available in Start Lanes.

Finish & Download

Download will be in the Registration room approximately 50 m from the Finish. Access to the Registration will be from the cricket field. In order to meet HALO safety requirements, all competitors must download even if they have retired. It is also a requirement for this event that competitors completing Race 1 & Race 2 should go to download immediately from the Finish.

Race 1 maps will be collected from finishers and will be available to competitors from the Registration room during Race 2 download.

Dogs

Dogs will be allowed in the car parking area, providing they are on a lead.

Safety

- Please note that British Orienteering insurance and other liability insurances do not provide personal accident cover. It is a standard condition of British Orienteering events that participants take part at their own risk and are responsible for their own safety.
- All competitors should carry a whistle.
- All competitors must report to download in the Registration room, even if they do not complete their course.
- Saturday mornings out of term-time usually mean relatively few people walking around the site and only very light traffic. However, competitors should be alert at all times when crossing roads, turning blind corners and running through areas with accommodation buildings.
- If wet, the concrete paths, steps and metal staircases are likely to be slippery, particularly those that pass under trees and are adjacent to shrubs.
- There are a number of building works around the site, some of which may appear at very short notice. Where practicable these will be mapped, though any appearing in the week before will have to be explained to competitors at the Start. All building works will be fenced-off and are out of bounds. Competitors must not attempt to cross such areas.
- There will be a First Aid Kit and a First Aid qualified person available from Registration.
- The nearest 24 hour A&E hospital is at Hull Royal Infirmary (Anlaby Road, HU3 2JZ, Tel: 01482-875875). Directions available at Registration.

Results

Provisional results will be posted on-screen at Registration during the event. Final results will be published on the HALO website (www.halo-orienteeing.org.uk) as soon as practicable. RouteGadget will be used at this event.

Cancellation

If it is necessary to cancel the event a notice will be posted on the HALO website. In addition, the organisers will endeavour to e-mail all pre-entered competitors.

Acknowledgements

HALO would like to thank *The University of Hull* for their support with this event.

Officials

Planner: Brian Ward

Controller: Pete Harris

Organiser: Ken Hutson (ken.hutson@gmail.com / 07748 763368)

Hull-O Weekend Co-ordinator: Neil Harvatt (neil@neilharvatt1@orangehome.co.uk)

*Thank you for supporting this event and we look forward to seeing you on Saturday 20th July
(and at the Hull Urban event on 21st July)*