



Sunday 11th September 2011

OUTLINE DETAILS SUBJECT TO FINAL CONTROLLING v2

Summary

[London Orienteering Klubb \(LOK\)](#) are stage the inaugural London Ultra-Sprint Challenge in Regent's Park in the centre of London which will utilise a similar format to the *Orient'Show* races held in France. Competitors will run three heats on courses of approximately 1km with a high density of controls, including sections in a specially constructed labyrinth. There will then be a set of finals involving all competitors. This high intensity orienteering will provide a challenge to all competitors as well as be a spectacle to watch. Starts will be from around 10am and you will need to complete all three courses in your own time by 12:00. Finals will follow shortly after.

A specially commissioned map at 1:1000 (ISSOM) will be used for the event. The terrain is partially wooded parkland with some contour detail.

Courses

- Prologue
 - The same three prologue courses will be run by everyone, including juniors.
 - These are approximately 1km long with minimal climb.
- Final – top four
 - One final course of around 1.5km.
 - Mass timed starts for the top four in each category based on their aggregate time from their prologue courses.
 - Courses will include butterfly loops
 - The winner from each of these four races will be declared the day's winners.
 - The four categories are::
 - Men's open
 - Women's open
 - Junior M15 and below
 - Junior W15 and below.
- Final – everyone
 - Everyone will be given the opportunity to run the exact final course run by the top four in their category.
 - Punching start every 15 seconds, with maps allocated on a random basis.

Terrain and Map

- The terrain is urban parkland primarily grass with areas of tree cover. There are some areas of contour detail.
- The map has been created especially for the event by Paul Todd. It is based on satellite imagery and shows every tree separately within the competition area.

Timings

- Three prologue courses (A, B & C): 10:00 to 12:00 hrs – all three courses to be started within this window – punching start. You can run the courses in any order and starts will be on a first come-first served basis
- Top four finals:
 - 12:30 – Men’s open
 - 12:40 Women’s open
 - 12:50 Junior boys - M15 and below (may be combined with junior girls)
 - 12:55 Junior girls - W15 and below (may be combined with junior boys).
- Open final: after last junior has finished their final ... so starting around 13:10.

Entries

- Pre-entries via Fabian4.co.uk by 3rd September.
- No entry on the day.
- Numbers are limited to 400 – if this limit is hit then entries will close earlier.
- Fees:

	National British Orienteering members	SEOA Local members	International competitors	All others
Over 21	£10	£10	£10	£12
Under 21	£5	£5	£5	£5
SI card hire *	+ £1	+ £1	+ £1	+ £1

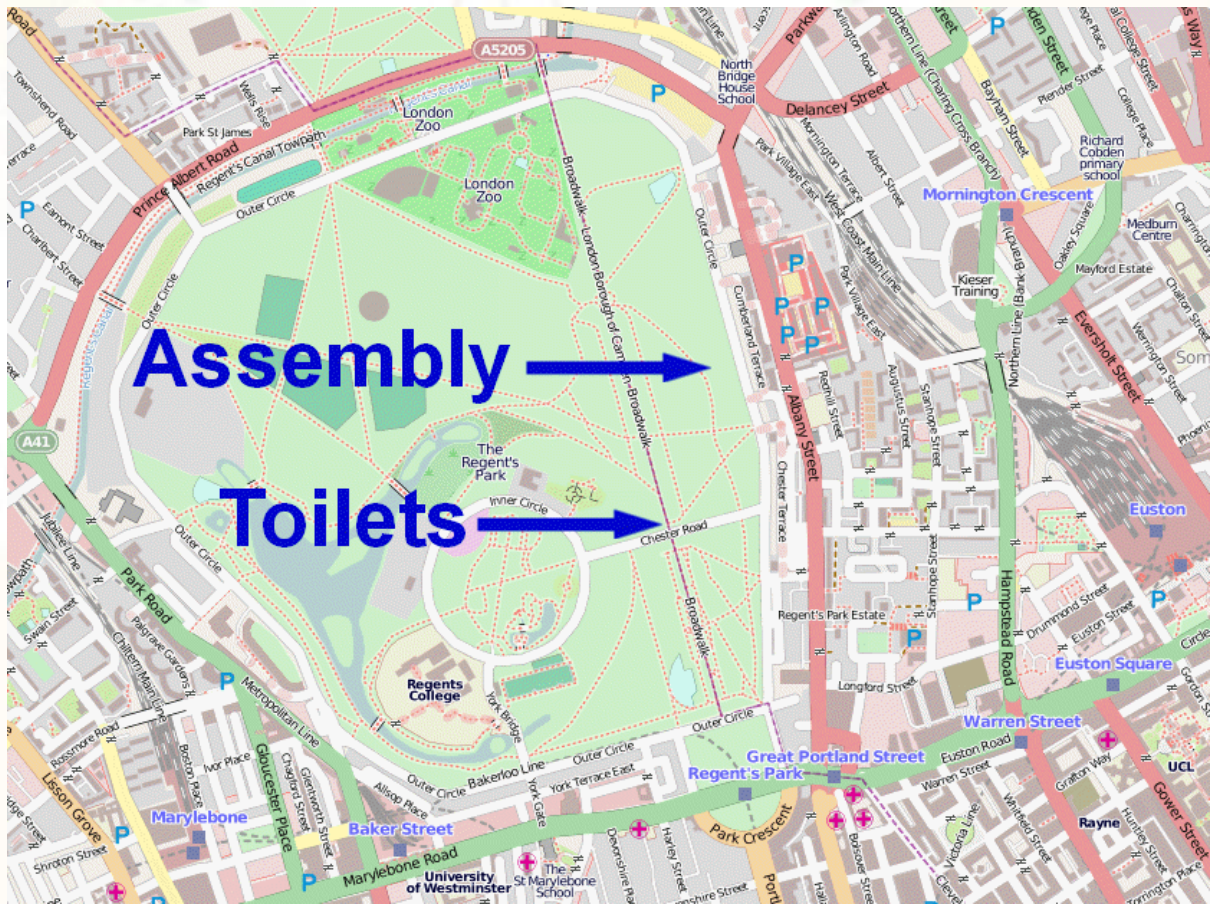
* If lost, charged at £30.

Location and Access

Enter Regent’s Park on the east side at TQ287829 / NW1 4NA, or walk towards this entrance.

15 minutes walk from Regent’s Park / Great Portland Street / Warren Street / Euston station / Baker Street.

Plenty of car parking on road (e.g. Outer Circle) – pay-&-display.



Assembly and facilities

- Assembly and toilets are shown on map above.
- Given that assembly, start and finish are all in one area, there will be no drinks provided – please bring your own supply.
- Personal kit can be left at Start when you run a course, and will need to be collected when you finish your run. All kit left at owner's risk.
- There will be no PA system or commentary.
- We do not have permission for club tents or sail flags unfortunately.

Clothing

- The competition area is grass and parkland with some tarmac paths. There is no need for full body cover and shorts are permitted. Trainers are suitable although care should be taken if the grass is wet.

Start and Finish

- The start and finish are within the assembly area.
- When you finish your map will be collected. These will be available for collection from Enquiries once the finals have started.

The Rules

The format of the event is an Ultrasprint. This is different from a normal event in the following ways.

- You will not have any descriptions on your map – and no loose descriptions will be provided (however, rules for juniors will be confirmed in due course). The kites will have numbers on them but you will not be able to identify the correct control by number, you have to do so from the map only.
- The control circle on the map will have a dot in the centre. The dot shows the exact location of the control.
- There will be many kites in the area. Some of them will be very close together – perhaps only one metre apart in some locations. You have to punch the exact control at the centre of the circle.
- If you punch an incorrect control then you will not be disqualified. Instead you will receive a penalty in the form of a number of seconds (e.g. 30). Excessive mis-punches will result in a disqualification.
- There will be a maze section constructed of posts and rope. Competitors will be disqualified for: passing under or over the ropes; leaning over or under the ropes.

Out of Bounds

- Although there should not be any need to cross them, areas of flowerbeds, fences and hedges should not be crossed. They are marked with the standard [ISSOM](#) symbols.

Safety

- Take care when running around the park. The competition area will not be closed to the public so you must give way to any public in the competition area. Take extreme care when approaching controls, especially in maze sections, as other competitors may change direction without warning.
- The nearest Accident and Emergency hospital department is approximately 1km away at UCL(NW1 2BU)

Officials

- Organiser Neil Brooks (LOK) – chairman@LondonOrienteering.co.uk
- Planner Paul Todd (LOK)
- Controller Mike Elliott (MV)

Thanks to David Ellis at Royal Park Regent's Park for permission to use the area.