

JOK Chasing Sprint

Whippendell Wood – 21st February 2009

Summary

- SI punching system
- Toilets at Event Centre / Chase Finish, 250 metres from Car Park.
- Prologue Start 600m from car part, route taped.
- Chase Start same location as Prologue Finish 500 metres from car park, route taped
- Control Descriptions in the start lanes.
- Base times for chase: 14:00 veterans and juniors, 14:30 Open classes.
- Finish / Event Centre area should offer excellent spectating for the Chase
- Wilf's and Ultasport are attending..

Venue: Whippendell Wood near Watford. Event Centre at Lees Wood Scout Camp (TQ 072 986).

Travel: From the M25 take the A41 south from junction 20. After 1 mile at the first set of traffic lights, turn right onto Langleybury Lane (the event will be signed from these lights). Follow Langleybury lane for 1.5 miles (2 km), the road will then turn right and become Fir Tree Hill (avoid taking Grove Mill Lane straight on). Lees Wood Scout camp is a further ½ mile, turn left into the main entrance.

The nearest tube station is at Watford, 3 miles from Lees Wood Scout Camp, nearest train station is King's Langley also 3 miles from Lees Wood Scout Camp.

Parking: Car parking is on a field inside Lees Wood Scout Camp. The field is not that large and cars will have to be parked tightly, please follow the instructions of the car parking team. If the entry is large we may "treble up" some parking, to ensure that we can fit a sufficient number of cars on the field. Hopefully, with the narrow range of finish times this will not cause too much inconvenience. The route to the start / event centre and finish will be taped from the South East corner of the field.

Larger vehicles (minibuses and camper vans) will be parked in a separate car park further along the track. The event centre and route to the start can be reached by carrying along the track, following signs left before the first set of scout huts (Please do not stray into these huts, in use by a scouting group).

Overflow parking if needed will be in this second car park and along the track.

Event Centre This will be the "Beeches" Scout Hut around 250m from the car park field and taped from its south east corner. Inside the Scout Hut will be enquiries and SI, though download will be through a window. Please do not enter the hut in dobb spikes. The toilets are part of this complex, dobb spikes are allowed in the ones directly accessed outside (i.e. not through the hall).

There is a field outside the hut and this will serve as the chase finish arena and will contain Wilf's and Ultrasport.

Terrain: Whippendell Wood is a hilly, runnable, deciduous woodland with pockets of intricate detail, requiring precise, tight orienteering. The area is used extensively by mountain bikers, and you may come across small unmapped paths.

Map: 1:10000, 5m contours. Updated December 2008. Maps are A4 and printed on waterproof paper. Maps will be collected after the prologue and returned after the chase.

Control Descriptions: Control descriptions will be printed on the map. Loose descriptions will be in the start lanes at -2 minutes for both Prologue and Chase.

Courses:

Course	Prologue			Chase		
	Distance	Climb	Controls	Distance	Climb	Controls
Men's Open	3.9	125	13	4.1	90	16
Women's Open	3.3	90	11	3.7	80	16
Men 40+/16-	3.5	95	12	3.8	85	14
Women 40+/16-	2.6	60	11	2.5	50	12

Winning times for all courses: 40-45 minutes for Prologue and Chase combined.

SI: SportIdent will be used for all courses. Hired SI cards (dibbers) are available from Enquiries from 10:30. (A charge of £23 will be made for any dibber that is not returned.)

Starts: The prologue start is 300m from the parking field. The route will be taped and signed from the taped route to the event centre. Call-up will be at -3 minutes for the prologue. There will not be a clothing transfer, but clothes may be left at event centre. The Prologue will be a timed start. Starts run from 11:00 to 13:00. Do not arrive late; start officials cannot change your start time. A start list will be available at www.jok.org.uk.

When downloading after the Prologue you will be given a copy of your split times. Your start time for the Chase is calculated by adding the time taken for the Prologue to the base time. The base times are 14:00 for courses 3 and 4 (M/W 40+/16-) and 14:30 for courses 1 and 2 (M/W Open). Please calculate your own Chase start time (start lists will also be displayed in pre-start and at the event centre as soon as available). Anyone who failed to complete the

prologue or whose Chase start time is after 15:30 will be started at 15:35 in a mini-mass start.

Chase Start The Chase start is in the same location as the prologue finish. The route will be taped from the event centre, please keep to the verge on the short road section. Call up will be at -5 minutes. Competitors will be called up in one-minute blocks and lined up in start order. Please help the start officials by sorting yourselves into order. The Chase will be a timed start.

Highly placed runners in each class will be required to wear a bib. The numbers for each class are given in the table below. The Bibs will be available at the start and should be returned at the finish. They should give the event a retro feel, quite appropriate for Whippendell Wood.

Class	Position	Bib Numbers
Men's Open	1-15	1-15
Women's Open	1-15	21-35
Men's Veteran	1-15	41-55
Women's Veteran	1-15	61-75
Men's Junior	1-10	81-90
Women's Junior	1-10	91-100

Finish: The prologue finish will be 250 metres from the event centre, please follow the tapes back to download, keeping to the verge on short road section. The chase finish is adjacent to the Scout Hut serving as the Event Centre. Download will be run from the Scout Hut. You must report to download at the end of each of your courses, even if you do not complete your course. Hired dibbers will be collected after the chase.

Spectating: Spectators in the finish area are encouraged and we intend to have commentary. The base times have been staggered in order to maximise the opportunities for spectating, after your chase run.

Prizegiving: Prizegiving will take place in the finish area at 16:00. The Flying-Pig Trophies will be awarded to the winners of all classes and there will also be prizes for the first three on each course. Please will all current trophy holders return their trophies to Enquiries.

Results: Full results will be available on www.jok.org.uk as soon as possible after the event.

Course Closing: Prologue courses close at 14:30. Chase courses close at 16:30.

Drinks: There will be a supply of water and squash at the event centre / finish.

First Aid: A qualified First Aider will be available close to the Finish. In the event of more serious injury, please contact the First Aider to arrange for emergency assistance. The local hospital is Watford General Hospital, 60 Vicarage Road, Watford, WD18 0HB.

This is 3 miles (10 minutes drive) away and has a 24 hour Accident and Emergency department. Maps to the hospital will be with enquiries in the Scout Hut. Watford FC are away at Blackpool , so will not affect the traffic.

Dogs: Are not allowed at Lees Wood Scout Camp, so cannot be brought to the event.

Officials: *Organiser:* Jacob Sharpe (Jacob.Sharpe@btinternet.com) 01223 461855)
Planner: Oliver O'Brien
Controller: Simon Errington (HH)

Thanks to: Lees Wood Scout Camp, Watford Borough Council, Happy Herts OC and WAOC.

Website: See www.jok.org.uk for any late changes.

Cancellation: JOK reserve the right to cancel or postpone the event at short notice in extreme weather conditions. In the unlikely event of cancellation/postponement, information will be posted on the JOK website. JOK reserve the right to retain all or part of the entry fee to cover costs already incurred.

COMPETITORS ARE REMINDED THAT THEY TAKE PART IN THIS EVENT AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY.