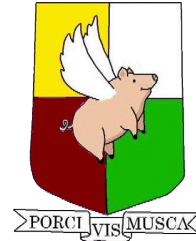


The 18th JOK Chasing Sprint
Saturday 12th March 2011
Shotover Country Park, Oxford
Final Details

Key Info

- No entry on the day for Chasing Sprint courses
- £1 parking fee – please have correct change ready
- Prologue start is 1.85km from parking – allow enough time!
- Hired SI cards to be collected at the Prologue start
- No toilets at the parking or Prologue start
- Take care crossing roads – read the safety information below
- Race numbers must be worn for the Chase
- Please bring club tents



Event Officials

Organiser: Scott Collier (JOK & KERNO) sjcollier@gmail.com

Planner: James Cunnane (JOK & TVOC)

Controller: Susan Marsden (HH)

Parking: Parking will be on hard standing at BMW Plant Oxford. Entrance is via the northern gate to the plant, off Horspath Road at [SP557045](#). Sat navs please use the postcode OX4 2RY. Access to Horspath Road is off the A4142 Eastern Bypass: please take the exit (traffic-light controlled) signed "Horspath Ind. Est." into Horspath Road; do not follow signs for "BMW Group" (which will take you to the wrong entrance).

Horspath Road can be very busy. Please be patient both when turning right into the car park and when waiting to pull out onto the road when leaving the event.

There will be a £1 parking fee. Please have the correct change ready on entering the car park. At the request of BMW, the entirety of the parking fee is being donated to [The Children's Trust](#), a national charity working with children who have multiple disabilities and complex health needs.

Please follow the instructions of the parking marshals, and do not leave empty spaces between vehicles. If you arrive particularly early or late and there are no marshals on duty, please park as far towards the northern (entrance) end of the car park as possible.

Please do not park at Thornhill Park and Ride: the Council (who own the car park) have explicitly forbidden us to park there, and it will probably be full by early Saturday morning anyway.

Very limited parking is available at the assembly area for those who need it (eg. families with small children). Please contact the organiser in advance if you wish to use this parking.

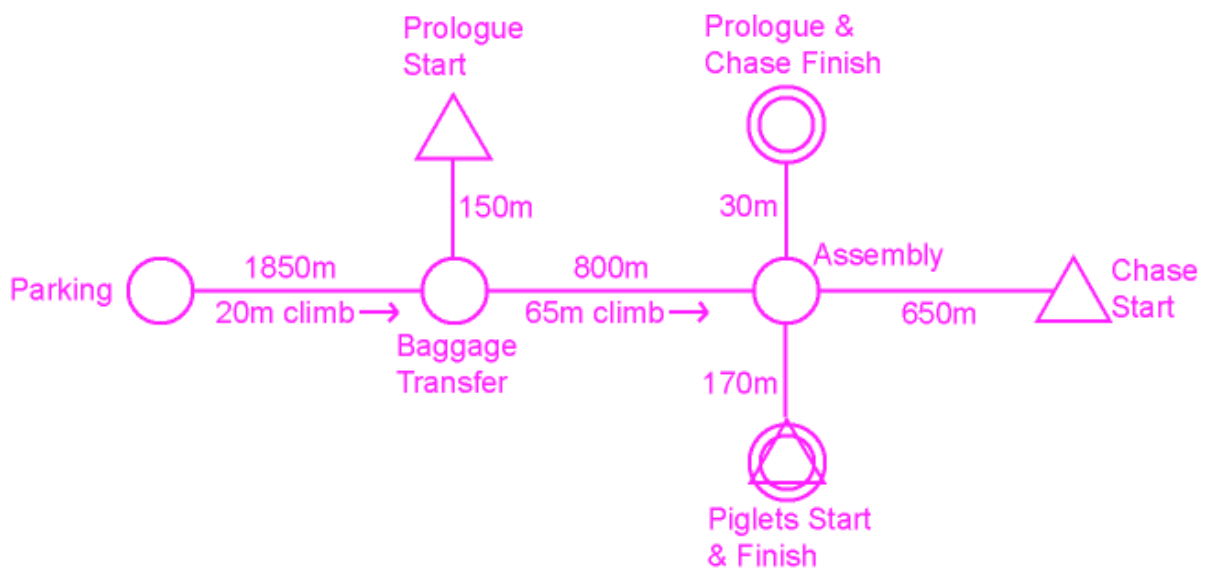
Transport: Oxford rail station is on the main line between Reading and Birmingham, and is served by frequent trains from across the country. See [National Rail Enquiries](#) for details of services. Oxford [bus 400](#) runs from Frideswide Square (opposite the rail station) to Thornhill Park & Ride, from where it is a 1.35km walk south along the [Oxford Green Belt Way](#) to the assembly area. Be sure to get the 400 towards Thornhill and not towards Seacourt, which is in the opposite direction.

The [Oxford Tube](#) and [Oxford Express](#) direct coach services from London also stop at Thornhill.

Cyclists and those arriving at the event on foot from Oxford are welcome to come directly to the assembly area at [SP564062](#).

Assembly: The assembly area will be located in an open grassy field at the top of Shotover Hill, approximately 2.65km from the parking. Enquiries will be open from 10.15.

The diagram below shows the walking distances between the parking, assembly area and the various starts and finishes. Please stick to the taped routes, and please allow plenty of time to get from the parking to your Prologue start.



Baggage Transfer: A baggage transfer service will operate from near to the Prologue start to the assembly area, meaning that you can go straight from the parking to the Prologue start if you wish.

There will also be a limited baggage transfer service for club tents only direct from the parking to the assembly area, and back again after the event. Please contact the organiser if you wish to take advantage of this.

Club Tents: There will be space in the assembly area for club tents, and you are strongly encouraged to bring them if possible in order to make the wait between Prologue and Chase more comfortable.

Safety: The walk from the parking area crosses the busy Horspath Road and passes a bus depot. A marshal will be present to direct you to the recommended crossing point, where there is a dropped kerb; however, you yourself are responsible for crossing the road safely. Please take care! Please also beware of buses entering/leaving the depot.

The Prologue courses cross one residential cul-de-sac, which is also crossed by the walk from assembly to the Prologue start (and vice-versa). Traffic volume on this is low, but please do take extreme care if crossing or running along it.

You are advised to carry a whistle.

You may get cold waiting around between your Prologue and Chase runs. Please ensure you have sufficient warm clothes to put on after finishing the Prologue.

Shotover is popular with dog-owners, horseriders and general members of the public. Please show appropriate respect and care.

First Aid: First aid cover will be provided in the assembly area by Abingdon Venture Rescue. The nearest Accident and Emergency department is approximately 3 miles away at the John Radcliffe Hospital, Headley Way, Headington, Oxford, OX3 9DU; tel. 01865 741166.

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

Toilets: Portaloos will be available in the assembly area. No toilet facilities will be available at the parking or at the Prologue start.

Refreshments & Traders: Ultrasport will be present, selling orienteering and running equipment. Water will be available at the finish, but there will be no other food or drink sold at the event.

Out-of-bounds Areas: All of Shotover Country Park and Brasenose Woods, aside from the assembly area field and the taped routes between parking/starts/assembly, are out-of-bounds to competitors while not racing.

There are some out-of-bounds areas overprinted on the map; these areas, including the car park adjacent to the assembly area, will not be marked on the ground. Competitors must not enter these areas while racing.

Spectators: Courses 1, 2 and 3 visit a spectator control on the Chase - spectators should stay behind the tape. Commentary will be provided for the Chase.

Hired SI cards: Hired SI cards should be collected at the Prologue start, and not from enquiries/the assembly area. Lost SI cards will be charged at £40.

Area & Map: The event will use Shotover Country Park and Brasenose Wood, on the outskirts of Oxford. Brasenose is flat, fast forest requiring high-speed navigation, while Shotover is an area of varied wood and grassland on a steep slope, featuring ancient

coppice, beautiful oak plantation and hidden valleys. Recent forestry clearance work and the cold winter have left the woods more runnable than they have been in recent memory.

The map is to ISOM2000 standards, at 1:10000 with 5m contours. The Shotover part of the map has undergone major revision for this event. Mountain bikers have recently been making some narrow trails in the eastern part of Shotover. Generally these are not mapped as they are less significant than the mapped paths.

Planner's Notes: The JOK Chasing Sprint pre-dates Middle Distance and Sprint races, but has some of the features of both, as described in the relevant specifications:

“Emphasis on continued thinking, fair controls, map reading, map interpretation and route choice rather than finding controls.”

“...small and medium scale route choice is encouraged. The emphasis should be on high speed running where competitors need to adjust their speed for the complexity of the terrain.”

“...the most obvious way out from a control should not necessarily be the most favourable one.”

Courses

Course	Classes	Prologue		Chase		Chase base time	Chase bibs
		Length	Climb	Length	Climb		
1	Men's Open	3.6km	145m	3.5km	170m	14.40	1-99
2	Women's Open	3.2km	140m	2.9km	175m	14.40	101-199
3	Men's 16-/40+/55+	3.2km	100m	2.9km	160m	14.00	201-320
4	Women's 16-/40+/55+	2.3km	95m	1.8km	100m	14.20	401-499
5	Piglets (orange)	1.5km	70m	no chase			

Race Format & 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, ie. first to finish the Chase wins.

Prologue start times will be published on [Fabian4](#). Start times on the Men's Open and Women's Open courses have been seeded by Elite Competitions Group and cannot be altered.

Prologue starts will be between 11.00 and 13.00. 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. For course 3 the start time will be 1400 plus your Prologue time, for course 4 it will be 14.20 plus your Prologue time, and for courses 1 and 2 it will be 14.40 plus your Prologue time. You are responsible for calculating your Chase start time. There will be a mass start at 15.30 for mispunchers or anyone whose Chase start time would be later than this.

Both Prologue and Chase will use a timed start. Call up will be at -3 minutes for the prologue. Please arrive for the start of the chase in plenty of time and line up in start order. Competitors are responsible for ensuring that they pick up the right map.

Race Numbers: Bibs bearing a race number must be worn by all competitors in the Chase; the number will be determined by the Prologue results. Please make sure you take the correct number. Bibs can be collected at the Chase start. Safety pins will be supplied.

Finish: The finish is located adjacent to assembly. It will be a punching finish. However, in the Chase, please cross the line (which will be marshalled) and then stay in finishing order until you punch.

Maps will be collected after the Prologue finish, and can be retrieved after the Chase finish.

Piglets: The Piglets course will be a single orange-standard course, and will operate from a separate punching start (open 11.00 to 13.00) near to the assembly area. Limited entry on the day will be available for this course at a flat rate of £5, including SI hire if required.

Shadowing will be allowed on this course, but please note that anyone who shadows or accompanies a junior on the Piglets course will be non-competitive for the Chasing Sprint.

Prizegiving: A prizegiving ceremony will take place as soon as possible after the end of the Chase. There are trophies and prizes for the winners of each of the Men's and Women's Open, 16-, 40+ and 55+ classes, and medals for the first three in each class.

Competitions: The Men's and Women's Open courses are part of the UK Cup and FCC 2011. Queries about these should be directed to the respective competition coordinators. As a Chasing Start event, the Chasing Sprint is not eligible for British Orienteering ranking points.

Results: Results will be displayed in the assembly area as soon as they are available, and will be available on the JOK website at <http://www.jok.org.uk/> after the event. Results will also be on display at the TVOC Southern Championships at Hambleden the next day.

Acknowledgements

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