



Sunday 10th September 2017

Victoria Park, London

Final Details

V1.3 (updated 5th September)

Summary

Following on from the successes of previous London Ultra Sprints in Regent's Park (2011), Victoria Park (2013) and Waterlow Park (2015), we return to Victoria Park as part of the [London City Race weekend](#) in 2017.

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 .. no 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 controls per course.
- Class Finals – top four in each Class (see Classes below):
 - One final course, with butterfly loops – four permutations
 - 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 eight classes, and which three Prologue courses they will run are:

Ultra Sprint Class		Prologue Course
Men Open	M16 – M40 (i.e. 15 or above at 31 st December 2017)	A, B, C
Women Open	W16 – W40 (i.e. 15 or above at 31 st December 2017)	X, Y, Z
Men Veteran	M40 – M50	A, B, C
Men Super Veteran	M55+	A, B, C
Women Veteran	W40 – W50	X, Y, Z
Women's Super Vet	W55+	X, Y, Z
Junior boys	M14 and below (i.e. 14 or below at 31 st December 2017)	X, Y, Z
Junior girls	W14 and below (i.e. 14 or below at 31 st December 2017)	X, Y, Z

Entries

- Enter via [Fabian 4](#).
- **ENTRIES CLOSED**
- **No entry on the day.**
- SPORTident (SI) timing will be used.

Type 8 SI dibbers

- If you have an SI Type 8 dibber (they have a number in 2xxxxxxx range), we will need to swap it as it has a limit of 30 controls ... may be limiting if you make too many mistakes. You will be able to get a free replacement dibber from Enquiries .., but no need to book (and pay) for a dibber (but we have a limited stock, so enter with a different dibber if you have one please).

Type 11 & SIAC SI dibbers

- To allow for punching controls that may be less than 5 seconds apart, we will attempt to provide every runner pre-entered with a Type 11 or SIAC SI dibber (they have a number in 9xxxxxx and 8xxxxxx range) with a replacement. However, we have limited supplies, so they will be allocated on entry date order until we have no more. We therefore request that you enter with an older dibber. If we run out, you will need to use your own dibber and ensure dibber isn't still flashing when you punch the next control.

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. Please amend via [Fabian4](#) before 4th September!

Timings

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

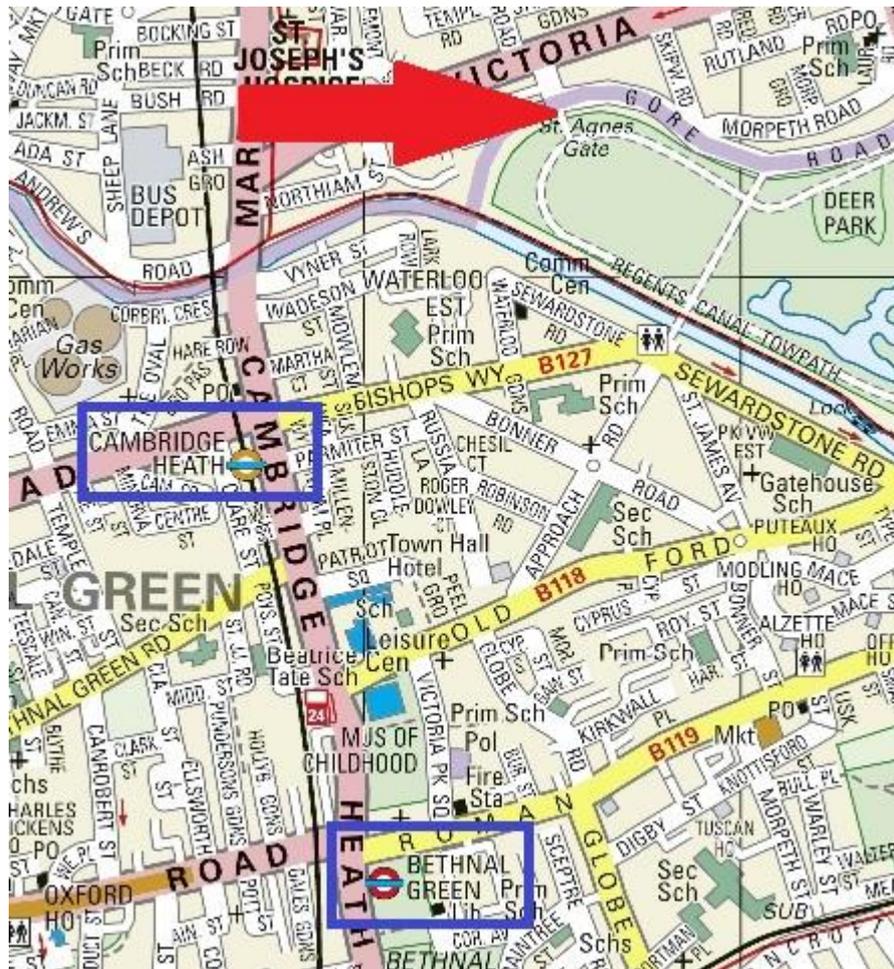
- 10:30 – 12:30: Three Prologue courses (A, B, C or X, Y, Z dependant on your Class) to be started within this window - punching start. You can run the courses in any order and starts will be on a first come-first served basis. Please note, two hours leaves very few spare slots, so please heed marshals when they are encouraging you to join a start queue.
- 12:45: Top four Class Finals ... so eight 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.
- No spikes as you will be crossing 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.
- X = man-made structure (table, post).
- X = tree stump.

Location and Access

- [Victoria Park, Bethnal Green, E9 7HR](#)
- Assembly and event area is situated within the western end of the Park. Enter park via the arrowed entrance from Gore Road
- The entrance from the towpath is not shown as you can NOT get to from Bishops Way / Sewardstone Road, nor from A107, Cambridge Road.



- Nearest stations:
 - Bethnal Green underground (Central Line) – 14 minutes from Oxford Circus, then 13 minute walk
 - Cambridge Heath (Greater Anglia line) – 5 minutes from Liverpool Street (National Rail overground), then 9 minute walk. Oyster card accepted at this station.
- Or visit www.tfl.gov.uk for information about various bus routes that deliver you even closer to the park.
- For those arriving by Barclays Cycle Hire, the nearest cycle docking station is 500 metres south of Assembly at Old Ford Road, Bethnal Green
- Free car parking on roads, but do check parking signs first!

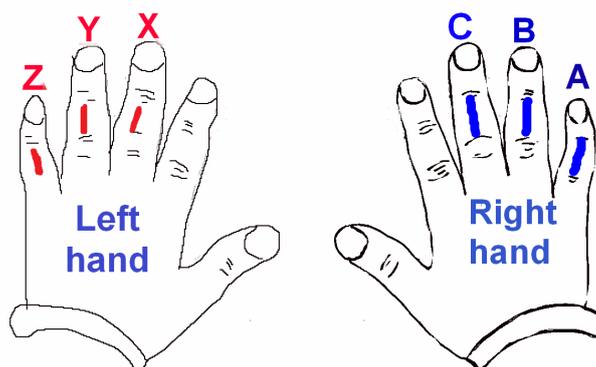
Assembly and facilities

- 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.
- Temporary toilets located within Assembly area.
- 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 30 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 (adult men 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 to dissuade, say, skipping a whole butterfly loop). Competitors with one or more disqualifications will be listed below those with no disqualifications.
- There will be a maze constructed of posts and fencing. Competitors will be disqualified for: passing under or over the fence; leaning over or under the fence.
- 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 areas you must not enter. Disregarding this restriction will result in disqualification. This is what these flower beds/vegetation look like on the map:



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 Charles Spence (LOK)
- Controller Mike Elliot (MV)

Thanks to Tower Hamlets for permission to use the area.