

Humberside and Lincolnshire
Orienteers invite you to the

Gainsborough Sprint & Middle Distance Urban events

Incorporating the YHOA Sprint Championships

Saturday 22nd June 2019

Final Details

TRAVEL and PARKING

By car: Turn off the A631 at the traffic lights at GR SK829894 (postcode DN21 1SQ) on to Heapham Road South. Take the next left (Marshall Way) and park appropriately, avoiding site entrances. The parking will not be marshalled. To walk to assembly, return to the junction of Marshall Way & Heapham Road South and follow tapes towards the A631, past the underpass and parallel to the A631. All other routes through the estate are out of bounds.

By public transport: Gainsborough has 2 railway stations – Lea Road is about 1.5km walk to the SW of assembly. Gainsborough Central is in the town centre and is just over 2km walk to assembly. Buses 1 & 2 run every half hour from the town centre and stop outside assembly.

<https://tison-maps-stagecoachbus.s3.amazonaws.com/RouteMaps/East%20Midlands/EMID-MAP-Gainsborough-Apr17.pdf>

If you walk from Lea Road, please use Foxby Lane, Middlefield Lane and Park Springs Road. Other routes through the estate are out of bounds.

ASSEMBLY

Registration and download will be in a large hall at the Gainsborough Community Centre, Riseholme Road DN21 1NJ. Facilities include toilets and kitchen facilities and plenty of room for bags.

Keys can be left at registration.

There will be no water provided at the finish.

REGISTRATION

10:00-12:00

CONTACTLESS PUNCHING

All controls will be contactless but you must punch the start and finish.

All controls have been located so that they are not accessible through uncrossable features (fences, hedges etc) so please do not attempt to reach them from the 'wrong' side.

ENTRY FEES

Enter on line at www.fabian4.co.uk (until June 16)

Seniors	£7.00 for one event (£9 for non BO members) or £12 for both events
Juniors	£3.50 for one event or £6 for both events

Entry on the day subject to map availability - add £1 per event for adults.

You may reserve a map by emailing the organiser (see below); EOD entry fee.

e-punch hire	£1.00 for the day
SIAC hire	£2.50 for the day

Apologies to people who have pre-entered and paid the dibber hire fee twice – you will be refunded when you pick up the dibber at registration.

HEALTH & SAFETY

You must report to download even if you retire.

All courses cross roads – please follow the highway code and take care when crossing. See individual event notes below for specific information about junior courses.

The sprint course uses narrow passageways between houses and gardens – they are all passable but some have rubbish to negotiate.

Take care going round blind corners and give way to pedestrians and other road users.

The A631 is out of bounds and marked as such on the maps. Cross using bridges or underpasses.

The railway is also out of bounds. Cross using underpasses – some of which are low.

Underpasses are shown by the canopy symbol and dotted lines – see example below.

Sadly there is a problem with dog fouling on the grassed areas around assembly. Problem areas will be highlighted with temporary pink spray paint but please be vigilant. There will be disinfectant available at registration if you need it.

EMERGENCIES

There is a minor injury unit at the hospital in Gainsborough. A&E departments are at Scunthorpe & Lincoln; maps available at registration.

CONTACT

Organiser: Helena Crutchley email: helenaAThalo-orienteing.uk

Example of mapped underpass



Park Springs Sprint incorporating the YHOA Sprint Champs YHOA Urban League Event

STARTS Start times are 10:30 – 12:00 There are no allocated start times. Courses close at 12:45. The start is adjacent to the assembly centre. The finish is approx. 200m away – please follow tapes back to assembly.

COURSES	Length	Optimum Route Length	
Course A	2.6km	3.9km	MO
Course B	2.2km	3.1km	WO / MV(40+) / MSV(55+)
Course C	1.8km	2.6km	WV(40+) / WSV(55+) / MUV(65+)
Course D	1.5km	2.2km	WUV(65+) / MJ(16-) / WJ(16-)
Course E	1.2km	1.6km	MHV(75+) / WHV(75+) / MYJ(12-) / WYJ(12-)

You may enter any course but to qualify for the YHOA Sprint Championships or score in the Urban League, you must enter your age group as shown above. U16's must run the courses specified for juniors.

If you run up a course, you will score in that class eg W40 running B will compete in Womens Open.

TERRAIN Housing estate around the community centre with footpaths and grassy areas. Area is the SE part of the area used for the Gainsborough event last October
<https://www.halo.routegadget.co.uk/rg2/#312>

SAFETY The area is housing estate with 30mph minor roads, one of which is a bus route. The junior courses have been planned to be mainly paths but cross the bus route at a point where there are speed bumps & restricted road width. This will not be marshalled. The route back from the finish crosses the road in front of the assembly centre, also not marshalled.

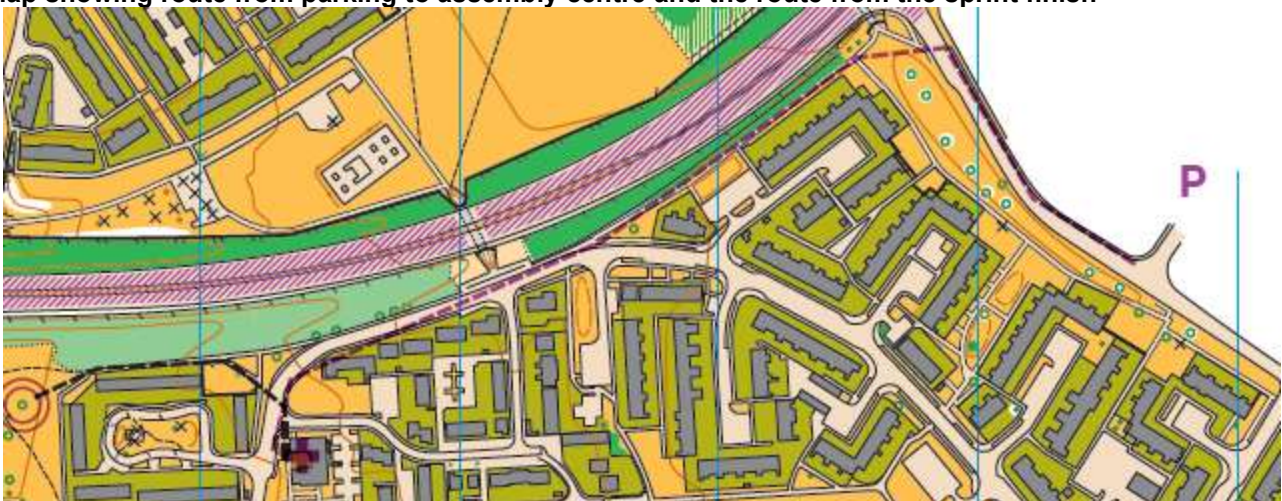
MAP & CONTROL DESCRIPTIONS 2018 A4 1:4000 2.5m contours. Printed by BML Print on waterproof paper. Control descriptions are on the front of the map – loose ones will be available at the start. Course E has written descriptions, all others are pictorial.

ROUTE ANALYSIS Your sprint courses have been planned by GB Squad member Charlotte and she has produced an image, for each leg of each course, showing the route choices and their lengths. Technology permitting, you will be able to view the files of your choice on a screen at assembly and find out whether you picked the fastest route. Only available after 12:00, obviously!

PRIZE GIVING Prizes will be awarded to the first three YHOA members in each age group. We will aim to do the prizegiving at 12:30

OFFICIALS Planner: Charlotte Ward Controller: Brian Slater (HALO)

Map showing route from parking to assembly centre and the route from the sprint finish



Gainsborough Town Middle Distance Urban YHOA Urban League Event

STARTS

Start times are 13:00 – 14:30. There are no allocated start times. Courses close at 15:30.

Please note that these are different from the preliminary details.

The start is approx 1km walk from assembly and the finish is approx 200m away. Please follow tapes to and from assembly.

COURSES

Course 1	5.3km	60m climb	MO
Course 2	4.7km	50m	WO / MV(40+)
Course 3	4.1km	45m	WV(40+) / MSV (55+)
Course 4	3.4km	45m	MUV(65+) / WSV(55+)
Course 5	2.7km	40m	WUV(65+) / MHV(75+) / WHV(75+)
Course 6	2.4km	35m	MJ(16-) / WJ(16-)
Course 7	2.0km	35m	MYJ(12-) / WYJ(12-)

You may enter any course but to score in the Urban League, you must enter your age group as shown above. U16's must run the courses specified for juniors.

If you run up a course, you will score in that class eg W40 running 2 will compete in Womens Open.

TERRAIN

Typical urban terrain including the town centre, housing estates and open spaces.

SAFETY

The start is approx 1km West of assembly and the route to the start crosses the road west of the Park Springs area. This is close to the finish and will be marshalled. Some parts of the route to the start are difficult to sign well due to a lack of places to attach signs – parents may wish to accompany juniors.

There will also be a marshalled crossing where the junior courses cross back over the road. The route to the start and from the finish, crosses the road in front of the assembly centre, this is not marshalled.

MAP & CONTROL DESCRIPTIONS

2018 A3 1:5000 2.5m contours Extended 2019 to include the town centre
Printed by BML Print on waterproof paper. Control descriptions are on the front of the map – loose ones will be available at the start. Course 7 has written descriptions, all others are pictorial.

OFFICIALS

Planner: Peter Harris Controller: Paul Murgatroyd (LOG)

Map showing route to the urban start and back from the urban finish

