



## Kingsway & Lodge Moor Sprints Saturday 24<sup>th</sup> June 2023



### Event centre – Lodge Moor Community centre, Minster Road Scunthorpe DN15 7EP

Toilets, Download, Dibber Hire, Information

Toilets are accessed via the front entrance of the building, Download etc is at the rear (please do not go through the central hall as this is in use by others)

Please be considerate of the other hall users, please avoid changing in view of others.

Parking – numerous options – we have secured parking at the large car park east of Scunthorpe United and those arriving early can park there all day.(Free)

### Event format -2 Sprint events: -

#### 1)Prologue – Kingsway Nature reserve, Kingsway, Scunthorpe

Sat Nav DN 15 7HU

Parking

For those parking at the Football Ground all day, the start at the Nature Reserve is 1.1kms from the Community Centre, heading east along Minster Road (250m), then north along Sootter Road (400m) and then east along Kingsway (550m).

Parking at the Nature Reserve is possible (approx. 20 spaces – please leave some parking spaces for local dog walkers – 5 to 10) but not necessarily convenient for retrieving your vehicle after finishing the prologue.

There is some additional street parking along Kingsway (access road to Nature Reserve) – please do not block driveways. This option is convenient for those doing the Warm Up Map Run.

Competitors that have pre entered and are not hiring dibbers or needing information, can go straight to the start.

Download is at the event centre, Minster Road. From Finish take adjacent path to Sootter Road head South 250m cross road and head West down Minster Road for another 250m. take care crossing the road.

Note: Prologue late starters (those after 11.30) please go to Download straight from the Finish as we need to prepare the Chase Start List asap.

## Course information

### Prologue- Kingsway Nature Reserve

Terrain: Open parkland (former golf course), and mixed woodland, with some areas of long grass, thistles and nettles ,

Note the grass was knee height last week although it may have been cut since then.

However full leg protection required – although no ticks seen at this time of the year they could be present and competitors should check after their runs.

The park is popular with local dog walkers, please be considerate of other park users.

Map scale: 1:3000 – A4 single sided

Course Info	Controls	Length (Km )	Climb (m)
A	22	2.9K	50
B	21	2.6	45
C	18	2.3	35
D	16	2.0	25

Punch the start and finish, but all other controls are SIAC enabled.

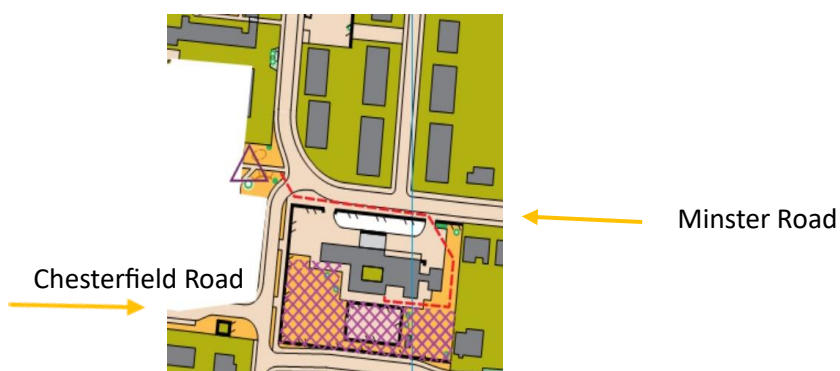
### Please download by 1230 please

#### 2) Chase – Lodge Moor

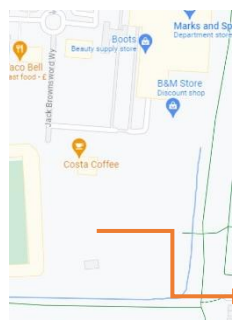
Sat Nav DN15 7EP (Community Centre)

Parking –Scunthorpe United Football Ground (Eastern car park) Sat Nav DN15 8TD aprox 350 m to Community Centre.

Route from parking /event centre to start.



Walking Routes from the football ground parking – please use the eastern pedestrian exit to the footpath, head south until the Chesterfield Road exit, then onto Minster road.



Distance from Eastern car park exit Football ground aprox 350m.

Chesterfield road/ Start /  
Event centre.

## Sprint chase -Lodge Moor

Map scale 1:2500

The courses are urban with small sections of short grass – leg covering not required. The courses are predominately flat so contour lines are not shown.

All courses will cross minor residential roads; these are generally quiet or are cul- de sacs but care must still be taken when crossing.

All The courses run through residential housing areas – please respect all areas marked olive / OOB as these may appear to be grass similar to accessible areas but have been ‘privatised’ by the residents.

There are several narrow passageways – please take care when using and be considerate of other users.

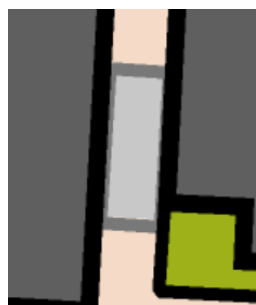
There are several canopies, some of which are gated off and no through access is possible.

These have been mapped as follows.

Closed canopy



Canopies which are open and can be used are mapped as usual.



**Please be considerate of residents, pedestrians and other estate users at all times, especially in narrow alleys and blind corners.**

### Course lengths

<u>Course</u>	<u>Controls</u>	<u>Length</u>	<u>Climb</u>
A	25	2.8 km	5 m
B	23	2.5 km	5 m
C	21	2.2 km	5 m
D	17	1.9 km	5 m

Courses A-C are double sided maps(A4) and courses may be 35% longer than the SL

Course D is single sided (A4) and the course may be 16% longer than the published SL

## **Course format**

This is the second part of the sprint and will be a chasing sprint with the fastest runners from the prologue event (Kingsway Nature reserve) starting first –

Start times will be available from the event centre.

First start planned for 1330 (unless otherwise advised), with the fastest from the prologue starting first, with other competitors starting at 1330 plus the time behind the leader.

Competitors more than 15 minutes behind the course leader and those who mispunched will start at 1345.

All Starts will be punching.

All Competitors should still punch the start and finish, but all other boxes are SIAC enabled.

Juniors Running Course D – there will be a road marshal at the most northerly road crossing (it is not timed out).

The course will cross other minor roads, please take care when crossing all roads.

## **Map Run Info (You will need the MapRun /Maprun 6 ap to use)**

For those wanting to warm up, cool down or just have an additional run, there is a small informal Maprun available in the Kingsway gardens (close to the prologue event)

The start is aprox 100 m from the nature reserve carpark. There is a small footpath from Kingsway Road (from the small 2 car parking area), up to the A18.

**Care must be taken when crossing this road as there is fast moving traffic** in both directions – Juniors should be accompanied across this (and other) main road crossings between events.

The course is aprox 1.1k parkland with short grass

Line with a total of 10 controls. The controls will not have kites.

The event can be found on the Maprun Ap:-

Either events near me (which should find it) or

UK/Lincolnshire/North Lincolnshire/Events/Spring 2023/Scunthorpe 2023/Kingsway gardens1 Maprun 17 240623  
PXAC

Suggest competitors **do not press go to start until they have crossed the main road** in case the start goes early!

A box with a limited number of maps will be left close to the start, please return the map after your run so that it can be used by others.