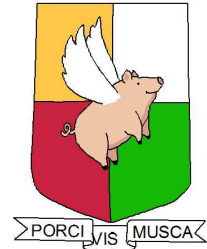


The 19th JOK Chasing Sprint Saturday 12th October 2013 Newborough Forest, Anglesey

Final Details

Key Information

£3 FC parking fee at barrier – please have correct change ready
Prologue start is 600m from parking, chase start adjacent to parking
Take care crossing roads – read the safety information below
Current trophy holders - please remember to bring your trophies along!

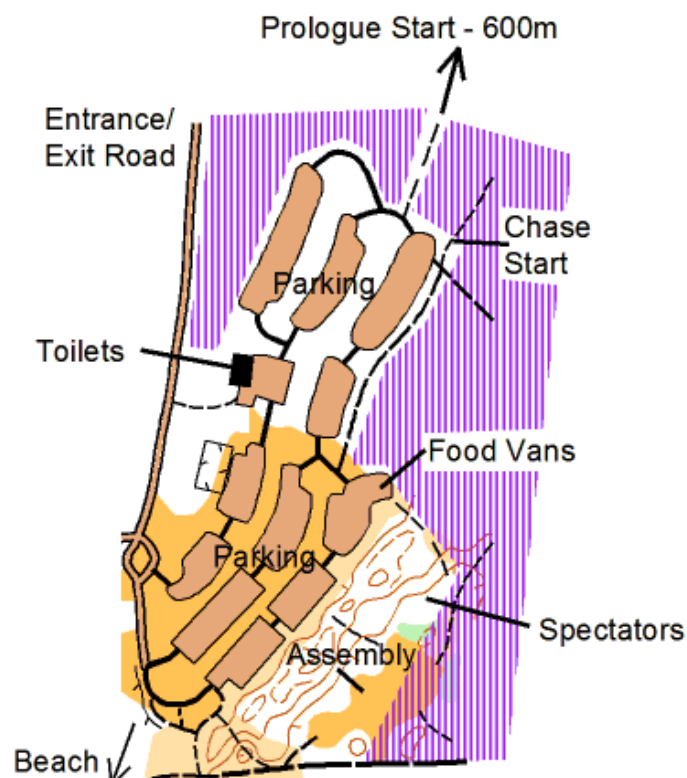


Entries: Online Entries are now closed. A limited number of maps on the Chasing Sprint courses are available, subject to reservation with the organiser in advance. Yellow/orange courses will have limited entry on the day at a flat rate of £5.

Parking: Parking will be in the Forestry Commission 'Beach' Car Park in Newborough Forest. This will be signed from the crossroads at the centre of Newborough village, Grid Ref SH424656, Postcode for Sat Navs: LL61 6TS. Turn SW at the crossroads along Church St. and follow along to the FC toll barrier at SH415649 - charge £3, coins only, no change given. Please have correct change ready (ideally 3 x £1 coins) to ease queues.

Note - Newborough can be very popular in good weather, and queues can form at the toll barrier. You may wish to leave extra time for your journey.

Assembly: The assembly area will be located just SE of the southern end of the main car park. Enquiries will be open from 11.15am. The map below shows the assembly layout and locations of facilities and starts. The finish is within assembly.



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: The splendid FC toilet block is located on the west side of the main car park.

Refreshments & Traders: Two food vans (ice cream and burgers/refreshments) are expected to be present in the car park until 17.00 on the day of the event, but this is not guaranteed. Water will not be provided - please ensure that you bring adequate supplies with you.

Out-of-bounds Areas: All of Newborough Forest, aside from the car park/assembly area, and the taped route to the prologue start, are out-of-bounds to competitors while not racing.

Spectators: A spectator control is present on Chasing Sprint courses 1 to 3 on the Chase - spectators must stay behind the tape.

Hired SI cards: Collection at enquiries/the assembly area. Lost SI cards will be charged at £40.

Safety: The main access road to the beach car park is crossed on the route to the prologue start, by the prologue and orange courses, and by the Chase on course 1. Traffic should be moving slowly as it has vicious speed-humps and a 15 mph speed limit, but please take extreme care when crossing.

You are advised to carry a whistle. Newborough is popular with dog-owners and general members of the public. You may also encounter mountain bikers and horse riders. Please show appropriate respect and care.

Terrain & Map: The event will use the eastern part of Newborough Forest, an area of forested and open sand dunes of varying runnability. The map is to ISOM2000 standards, at 1:5000 with 2.5m contours. Selective updates have been made for the Chasing Sprint in September 2013.

Clothing: This is a forest race. Full leg cover is required.

Race Format & Start Times: The main competition consists of two phases: Prologue and Chase. The results from the Prologue 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 are determined by adding the finishing times from the two phases, i.e. first to finish the Chase wins. There will be a line judge at the finish of the Chase, with the finish unit a little way further on. Please stay in order, as determined by the line judge, until you punch. Anyone attempting to queue-jump before the finish punch risks disqualification.

Prologue start times will be published on Fabian4 and on the JOK website, and are between 12.00 and 13.30. Prologue courses close 14.30. Your Chase start time will be the **base time of your course** (see below) **plus your time from the Prologue**. Please therefore go to download as soon as you have finished the Prologue.

Chase base times are:

14.30	for M40+, M55+ and M16-
14.50	for W40+, W55+ and W16-
15.10	for Open classes

You are responsible for calculating your Chase start time. There will be a mass start at 16.00 for mispunchers and those with a Chase start time later than this. Chase courses close 17.30.

The prologue start is a flat 600m walk from the north of the car park. Call up will be at -3 minutes for the prologue, which will have a punching start. The chase start is adjacent to the car park at the

northern end, and is a timed start. 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.

Control descriptions: Written for yellow and orange. Pictorial for other courses.

Loose descriptions for yellow, orange and all prologue courses will be available in the start lanes.

Course Details:

Course	Classes	Prologue			Chase		
		Distance	Climb	Controls	Distance	Climb	Controls
1	Open	3.0 km	150 m	23	3.6 km	150 m	26
2	W Open, M16-, M40+	2.8 km	140 m	22	3.3 km	150 m	25
3	W16-, W40+, M55+	2.5 km	95 m	19	2.8 km	120 m	24
4	W55+	2.2 km	70 m	15	2.6 km	100 m	22
	Orange	2.3 km	50 m	13	Available only during prologue		
	Yellow	Available only during chase			2.0 km	35 m	11
Course Closing Times:		14.30			17.30		

Please note that **all** chasing sprint courses, including M16- and W16-, are planned at TD5.

Chase Courses: Some of the chase courses may be gaffled. Some of the maps for the chase are double-sided. If you pick up the map and your first control is not number 1, turn over. If you get to what looks like the final control but you can't see where the finish is, turn over.

Yellow and Orange Courses: The orange course is available only during the prologue, and the yellow course only during the chase. Both courses will have a punching start. Parents can shadow their children, but are reminded this will make them non-competitive for the Chasing Sprint.

Finish: The finish is located within assembly. The Prologue has a punching finish. In the Chase, cross the line (which will be marshalled) and then stay in finishing order until you punch. Please proceed to download immediately after finishing.

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

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.

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.

Event Officials

Organiser: Ian Webb (JOK & SLOW) secretary@jok.org.uk

Planner: Roger Thetford (JOK & TVOC); Assistant Planner: Helen Hanstock (JOK & ERYRI)

Controller: John Kewley (MDOC)

Acknowledgements

Forestry Commission Wales, NRW and Eryri Orienteers for use of Newborough Forest

South London Orienteers, Deeside OC and Manchester & District OC for loan of equipment

Competitors are reminded that they participate in this event at their own risk.