



**HERTFORDSHIRE
ORIENTEERING CLUB**



SEOA SPRINT and MIDDLE DISTANCE CHAMPIONSHIPS

Level C Two Day Event at

**Oaklands College, St Albans Saturday 26 April 2014
Mardley Heath, Sunday 27 April 2014**

Final Instructions

On Line entries close at midnight Thursday 23 April 2014.
See www.happyherts.org.uk for availability of Entry on the Day.

If you have already pre-entered either, or both of these events, thank you and welcome to the South East Orienteering Association Sprint and Middle Distance Championship Weekend.
We hope you enjoy our events.

SEOA SPRINT CHAMPIONSHIPS - Saturday 26 April 2014

Important Information:

- Access to the college is from the Hatfield Road (A1057) at Grid Ref TL179072, just west of the junction with Colney Heath Lane. We will not be putting up any road signs.
- Morning starts 11h00 to 12h00. Afternoon starts 13h30 to 14h30.
- Total time over two races decides overall results.
- Map scale 1:3,000, 2.5m contours.
- Shorts are allowed. Runners on courses 1, 2 and 3 visit an area of woodland in the morning race and may want to consider long bottoms.

Travel:

Access to the college is from the Hatfield Road (A1057) at Grid Ref TL179072, just west of the junction with Colney Heath Lane. We will not be putting up any road signs. Please check and familiarise yourself with the location using postcode AL4 0JA, before setting off, or use a reliable SatNav system.

Public Transport:

Oaklands College is well served with frequent bus services from St Albans and Hatfield stations. Routes 300, 301, 304, 602, 657 and 724 will take you from and to St Albans station in approximately 20 minutes. Routes 300, 301 and 724 will take you from and to Hatfield station in approximately 30 minutes. Get off at the Oaklands College stop!

There is also an excellent cycle route (National Cycle Route 61) between St Albans and Hatfield, which passes a short distance south of Oaklands College.

Event Centre:

The event centre is in the Sports Hall, Oaklands College, St Albans Campus, Hatfield Road, St Albans. Postcode [AL4 0JA](#), OS Grid Ref TL183078. Enquiries, Registration, Download, Squash, First Aid and Toilets will be available at the Event Centre.

Parking is free. Other events will be taking place on site at the same time. Please park as directed by our parking marshals.

Enquiries, Registration, Toilets and Download will be located inside the Sports Hall. Our full First Aid kit will be available at Enquiries. You are welcome to use this for self treatment of minor injuries. Several HH members are qualified First Aiders and will be called by Enquiries if required.

Explorer Scouts from St Albans will be selling tea, coffee and cakes to raise funds for their forthcoming trip to Namibia. Please support them.

Enquiries and Registration:

Enquiries will be located inside the Sports Hall. If you have requested to hire a dibber, please collect this from Enquiries. A key box will be provided at Enquiries. If you have travelled alone, without a car, you may wish to leave something essential for your return journey at Enquiries. At present, Entry on the Day is still available, but please check www.happyherts.org.uk on Friday 25 April to check final availability.

Registration will be located inside the Sports Hall. You only need visit registration if you want to change your entry, or hire a dibber, but did not pre-book it. Registration will be open from 10h00. Pre-entered competitors with their own dibbers may go directly to the Start.

Registration for Entry on the Day will only be open from 10h00 until 11h30. Registration for pre-entered competitors will be open until 14h30.

First Aid:

Our full First Aid kit will be available at Enquiries. You are welcome to use this for self treatment of minor injuries. Several HH members are qualified First Aiders and will be called by Enquiries if required.

Dogs:

Dogs are NOT permitted anywhere in the Campus grounds.

Starts:

Both starts are adjacent to the Event Centre. Call Up will be at -3 minutes. A punching start system will be in operation with pre-allocated start times.

EOD and late arrivals will be started when a start time is available.

Heat 1 (Starts 11h00 to 12h00):

Start Times for Heat 1 will be published on Fabian4 on Friday 25 April 2014. Start lists will also be on display at the Event Centre.

Please contact Registration after your first run if you need to arrange a split start for the afternoon.

Heat 2 (Starts provisionally 13h30 to 14h30):

We may need to put back the first start if there are delays in generating the start list, but the first start will be no later than 14h00.

Starts for Heat 2 will be allocated at one minute intervals in reverse finishing order from Heat 1. (i.e. Slowest first). Start lists will be available as soon as possible after 13:00 at the Event Centre.

Finish and Download:

The same finish will be used for both Heats. It is adjacent to the Event Centre. Water and Squash will be available near the finish.

Download will be located in the Event Centre. You must download, even if you decide to retire. Provisional results will be displayed from time to time during the event. Full results will appear on Happy Herts web site as soon as possible after the event.

Courses:

Morning:

Course	Age Classes	Length (km)	Controls
1A	M14-M16, M18-M40	2.6	25
2A	M45-M55	2.5	24
3A	W14-W16, W18-W40, W45-W55	2.2	21
4A	M60-M65, M70+, W60-W65, W70+	1.7	17
5A	M10- M12, W10-W12	1.3	16

Courses close at 13h00

Afternoon:

Course	Age Classes	Length (km)	Controls
1B	M14-M16, M18-M40	2.7	23
2B	M45-M55	2.6	25
3B	W14-W16, W18-W40, W45-W55	2.3	21
4B	M60-M65, M70+, W60-W65, W70+	1.7	17
5B	M10- M12, W10-W12	1.4	17

Courses close at 16h00

Map and terrain:

New map produced by Simon Errington in Spring 2014. 1:3,000, 2.5m contours. Drawn to the IOF Sprint Map Specification (ISSOM). Courses will be pre-marked on A4 waterproof paper. Control descriptions are printed on the maps. Loose control descriptions will be available in the start lanes.

The terrain consists of three distinct areas, all of which are essentially flat:

- The main college campus consists of an old manor house and formal gardens with a number of newer buildings. This area is visited by all courses in the morning and afternoon. Underfoot conditions are mainly hard surface, with some lawns.
- Home Wood is a small area of mainly runnable woodland with scattered rhododendron and bramble. Long bottoms would be advisable although shorts will be allowed. This area is visited by courses 1, 2 and 3 in the morning only.
- The eastern part of the area consists of runnable rough open land and a golf course around the new all-weather hockey pitches. This area is visited by all courses in the afternoon only.

Roads, Fences, Walls and Out of bounds:

All courses remain within Oaklands College Campus, but do cross some internal roadways. Traffic should be slow and light, but please take care crossing. Marshals located at crossing points will assist as required, but it is your responsibility to cross only when it is safe to do so. There is no time-out.

Fences and walls mapped with thick black lines must not be crossed. Areas marked in olive green or with a purple overprint are out of bounds and must not be entered. Two areas near the morning start will be taped to make them obvious. Please do not cross the tapes.

Other Events are Taking Place on Site:

Oaklands College has a busy schedule of events taking place in various locations around the Campus. Whilst every effort has been made to avoid obvious clashes, please be courteous and respect other peoples' right to enjoy their own activity as much as we hope you enjoy yours. This is the first time we have used Oaklands College Campus for Orienteering and hope to be able to return at some time in the future.

Prize Giving:

A Prize Giving Ceremony will take place as soon as the leaders have been confirmed at around 15h30. Medals will be awarded to the first three SEOA competitors in each of the twelve age classes shown in the Course Information above, based on total time for the two races.

Officials:

Organiser Helen Errington
Planner Simon Errington
Controller Jim Prowting (TVOC)

Conditions of Entry:

Competitors take part in these races at their own risk. Entries and results will be processed by computer. Your entry is considered as your agreement to this.

Roger Moulding
sprint-organiser@happyherts.org.uk

SEOA MIDDLE DISTANCE CHAMPIONSHIPS - Sunday 27 April 2014

Important Information

- For traffic management reasons, please approach the Middle Distance event via the Great North Road (B197) and Canonsfield Road. Departure should be via Heath Road, which leads you back to the B197 a little further north.
- Parking space at the Middle Distance event is severely restricted. Please arrange car sharing, even if this means meeting up nearby to join your colleagues. People arriving on their own will be directed to park at the extremities of our planned parking areas. Marshals will direct you to a parking space. Please do not park in spaces intentionally left to provide passing points for two way traffic.
- Red/White O signage will only be provided at the junction of Canonsfield Road and the Great North Road.

Event Centre:

The Event Centre will be located in the Scout and Guide HQ on Canonsfield Road, Oaklands, Welwyn AL6 0QA, OS Grid Ref TL242179.

Enquiries, Registration, Squash, Toilets, Download and First Aid will be available at the Event Centre.

Please do not wear steel spiked shoes inside the building.

Due to space limitations, there will be no Traders on site.

Parking:

Parking will be free, but in a very restricted area on the public highway. Our Marshals will endeavour to find you a parking space near the Event Centre, but priority will be given to people arriving with more than one person in their vehicle. Please car share, even if this means meeting nearby for the final journey to the Event Centre. Small free public car parks are available in Hatfield, Welwyn Village and Knebworth. Large public car parks are available in Welwyn Garden City and Stevenage, but a Sunday charge is applicable. Please do not park in residential roads near Mardley Heath, or in the Public Car Park on Heath Road.

We have purposely spread start times as much as possible to minimise parking congestion. If you arrive more than 30 minutes before your earliest allocated start time, you may be asked to go away and come back later.

Public Transport:

The nearest stations served by 'real' trains on Sunday 27 April are Welwyn Garden City and Stevenage. A replacement bus service operates to intermediate stations, but this will only take you to the stations and will not drop you off anywhere else.

Bus route 301 provides a service between Hemel Hempstead and Stevenage, via St Albans, Hatfield, Welwyn Garden City and Oaklands shops, which is approximately 700 metres from the Event Centre. This service operates at hourly intervals on Sundays.

Enquiries:

Enquiries will be located at the Event Centre, inside the Scout and Guide HQ. If you have requested to hire a dibber, please collect this from Enquiries. A key box will be provided at Enquiries. If you have travelled alone, without a car, you may wish to leave something essential for your return journey at Enquiries.

First Aid:

Our full First Aid kit will be available at Enquiries. You are welcome to use this for self treatment of minor injuries. Several HH members are qualified First Aiders and will be called by Enquiries if required.

Dogs:

Dogs are permitted everywhere, except inside the Scout and Guide HQ itself, but must be kept under control at all times. Please clean up after your dog if necessary.

Registration:

At present, Entry on the Day is still available, but check www.happyherts.org.uk on Friday 25 April to check final availability. Registration will only be open for EOD (if available) from 09h45 until 11h15. Registration will be open for pre-entered competitors, until 12h45.

Registration will be located at the Event Centre, inside the Scout and Guide HQ. You only need visit registration if you want to change your entry, or hire a dibber, but have not pre-booked it. Pre-entered competitors with their own dibbers may go directly to the Start.

Start (10h00 to 13h00):

There is one start for all courses approximately 300m from the Event Centre. A clothing dump will not be provided.

A punching start system will be in operation with allocated start times. Call up is at -3 minutes. EOD and late arrivals should consult the late start marshal, who will allocate a suitable starting time.

Start times will be available on Fabian4 <http://www.fabian4.co.uk/> on Saturday 26 April and will also be on display at the Sprint event at Oaklands College.

Courses:

Courses details are as follows:

Course	Championship Classes	Length (km)	Controls
Black	M18, M20 to M40	6.0	30
Brown	M16, M45 to M50, W18, W20 to W40	4.8	25
Blue	M55 to M60, W45 to W50	4.1	23
Green	M65+, W16	3.5	22
Short Green	W55 to W60, W65+	3.0	18
Light Green	M14, W14	2.6	17
Orange	M12, W12	2.2	11
Yellow	M10, W10	2.1	13
White	none	1.4	8

All courses except White cross a minor road twice. Local traffic is very light, but the road will be used by competitors leaving the event, so please take care. At each crossing there is a control on the approach side and a marshal. The marshal will assist as required, but it is your responsibility to cross only when it is safe to do so. There is no time-out.

Mardley Heath is a Local Nature Reserve. Most of the area is naturally regenerated woodland on old gravel workings. This has led to exceptionally complex contour detail which is represented by

5m contours, supplemented by extensive use of form lines. For clarity, the smallest knolls are not marked. The most significant paths are marked, but many small paths and mountain bike tracks are not. Most of the area is highly runnable. Areas of brambles are marked with an undergrowth screen where they may significantly impede progress.

Most courses pass close to the tops of some very steep gravel 'cliffs'. These are shown on the map using the conventional thick black symbol. The worst ones are guarded by low fences. It is often possible to scale these 'cliffs', but the less nimble would be well advised to avoid them.

There is a taped route between 2 controls on the Yellow course

Control density is high in some areas, so do check control codes before punching. Note that Rule 22 allows controls to be 15 metres apart on a 1:5000 map (30 metres for controls on similar features).

Courses close at 14h30

Maps:

All maps are printed on A4 waterproof paper. Control descriptions are printed on the front face of the maps. Loose control descriptions, also on waterproof paper, will be available in the start lanes.

Black, Brown and Blue courses have 2 maps back to back. All others use a single map.

Map scale 1:5000 with 5 metre contours

Finish:

The finish is located approximately 150 metres from the Event Centre. Water and Squash will be available near the Event Centre.

Download:

Download will be located in the Event Centre. You must download, even if you decide to retire. Provisional results will be displayed from time to time during the event. Full results will appear on Happy Herts web site as soon as possible after the event.

Prize Giving:

A Prize Giving Ceremony will take place as soon as the leaders have been confirmed at around 14h30. Medals will be awarded to the first three SEOA competitors in each of the age classes shown in the Course Information above.

If you finish early and wish to attend the Prize Giving, please vacate your parking place and return shortly before 14h30. If you wish to use this time for lunch, there are several pubs nearby, offering excellent food and drink.

Officials:

Organiser Roger Moulding
Planner Hedley Calderbank
Controller Bruce Marshall (WAOC)

Conditions of Entry:

Competitors take part in this race at their own risk. Entries and results will be processed by computer. Your entry is considered as your agreement to this.

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