



Humberside and Lincolnshire
Orienteers invite you to the

Gainsborough Sprint & Middle Distance Urban events

Incorporating the YHOA Sprint Championships

Saturday 22nd June 2019

TRAVEL and PARKING

By car: Parking will be on the roads in the industrial estate off Heapham Road South which is off the A631. Postcode DN21 1PT. The junction with Heapham Road South is about 400m walk to assembly.

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

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.

REGISTRATION

10:00-12:00

STARTS

Sprint start is adjacent to assembly, start times 10:30-12:00

Urban start is approx 1km from assembly, start times 12:30-14:00

ENTRY FEES

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

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|---------|--------------------------------------------------------------------|
| 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.

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

SPRINT WEEKEND

These events are part of the Summer Solstice Sprint Weekend. The EMOA Sprint Championships are on Sunday 23rd at Witham St Hughes nr Lincoln. Details on the LOG website; entries separately on Fabian.

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

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|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------------------------------|
| COURSES | Course A | 2.5km | MO |
| | Course B | 2.2km | WO / MV(40+) / MSV(55+) |
| | Course C | 1.8km | WV(40+) / WSV(55+) / MUV(65+) |
| | Course D | 1.5km | WUV(65+) / MHV(75+) / WHV(75+) |
| | Course E | 1.1km | MJ(16-) / WJ(16-) / 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. 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 course has been planned to be mainly paths but crosses the bus route once. | | |
| MAP | 2018 A4 1:4000 Printed by BML Print | | |
| PRIZE GIVING | Prizes will be awarded to the first three YHOA members in each age group | | |
| OFFICIALS | Planner: Charlotte Ward Controller: Brian Slater (HALO) Organiser: Helena Crutchley | | |

Gainsborough Town Middle Distance Urban YHOA Urban League Event

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|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| COURSES | Course 1 | MO |
| | Course 2 | WO / MV(40+) |
| | Course 3 | WV(40+) / MSV (55+) |
| | Course 4 | MUV(65+) / WSV(55+) |
| | Course 5 | WUV(65+) / MHV(75+) / WHV(75+) |
| | Course 6 | MJ(16-) / WJ(16-) |
| | Course 7 | 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. 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 (which is the same as the sprint finish) and will be marshalled. Some parts of the route to the start are difficult to sign 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. | |
| MAP | 2018 A3 1:5000 2.5m contours Extended 2019 to include the town centre Printed by BML Print | |
| OFFICIALS | Planner: Peter Harris Controller: Paul Murgatroyd (LOG) Organiser: Helena Crutchley | |