



Sunday 13th September 2015

Waterlow Park, Highgate, London

Final Details

v0.3 (updated 7 Sept)

Summary

Following the (inaugural) London Ultra Sprints in Regent's Park in 2011 and Victoria Park in 2013 (and subsequently cloned in New Zealand and Australia!), LOK are repeating the same format in Waterlow Park as part of the [London City Race weekend](#) in 2015.

Competitors will run three heats on courses of approximately 1km with a high density of controls, including sections in a [specially constructed maze](#). There will then be a set of finals involving all competitors. This high intensity orienteering will provide a challenge to all competitors and will be a great spectacle to watch.

Courses

- Prologue
 - Competitors will run three courses in the Prologue. These will be A, B and C, or courses X, Y and Z depending on which Class you are in.
 - Each course is approximately 1km long **with 30m** of climb
 - Technical difficulty 2-3 - therefore courses are suitable for anyone who is competent at Yellow or Orange courses
 - Starts every 30 seconds
 - Around **25 - 29** controls per course.
- Class Finals – top four in each Class (see Classes below):
 - One final course, with butterfly loops – four variations
 - Mass timed starts for the top four in each Class based on the aggregate time from their three Prologue courses
 - The winners in each Class from this final will be declared the London Ultra Sprint winners (see below for BOF Ranking Points).

- Mass Final – everyone:
 - Everyone will be given the opportunity to run the exact final course run by the top four in their Class
 - Punching start, with maps allocated on a random basis (course includes butterfly loops)
 - The fastest in each Class in the Mass Final will be allocated 5th place and so on down the finish times (i.e. a Mass Finalist won't come above a Class Finalist even if faster in the Final).

Ultra Sprint Classes

- The seven classes (and number of entries as at 5/9/15) each are:

Ultra Sprint Class		Prologue courses	2015 entries
Men's open	M16 – M40	A, B, C	71
Women's open	W16 – W40	X, Y, Z	54
Men's Vet	M45 – M55	A, B, C	48
Men's Super Vet	M60+	A, B, C	55
Women's Vet	W45 – W55	X, Y, Z	32
Women's Super Vet	W60+	X, Y, Z	28
Junior boys	M14 and below (i.e. not 16 until at least 2016)	X, Y, Z	10
Junior girls	W14 and below (i.e. not 16 until at least 2016)	X, Y, Z	11
			309

Entries

- Entries now closed.
- No entry on the day.
- SPORTident (SI) timing will be used. If you have an SI8 dibber, we will need to swap it as it has a limit of 30 controls ... may be limiting if you make too many mistakes. **Please collect your free replacement dibber from Enquiries.**

Type 11 SI dibbers

- To allow for punching controls that may be less than 5 seconds apart, we will provide every runner pre-entered with a Type 11 SI dibber (they have a number in 9xxxxxx range) with a replacement. **Please collect your free replacement dibber from Enquiries.**

Amending Entries

- A dibber or any detail change requires changes in NINE places in the scoring system so we MUST have any amendments BEFORE the event. As you are no longer able to amend entries on Fabian4, please email [Mr Download Guru](mailto:MrDownloadGuru) with details of the change .. important details are dibber, sex, date of birth and class .. check [Fabian4](#) to see what you entered!

Timings

Timings have been set to allow those with long journeys home to experience a second day of orienteering in London, and still get home the same day!

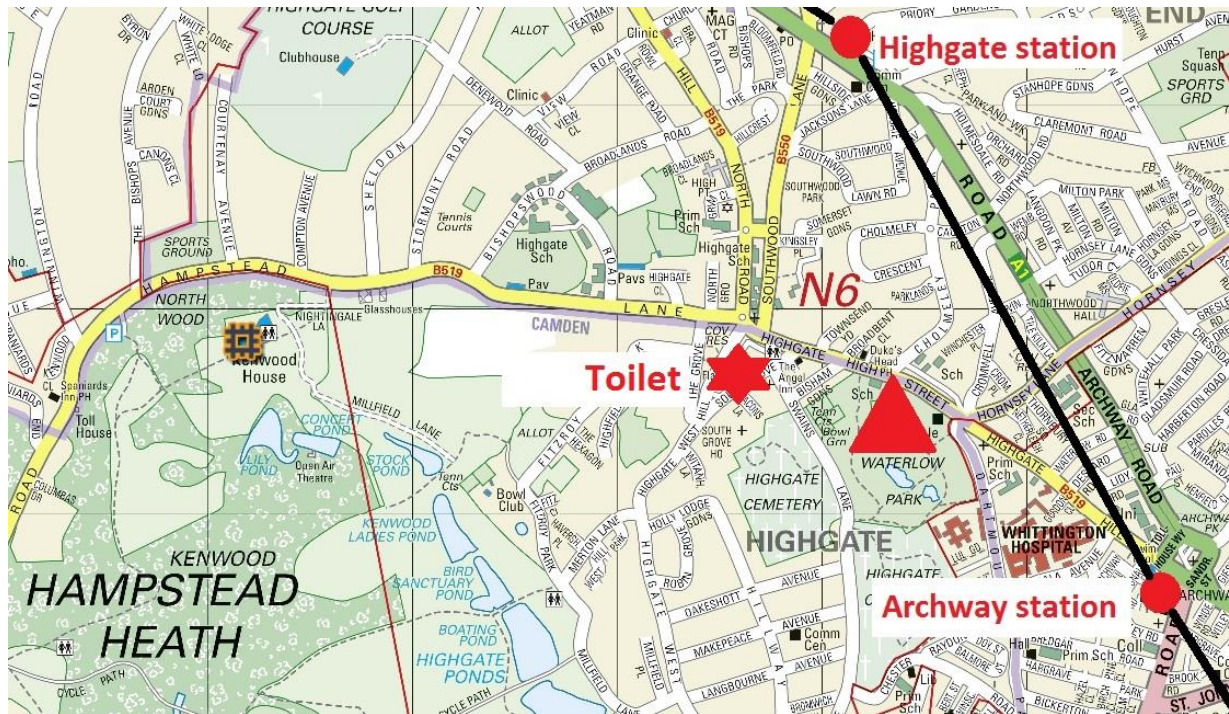
- 10:30 – 12:30: Three Prologue courses (A, B, C or X, Y, Z dependant on your Class) to be started within this window - punching start. You can run the courses in any order and starts will be on a first come-first served basis. Please note, two hours leaves very few spare slots, so please heed marshals when they are encouraging you to join a start queue.
- 12:45: Top four Class Finals ... so seven Finals.
- 13:15 (or immediately after Class Finals): Mass Final. First come first served; 4 starts every 15 seconds.

Terrain and Map

- The terrain is urban parkland primarily grass with areas of tree cover.
- There two areas of rough open on the direct line routes. Depending on when they are cut, you may find the grass to be knee height, so if you are susceptible to irritation please consider leg cover. Otherwise training shoes are advised. No spikes as you will be running on some hard surfaces and we want to avoid slips.
- Map will be at a scale of 1:1,250; printed on waterproof paper.
- There will be a double sized enlargement of the main maze area.

Location and Access

- [Waterlow Park, Highgate, N6 5HD](#)
- Enter park from north-most Highgate High Street gate. Please don't enter the park via any other entrances as you will be in the competition area.



- Nearest station:
 - Highgate station (Northern Line) – 11 minutes from Euston Station, then 8 minute walk.
 - Archway station (Northern Line) – 9 minutes from Euston Station, then 7 minute walk uphill.
- Or visit www.tfl.gov.uk for information about various bus routes that deliver you even closer to the park.
- Free car parking on roads, but do check parking signs first!

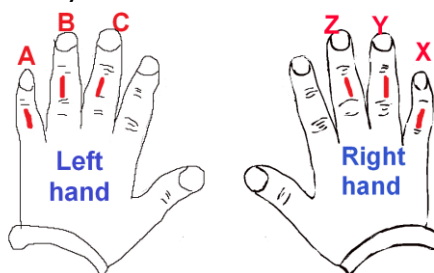
Assembly and facilities

- A changing tent will be available; kit can't be left here, instead it 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.
- Toilets shown on the map are the same toilets you will need to use during the event; please ensure children are accompanied on this trip.
- Given that assembly, start and finish are all in one area, there will be no drinks provided – please bring your own supply.
- There will be a 'do not cross' line marked on the ground; you will be able to see the action in the Maze from there; please do NOT cross this line as you will be entering the competition area.
- Club sail flags are encouraged.
- We do not have permission for club tents.

Start and Finish

- The start and finish are within the assembly area.
- Starts will be at 15 second intervals.

- Your left/right hand will be marked with a permanent marker to indicate which Prologue courses you have run as follows:



- You will only have your right or left hand marked, NOT both (some classes run A, B & C, others run X, Y & Z).
- When you finish, and downloaded, 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 ultra sprint. 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, those in the junior classes will be provided with control descriptions at the Start – these will be collected at the finish). The kites will have numbers on them but these won't be marked on the map so you will not be able to identify the correct control by number, you have to do so from the map alone (Juniors will be able to identify correct control using the control sheet).
- The control circle on the map will have a dot in the centre. The dot shows the exact location of the control.




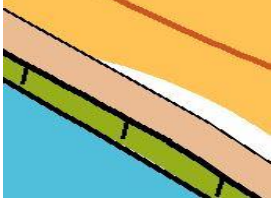




- There will be many kites in the area. Some of them will be very close together – perhaps only one metre apart in some locations, e.g. 'south side of tree' and 'north side of tree'. You have to punch the exact control at the centre of the circle.
- If you punch an *incorrect* control then you will not be disqualified (*incorrect* means you don't subsequently punch the correct control, or you miss the control entirely). Instead you will receive a 30 second penalty per incorrect control. Excessive mis-punches, at the discretion of the Organiser in consultation with the Controller, will result in a disqualification for that one course (this is dissuade, say, skipping a whole butterfly loop). Competitors

with one or more disqualifications will be listed below those with no disqualifications.

- There will be one maze constructed of posts and fencing/rope. Competitors will be disqualified for: passing under or over the ropes; leaning over or under the ropes.
- Maps will be collected at the Finish – these can be reclaimed from Enquiries once the Finals have started.

Out of bounds areas

- Standard ISSOM symbols are used to indicate objects you must not cross and areas you must not enter. Disregarding these restrictions will result in disqualification. Here are the variations you will find on the map:

	<p>Uncrossable fence .. regardless of whether you think it is physically possible to climb over it.</p>
	<p>Whilst this fence is crossable, you would be entering an out of bounds area, so you would <u>not</u> be able to cross the fence. There are <u>NO</u> fences shown with any symbol that you can cross in the park.</p>
	<p>The uncrossable fence is in the middle of an out of bounds area .. you can't enter the area or cross the fence.</p>
	<p>An uncrossable wall bounding an out of bounds area.</p>
	<p>Uncrossable vegetation (hedges in this case) bounding an out of bounds area.</p>
	<p>An out of bounds area. Your course does not go near here so the absence of an uncrossable fence or hedge to remind you is not an issue.</p>

BOF Ranking Points

- Ranking Points will be based on the aggregate of the three Prologue courses. The times from the Class and Mass Finals do NOT contribute to the calculations.

Officials

- Planner Neil Brooks (LOK) – captain@LondonOrienteering.co.uk
- Organiser Martin Hime (LOK)
- Controller Simon Errington (HH)

Thanks to Camden Council for permission to use the area.