

JOK Chasing Sprint
Sunday 31st January 2010
Arthur's Seat (Dunsapie Loch)
Final Details

Event Officials

Organiser: Beccy Osborn Beccy.osborn@gmail.com (JOK/FVO)

Planner: Graeme Ackland (JOK/INT), Controller: Paul Caban (INT)

Parking and Directions: Weather permitting there will be parking on the Queen's Drive that runs through Holyrood park adjacent to Dunsapie Loch (GR NT 280730). Please note that the road system is one way here and you must approach the event (by car) from the north entrance to the park (Duke's Walk). Parking will be in the lay-bys adjacent to the road and in the small car park. Please park as directed by the marshals and do not obstruct the pavements or the road.

Bad Weather: There is a possibility that due to ice/snow on the access road the Parks Department will decide to shut this road. If this occurs then there will be no official event parking and you will have to find your own nearby parking. Please check the event website before the event to check for any updates. We will also display any information at Saturday's event. The following are possibilities: main Holyrood car park, residential streets near Willowbrae/Meadowfield (e.g. Meadowfield Drive). Please find somewhere suitable to park and make your way to the assembly area. Please consider using public transport. Buses to Meadowbank get closest: www.lothianbuses.co.uk (e.g. route 42 or 69).

Please note you can access the event by *walking* round Queen's drive in either direction (about 1.5km) as it is not out of bounds! We will provide a tent where you should be able to store kit. *All Starts will be delayed by 30 minutes* if the access road is closed in order to allow time for you to walk to the assembly.

Out of bounds Areas: All areas inside the Queens Drive, apart from the walk to the start, are out of bounds, as is Dunsapie Hill (beside assembly) and Meadowhead Park (east of Dunsapie Hill). The prologue passes through two crossing points in a high wall. These are not compulsory, but you would be crazy not to use them!

Assembly and Enquiries: The assembly area will be located in the car park next to Dunsapie Loch. Enquiries will be open from 1015. Hired dibbers can be collected at Enquiries and anyone who still owes money should please pay here. Please note there will be a charge for any lost hire dibbers. Start lists will be on display in Assembly. Registration for the Piglets (yellowy/orange) course will be at Enquiries.

Toilets : Assuming that the road is open there will be 2 portaloos in the assembly area at the Dunsapie Loch car park.

Race Format and Start Times: The competition consists of two phases: Prologue and Chase. The results from the prologue will determine the starting order for the chase. Anyone disqualified or retiring in the prologue may start in the chase mass start, but will not be eligible for an overall result. The overall results will be determined by adding the finishing times from the two phases, i.e. first to finish the chase wins.

There may be gaffling on some courses, or between prologue and chase. Following is allowed in Chasing Sprints, but you should not assume that others on your course are going the same way!

Start times have been published on oentries <http://www.oentries.com/event/details/140-jok-chasing-sprint-2010> and will be on the JOK event http://www.jok.org.uk/chasing_sprint/2010 website. Prologue starts will be between 1050 and 1200. Your chase start time will be the base time of your course (see below) plus however long you took on the prologue. Please therefore go to download as soon as you have finished the prologue to find out. For courses 3 and 4 the start time will be 1245 plus your time and for courses 1 and 2 it will be 1300 plus your time. You are responsible for calculating your chase start time. There will be a mass start at 1400 for mispunchers or people taking more than 75 minutes the prologue (courses 3 and 4) or 60 minutes (courses 1 and 2).

It will be a timed start and not a punching start. Call up time will be at -3 for the prologue. Please arrive for the start of the chase in plenty of time and line up in start order. Please ensure that you pick up the right map (these will be in boxes numbered courses 1-4).

Some controls may be used in both prologue and chase. For your convenience, maps will not be collected after the prologue, **however you should not show your map either to other competitors or to late starters.** Any maps visible in assembly will be confiscated and you may be DSQ..

Finish: The finish is located adjacent to assembly. The route to the finish from the last control is not taped. It will be a punching finish. However, in the chase, please cross the line (that will be marshalled) stay in order and then punch

Walks to start: Start 1. 600m 110m climb. Start 2. 500m 40m climb

Split Starts: We have aimed to accommodate split starts on round 1. However, this is not likely to be possible on round 2 due to the nature of the race. Anyone affected by this will be able to start at the mass start at 1400.

Piglets Course: The piglets course is yellow standard, starting and finishing at assembly. Please enter at enquiries and collect your map from enquiries (and hire dibber if you need one). Starts will be from 10.45 until 12.15. Please note that the course CROSSES A MINOR ROAD (Queens Drive) and follows the road and parents are asked to ensure all competitors are fully aware of this. Shadowing of juniors is permitted – but please do so only after you have run the prologue (it is ok to go round the course before you have done the chase). The EOD rate for this course will be £3.50.

Area and map: Holyrood Park is a volcanic plug in central Edinburgh. Terrain is steep, but extremely runnable, with plenty of contour and rock details. There are extensive patches of impassable gorse which have been remapped for the event. There are many small grassy paths, only the most significant are mapped. Some controls are close together, remember to check the codes! The JOK Chasing Sprint long predates “sprint” standard mapping. The ISOM map is based on the original by Dave Godfree in 2002, updated by DOLM in 2007 and extensively updated by Graeme Ackland for this event. Scale is 1:7500 for all courses. The event operates under BOF rules.

Course	Classes	Round 1 Prologue	Climb	Round 2 Chase	Climb
1	M open	3.5km	100m	3.2km (with map switch)	125m
2	W open	2.8km	70m	2.6km	75m
3	M 16-, M40+, M55+	3.0km	75m	2.7km	90m
4	W16-, W40+, W55+	2.5km	50m	2.0km	50m
Piglets	(Yellowy/Orange)	2.5 km			

Control Descriptions: Control descriptions will be on the map. Loose control descriptions are available for the prologue only in pre start.

Spectators: Courses have been planned with spectators on mind. All prologue courses visit a spectator control adjacent to the walk to the start, feel free to head up early and watch. Two other controls are clearly visible from assembly.

Numbers: We anticipate that the top 10 on each of the second round courses will wear a number to assist with the commentary. Numbers and pins will be available at the second start.

Safety: Craggs, Road Crossings and Ice: All courses cross the Queens Drive once. Please be aware of traffic and take **extreme care** on all road crossings. The most likely crossing point in the chase will be manned, however, please note that marshals *will not be able to stop cars but will only be able to warn of approaching traffic*. Please note that all competitors take part at their own risk.

Please also note that there are some large crags. Courses have been planned to avoid routes over crags. Please take care and do not cross crags marked as impassable. Whistles may be carried at your own risk.

There is still thin ice on Dunsapie Loch, please keep off. Be warned that it can be very cold and windy on Arthur's Seat including in the assembly area – please bring suitable clothing!

Other Park Users: The area will be in use by members of the public including dog walkers. Please therefore be aware of possible dog walkers whilst out on the course. Please respect all other park users.

Dogs: Dogs are allowed at the event. If you do bring a dog with you, please keep the dog on a lead and under control at all times and clean up any mess.

Prize Giving: We will have this as soon as possible after the end of round 2. There are trophies for the winners in each class and small prizes for the first three in each age class. Could previous winners please return trophies to Enquiries.

First Aid: There will be no specific first aid provision. However, there is a nominated trained first aider for the event (Roger Thetford) who will be on the site during the event and will have access to a basic first aid kit that will be located at the enquiries and registration tent. The nearest Accident and Emergency centres are: **Emergency Department, Royal Infirmary of Edinburgh** (age 13 and over) 51 Little France Crescent Old Dalkeith Road Edinburgh EH16 4SA Tel: 0131 536 1000 **Accident and Emergency Department, Royal Hospital for Sick Children** (under age 13) 9 Sciennes Road Edinburgh EH9 1LF Tel: 0131 536 0000

Refreshments: There will be no drinks points on the courses. Limited water will be available at the finish (if the road is open). However please bring your own bottle to reduce wastage of cups and take away your litter.

Acknowledgements: Thanks to:

Historic Scotland including Hazel Aidi and Joe Muir (Parks and Gardens Dept, Historic Scotland)

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