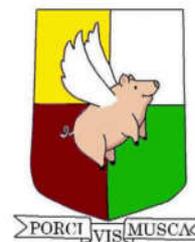


**Welcome to the JOK Chasing Sprint 2019**  
**Callendar Park, Falkirk**  
**Exciting TV friendly format**  
**The Adventure Show, BBC Scotland 7pm-9pm**



#### **KEY INFORMATION** (more detail further below)

- Competitors in the chase will be no more than 10 seconds apart
- Parking is NOT within Callendar Park
- Please respect the embargo areas however you are arriving to the event arena
- Race numbers to be worn by all competitors in the Chase races
- GPS trackers to be worn by leading competitors in the Chase races
- Please be prepared to be interviewed by the Adventure Show team if asked
- The start times for the leader in each Chase in these Final Details are PROVISIONAL. Start lists will be displayed after the Prologue, and please listen for any announcements of late changes on the day.
- Please make sure you read the map/terrain notes
- Kit: full leg cover is mandatory. Club tops or other easily distinguished tops for the Chase please (juniors please don't all wear similar ScotJOS tops as this will make life difficult for the commentators!)
- Please be aware that the event is being filmed with part of it as a live broadcast. Names of competitors may appear on screen.
- The 'start gate' for the Chase will close 10mins before the leader starts. Don't be late!
- Television coverage starts at 7pm; winners of the first Chase races will finish c7.05pm. The coverage ends at 8.58pm with the winners of the final Chase race due c8.49pm.
- Live results online during the event, at [http://rstrain.co.uk/results\\_19/jok](http://rstrain.co.uk/results_19/jok)
- Please bring your club feather flags to display in the arena!

#### **FORMAT**

The Chasing Sprint is made up of a Prologue and then a Chase, this year with a twist to make it even more exciting! Your position in the Prologue determines your start position for the Chase – but you are guaranteed some close racing as no gap between runners will be greater than 10seconds and in some cases the gap will be even smaller.

The exact rules for the Chase start list are listed in the relevant section below – but as ever, the first finisher across the line in the Chase is the winner.

#### **LOCATION**

The Event Arena is on the south lawn of Callendar House (please see travel/parking/embargo instructions below for how to reach the Arena).

The Event Arena contains the Start and the Finish, for both the Prologue and Chase races. You will also find Enquiries here, as well as toilet facilities and the coffee van. There is space for club feather flags, and space on the lawn for club tents (you will be asked to keep these away from blocking views of the run-in and of competitors approaching the run-in).

## TRAVEL

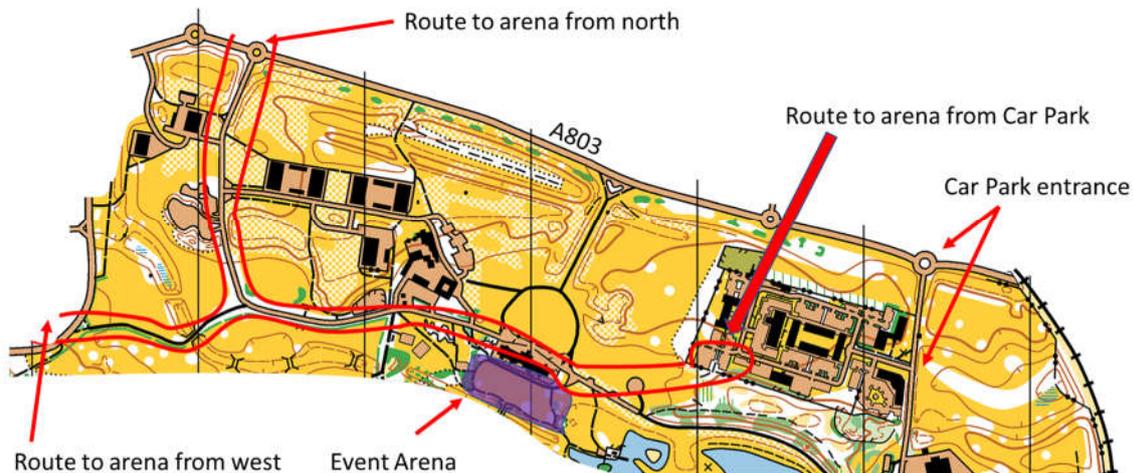
**If driving**, please do NOT park anywhere within Callendar Park including at Callendar House, the area is embargoed plus also the gates will be locked before the Chase is complete! This includes the high flats within the park as these are within the embargo (and in addition it was a condition of access that no competitors park in that area).

Please **park in Callendar Business Park**, via the entrance at postcode FK1 1XR and OS grid NS904794. There will be orienteering signs at the entrance and at the roundabout on the A803, by the NE corner of Callendar Park itself. Link to map for entrance to parking is <http://streetmap.co.uk/map.srf?X=290430&Y=679435&A=Y&Z=120>

Please self-park in one of the unused parking areas (we recommend the area to the SW as having suitable spaces and being the closest to the event arena).

To get to the event arena from the parking, please exit the business park in the SW corner and walk to Callendar House, the event HQ is on the south lawn (see map below).

**If travelling to the event via public transport or on foot/bike**, please approach either via the event parking in the north-east or via the routes from the north/west (all shown in the map below).



## TELEVISION COVERAGE & COMPETITOR INTERVIEWS

Please be prepared to be approached by the Adventure Show team for an interview before or after your race, and in particular the top 3 are likely to be interviewed shortly before the start of each race. In general please help us present the event well on television, for instance please wear your best shiniest club kit, and please bring your club feather flags and tents and your friends

## IMAGES AND SAFEGUARDING

Please be aware that the event is being filmed and covered on live television, and that competitor names may appear on screen including for display of start lists, results, or intermediate times.

We would ask that any competitor or spectator seeking to take images at the event makes sure they do so in line with the British Orienteering "O-Safe policy" which can be found at <https://www.britishorienteering.org.uk/safeguardingandsafety>

Please also be aware that the competition venue is open to the public who may also therefore choose to take images of the event.

If you have any cause for concern over any image taking activity you see during the event, please speak to the organiser.

## COURSES & CLASSES

In order to achieve the most exciting racing, some classes have been combined within a single race. Please note that there will still be trophies and prizes awarded for each class!

We will have the following races, numbered by the order in which the Chase will take place

Race 1	M55+ and M65+ combined
Race 2	W55+ and W65+ combined
Race 3	Men Junior
Race 4	Women Junior
Race 5	Women Open and W40+ combined
Race 6	Men Open and M40+ combined

### Prologue courses

Course	Which Race	Which classes	Distance	Climb
1	Race 6	Men Open/M40+	3.0km	120m
2	Race 5	Women Open/W40+	2.4km	75m
3	Race 1, Race 3	M55+/M65+, Men Junior	2.4km	95m
4	Race 2, Race 4	W55+/W65+, Women Junior	1.6km	45m

**Please note that Prologue courses close at 1750hrs**

### Chase courses

Course	Which Race	Which classes	Distance	Climb
1	Race 6	Men Open/M40+	3.7km	110m
2	Race 5	Women Open/W40+	2.8km	90m
3	Race 1, Race 3	M55+/M65+, Men Junior	3.0km	90m
4	Race 2, Race 4	W55+/W65+, Women Junior	2.4km	65m

**Please note that Chase course controls will be progressively collected from soon after 2100hrs.**

Winning times for the Chase are targeted at 20minutes, winning times for the Prologue are targeted at under 20minutes.

## START TIMES

### 1) Prologue start times

The Prologue is a normal interval start, with allocated start times.

Start times are between 1600 and 1720.

The start lists are published at <http://www.fabian4.co.uk/start/list.aspx?EventID=2382>

### 2) Chase start time rules

- i) your start time is determined by your POSITION from the Prologue
- ii) the leader from the Prologue starts first, at the following times (the later ones may vary by a few minutes on the day, please listen for any announcements of changes)

Start Time	Callup Time	What	Who
1845	1830	Race 1	M55+/M65+
1845	1830	Race 2	W55+/W65+
1918	1903	Race 3	Men Junior 18-
1928	1913	Race 4	Women Junior 18-
2002	1947	Race 5	Women Open/W40+
2029	2014	Race 6	Men Open/M40+

- iii) everyone else chases, starting in the order of their finish position from the Prologue
- iv) each runner's time gap to catch on the person in front is 10 seconds, except the gap is reduced to the actual time gap between those runners from the Prologue if that is below 10 seconds
- v) the overall winner is the first runner to cross the line in the Chase (assuming they have completed the course successfully!)
- vi) anyone who does not complete the Prologue successfully will be allocated a start time at the end of the start list for their race

Start times for the Chase for all Races will be displayed as soon after 1800 as possible.

## **START PROCEDURE**

### 1) Prologue

- Callup will be at -3minutes.
- It is allocated start times but competitors will be asked to punch a start unit.
- Loose descriptions will be available in the start lanes.
- Competitors late for their start should report to the start officials and will be started in the first available gap.

### 2) Chase

- Callup for all runners in each Race will be 15 minutes before the start of that Race.
- The 'start gate' will CLOSE at 10minutes before the start of the Race. Don't be late!
- All runners will wear a number on their front for the Chase
- Top 10 placed runners will also wear a number on their back
- Top 10 placed runners from the Prologue will be asked to carry GPS units (for all Races).
- Race numbers and GPS units will be available for collection at the start gate.
- Loose descriptions will be available in the start lanes.
- Competitors late for their start....don't be!

*Please note that unfortunately we are short of GPS vests so if you have kit with a small pocket (or other suitable solution) then this may save you from a GPS vest that someone has already worn!*

## **FINISH PROCEDURE**

The finish time will be recorded by a beam at the finish arch, no need to punch. There may be a unit to punch after the finish line but your time is recorded at the line.

Maps will be collected after the Prologue and after the Chase, these will be available for collection after the final start in the Chase, at c2040.

## **CONTROLS & PUNCHING SYSTEM**

The competition is using SI punching with units SIAC enabled for touch-free punching.

Controls will mostly be on yellow fibreglass canes but a few are on metal trestles.

Control codes are on the SI boxes.

## **MAP**

The competition will take place on a brand new map, surveyed in 2019 by Chris Smithard and drawn using ISOM.

The competition maps are printed at 1:5000, a double-sized blow up from the 1:10,000 survey.

The contour interval is 5m.

The map is printed on A4 waterproof paper for the Prologue and for the Chase.

The previous map of the area can be found at <https://routegadget.fvo.org.uk/rg2/index.php#6>

## MAP & TERRAIN NOTES

This is not an urban sprint, it is an area of mixed terrain including parkland and some urban features (the northern part) and Forestry Commission woodland (the southern part).

There is a strong path network, however all courses have sections at TD4 standard (and the optimal route requires a full range of orienteering skills). In places there will be controls in fairly close proximity to one another, so please check your codes!

You should wear full body cover and studded shoes. We prefer it if you wear kit that will look nice if you happen to feature on TV 😊

As above, the area comprises two very distinct parts. The prologue is in the southern part, the chase visits both sections.

The northern part is very fast parkland throughout. Although the whole map is forest standard, in this area we have made generous use of brown paving for paths, keeping black for walls and buildings. Yellow is grass, white is grass under tree canopy. Distinctive trees (green circles) in the parkland are massive, mature and impressive. Green dots are low bushes, distinctive but sometimes rather insignificant.

The Final courses cross some car parks, and the public access road to the Callendar House Car Park. The road will be marshalled but you are responsible for your own safety. The road is on a bus route, but buses should not be running during the event.

The southern section is open woodland with significant seasonal undergrowth in many places. It looks really horrible, but in fact it is only a bit horrible. Yellow on the map generally means ferns, which obscure the ground, but you can run through fairly easily. White forest is generally faster than the open. There are small areas of brambles.

Green Xs on the map are rootstocks or groups of rootstocks, so there is typically a fallen log nearby and a gap in the canopy with associated undergrowth. They aren't used as control sites, and are best avoided.

Distinctive trees (green circles) in the woodland are single yew trees. This means they have branches and foliage down to ground level. Green dots are small trees and bushes with low-level foliage. There are many impressive trees with large trunks and high canopies within the woodland: these are not mapped. Groups of yew trees within the woodland are marked using a distinct vegetation boundary.

Black circles on the map represent play equipment. Benches, bus shelters, phone boxes, TV cameras and bins are not mapped.

Please be careful of other users of the area and courteous towards them. As well as walkers/cyclists/dog walkers within the parkland and woodland, these users include the residents of the flats within the parkland area.

Please also be aware that there are TV cameras and cabling within the terrain, these have been positioned carefully to avoid interfering with the best routes for the courses but please take care.

## **WARM-UP AREA/MAP**

There will be a warmup map available for collection from Enquiries.

This map is at the same 1:5000 scale as the competition map, but is intended to show the extent of the allowable warmup area: *please be aware that it is a base map only and has not been surveyed on the ground!*

The warmup map/area is the same for both Prologue and Chase – only one per competitor please.

## **ENQUIRIES**

There will be an enquiries tent in the event arena. Please visit this for

- Picking up hired SI cards
- Leaving car keys if desired
- Leaving details of any medical conditions you wish to declare
- Picking up warmup maps

There is no entry on the day.

If you require First Aid assistance then please also come to Enquiries. The nearest A&E hospital is Forth Valley Royal Hospital, Larbert, FK5 4WR.

Any complaints should be raised with the organiser in the first instance. If that does not resolve the problem then you may choose to protest formally – please note that any formal protest should be lodged at enquiries no later than 6pm (Prologue) or 9pm (Chase).

If for any reason you decide not to run the Chase, please tell us at Enquiries.

## **CATERING**

We are grateful that The Coffee Van will be on site until around 7pm, offering drinks and snacks (and if the weather is kind then also ice cream).

In addition, for anyone arriving early for the Prologue, Callendar House itself has a tearoom which is open daily until 4.30pm, with last orders at 4pm.

## **PRIZEGIVING**

The prizegiving will be held in the Event Arena close to the finish run-in

2045hrs Men Junior; Women Junior; M55+; W55+; W55+; W65+

2100hrs Men Open; Women Open; M40+; W40+

The 'flying pig' Chasing Sprint trophies are awarded for the following age classes

- M/W16- (this will be awarded to the top 16- in the junior races)
- M/W40+
- M/W55+
- M/W65+
- M/W Open

There will also be prizes for the top 3 places in following

- M/W Junior 18-
- M/W Junior 12- (top 12- finishers within the junior races)
- M/W 40+
- M/W 55+
- M/W 65+
- M/W Open

The decorations for the podium and 'laurels' for the winners have been kindly provided by Torwood Garden Centre.

## **TOILETS**

There will be portable toilets sited at the north east corner of the event arena.

## **TELEVISION COVERAGE**

The event is being covered live by The Adventure Show on BBC Scotland between 7pm and 9pm, and available to watch in Scotland via the usual platforms.

The programme will be available to watch via BBC iPlayer shortly after broadcast.

We would like to thank all competitors and supporters/spectators for coming and (we hope) giving us some exciting racing for the programme. Please do encourage your friends to watch the programme and please enjoy watching it yourself when you get the chance.

The presenters and commentators will be in the event arena, so please watch out for them and please also be careful of the various cameras/cables.

A number of you will be approached for interview so we hope you will feel able to help. Some of these interviews will be shortly before the start of the Chase races, in particular if you are highly placed in your race then please be prepared to talk to the camera not long before you start!

There will also be cameras (and cables) in both the parkland and woodland sections of the Chase courses. These have been positioned carefully to avoid interfering with the best routes for the courses but please take care.

Please also be aware that this is a live broadcast – no swearing on camera please!

## **RESULTS**

Live results will be online during the event, at [http://rstrain.co.uk/results\\_19/jok](http://rstrain.co.uk/results_19/jok)

There will be display screens in the Arena also showing the results.

Full results will be posted after the competition, at [https://www.jok.org.uk/chasing\\_sprint/2019](https://www.jok.org.uk/chasing_sprint/2019)

The GPS tracking is not publically available during the races (for obvious reasons) but will be available for replay at the JOK website.

British Orienteering ranking points will be awarded for the Prologue but not for the Chase.

## **EVENT OFFICIALS & ACKNOWLEDGEMENTS**

Organiser: Jon Cross (JOK)

Planner: Graeme Ackland (JOK)

Controller: Fraser Purves (FVO)

The event officials and JOK would like to thank many people but in particular we should mention Forth Valley Orienteers for allowing us to use Callendar Park for this race including the first use of their new map, Falkirk Community Trust and the Forestry Commission for permission/access and for their help with staging the event, Dirty Events for all their assistance, Torwood Garden Centre for their help with the prizegiving, the Eades family for all sorts of things, Chris Smithard for bringing some of the mapping work forward earlier than planned. Thank you all!

