

	Brunel University of London South East Sprint Championships Sunday 1st June 2025
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Version 2 updated course and entry information

London Orienteering Klubb invite you to the South East Sprint Championships on Sunday 1st June at Brunel University of London, as used for the JK Sprint 2017 and the British Sprint Relay Championships 2024.

LOCATION & TRAVEL

Brunel University of London, Kingston Lane, Uxbridge, UB8 3PH. Car parking on site is available; entry for cars is via Kingston Lane only which is within the ULEZ congestion charge zone. It is a 20 minute walk from Uxbridge station on the London Underground Metropolitan and Piccadilly Lines; buses also cover this route.

TIMINGS

There will be two races for everyone, with a break in between. Race 1 will have individual starts every minute from 10:30 to 11:30 (up to 11.45 for course 4 only). You can freely select your start time for this race when entering, among the times still available. Starts for Race 2 are from 12:30 to 1:30 (up to 1.45 for course 4 only) and your start time will automatically be 2 hours after the time you select for Race 1, regardless of your performance in Race 1.

COURSES

Medals will be awarded to the first three qualifying SEOA members in each of the following categories: M/W 10-12, 14 -16, 18-40, 45-55, 60-65, 70+. If you wish to run up a class other than your actual age class, you will be eligible in that age class but not your own age class – i.e. you can only receive a medal for the age class entered. If you wish to run down a class please select "Other" for the relevant course (e.g. a M55 running Course 4, would select "Course 4 Other" when they enter).

Entries were originally set up taking account of the numbers at the last event. However, currently there are very few entries in M45-55. Accordingly, this class is being combined into course 1 which should ensure enough finishers to qualify for ranking points. Those affected have been notified directly. Additionally, there are more entrants in the M/W60+ categories. Whilst this course still has capacity, the start window has been extended by 15 minutes for this course only in case more wish to enter. There are now four courses with Age Classes allocated as below.

Course	Age classes	Approx optimum route
1	M14-16, M18-40, M45-55, Course 1 Other	3.5k
2	Not used	
3	W14-16, W18-40, W45-55, Course 3 Other	3.0k
4	M60-65, M70+, W60-65, W70+, Course 4 Other	2.5k
5	M10-12, W10-12, Course 5 Other	1.0k

The finish for both races will be at the assembly area, with the start for Race 1 about 600m away and the start for Race 2 about 50m.

ENTRIES

Pre entry online via Fabian4.co.uk. Entries are by age class. Seniors £12, Juniors £6 until midnight Sunday 25 May. Additional charge of £2 where not a British Orienteering member. Electronic timing using SI dibbers which can be hired for £1 or a contactless SIAC hire for £2. After 25 May late entries including entry on the day via Fabian4 only and subject to map availability with a supplement of £2. A penalty will be charged for the replacement cost of hired SI cards that are lost or not returned amounting to £69 for SIAC and £43 for standard SI cards. You will be given the option to select your start time for the first race. Your start time for the second race will automatically be 2 hours later.

TERRAIN AND MAP

The 1960s Brutalist style of architecture of exposed concrete, as appeared in Stanley Kubrick's A Clockwork Orange, has been softened in recent years by more contemporary buildings (featuring in The Crown among others), leaving a campus that is ideal for short, sharp legs with plenty of route choice. There is a mixture of large and small buildings, some of which are standalone and others which are linked together, all set in well-maintained parkland. The morning race will start on the Western half of the campus and will have a timed-out road crossing to return to the main campus. Scale 1:4000; contours 2.5m; ISSprOM 2019-2. Pre-marked waterproof maps.

There is one area of rough open on Courses 1, 2 and 3; the direct line will pass through this but may not be quicker than mown paths. However, individuals with grass allergies may wish to have leg cover.

FACILITIES Toilets in nearby building. Shops and cafes on the campus. We hope to have a marquee available for shelter and bag drop.

SAFETY Orienteering is an adventure sport and competitors take part in this race at their own risk. Entries and results will be processed by computer. Your entry will be taken as agreement to this. The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering. Competitors are advised to bring their own water. Please take care to give the general public (dog walkers, families, etc) priority.

OFFICIALS Controller: Simon Errington (HH), Planner: Neil Brooks
Organiser: Charles Spence chairman@londonorienteering.co.uk

LOK would like to thank Brunel University of London for the use of the campus and the excellent facilities.

www.londonorienteering.co.uk