



## British Sprint and Middle Distance Championships

Sat 9<sup>th</sup> and Sun 10<sup>th</sup> April 2011

### Essential Information

**Sprint Champs:** parking at University of Sussex, approach from A27 at TQ351089  
Assembly area close (300m) to parking. Heats 11-12:30 – starts 1.5km from Assembly  
Finals 2-3pm (Elite), 3-4:30pm (Rest) starts close to Assembly  
Bar, catering, toilets, showers and changing rooms available.  
Shorts OK, rubber studded shoes recommended  
Prize giving by 5pm (hopefully)

**Middle Champs:** parking at Tulleys farm TQ324359, leave M23 at J10a, £2 per vehicle  
Assembly area 800m from parking.  
Elite starts in Assembly area, other starts 700m from Assembly  
Toilets, traders and catering at Assembly  
Prize giving by 2:30pm (hopefully)



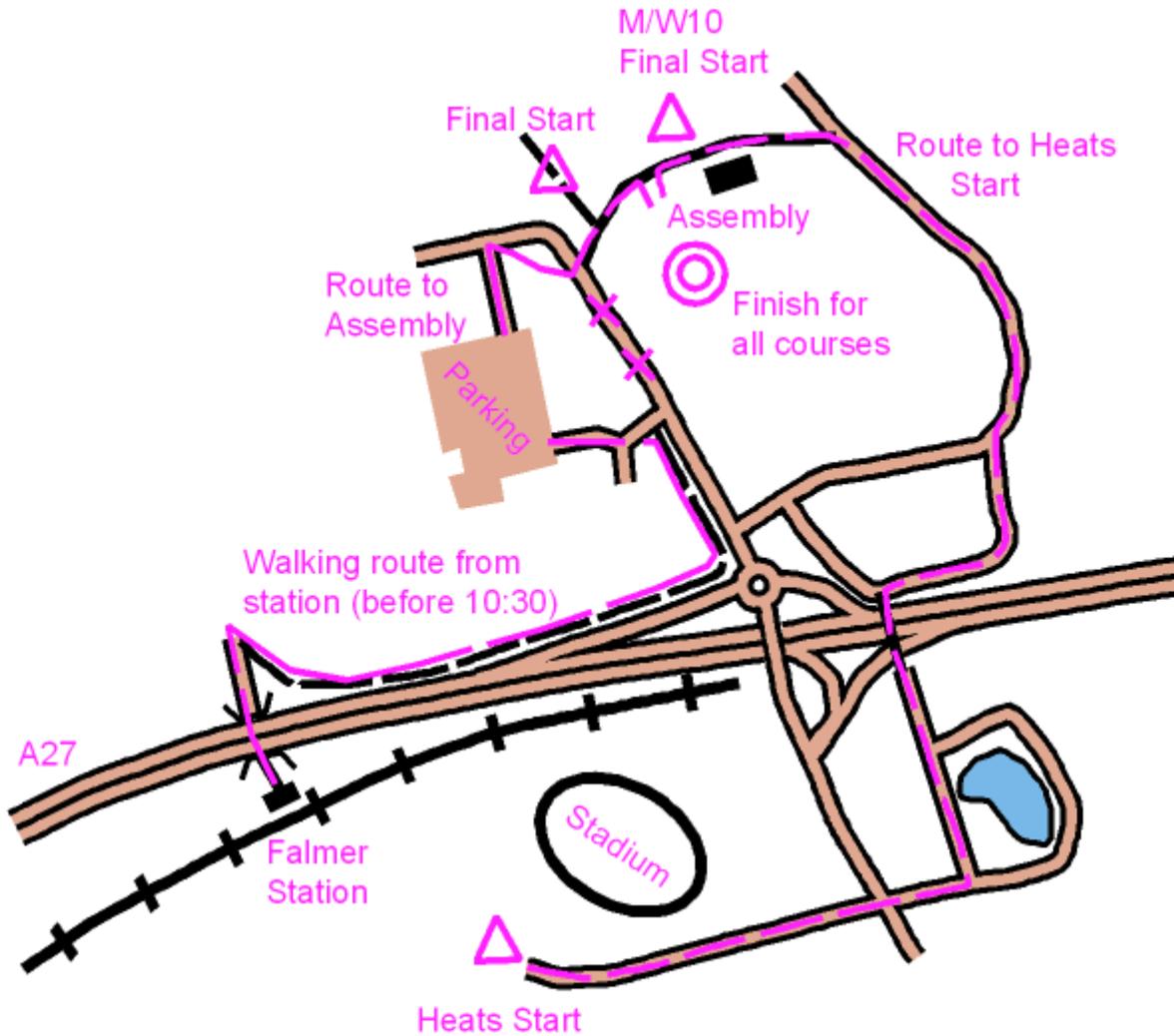
**ADVENTURE  
BEGINS  
TODAY**

## British Sprint Championships - Sussex and Brighton Universities

### Directions:

The main event centre will be at the Falmer Sports Complex of the University of Sussex, with parking 3-400m away in Car Park 1. The car park should be approached from the A27 leaving at the Falmer/Rottingdean junction at TQ351089, there is no parking fee (ignore the ticket machines). Falmer train station is about 1km from assembly, however the station and surrounding roads are in the competition area and therefore we ask that people arriving by train do so by 10:30am and follow the route shown below to the assembly area via the car park. Note that this route will not be signed for risk of confusing competitors during the heats.

### Location map:



### The competition:

The sprint championships this year will consist of qualifying heats and finals for all age classes. Competitors from each age class will be split between three parallel heats (except M/W10 which have a single course). Make sure that you check the start list carefully to find out in which of the parallel heats you will be running – eg a W50 could be on course H3A, H3B or H3C. The top X runners from each heat will then qualify for the A final in the afternoon. Based on the entry numbers at the final closing date the following numbers from each age class will qualify from their heat to the A final – eg there will be 15 runners in the M65 A final.

M10	M12	M14	M16	MElite	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
6	2	5	6	6	3	5	6	6	6	6	5	3	2	2
W10	W12	W14	W16	WElite	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
6	2	2	5	6	2	2	5	5	5	4	2	2	2	2

Those that do not qualify for their respective A final will run in a B final (or possibly a C final in the case of the MElite class). We will post the start times for the finals as soon as possible after the heats have finished. As with the heats you will need to carefully check not only your start time but also the course that you will be running.

Heat Courses	Classes	Length	Climb
H1A/H1B/H1C	MElite M16 M35 M40	2.6km	80m
H2A/H2B/H2C	WElite W16 W35 M45 M50	2.3km	80m
H3A/H3B/H3C	M14 M55 M60 W40 W45 W50	2.0km	75m
H4A/H4B/H4C	M12 M65 M70 M75 M80 W12 W14 W55 W60 W65 W70 W75 W80	1.7km	60m
H5A	M10 W10	1.6km	45m
<b>A Final Courses</b>			
FA1	M Elite M16 M35 M40	2.5km	80m
FA2	W Elite W16 W35 M45 M50	2.2km	75m
FA3	M55 M60	2.0km	65m
FA4	M14 W40 W45 W50	2.0km	65m
FA5	M12 M65 M70 M75 M80	1.7km	50m
FA6	W12 W14 W55 W60 W65 W70 W75 W80	1.6km	50m
FA7	M10 W10	1.3km	10m
<b>B Final Courses</b>			
FB1	MElite	2.4km	75m
FB2	M16 M35 M40	2.3km	60m
FB3	WElite	1.8km	60m
FB4	W16 W35 M45 M50	1.8km	60m
FB5	M55 M60	1.7km	50m
FB6	M14 W40 W45 W50	1.6km	45m
FB7	M12 M65 M70 M75 M80 W12 W14 W55 W60 W65 W70 W75 W80	1.4km	50m
<b>C Final Course</b>			
FC1	MElite	2.1km	60m
<b>Entry on the Day</b>			
HNC	Heat non-championship	2.1km	70m
FNC	Final non-championship	2.0km	50m

### The starts

There is a single start for all heat courses within the Falmer campus of the University of Brighton. This is about 1.5km from the assembly area. The route passes through Falmer Village before heading along the south side of the new football stadium. Start times are between 11:00-12:30, there will be a 3 minute call up and loose control descriptions (pictorial for all courses) will be available in the start boxes. It is a timed start so competitors must arrive at the start in time for their allocated slot. Those arriving late should report to the late start official – they will be allowed to start promptly but will be timed as if they had started at their allocated start time. Neither start nor download officials are authorized to change start times. If a late starter feels that it is the fault of the event that they are late then they should lodge an official complaint to the enquiries team. No clothing transfer / dump is planned but this may be reviewed depending on the weather. The MElite and WElite finals will take place between 14:00 and 15:00. Pre-call up (4 mins) will be in the assembly area which is a short jog away from the main pre-start area.

The other finals will take place between 14:50 and 16:20. Call up will be in the main pre-start area approximately 50m from the assembly area. The exception is the M/W10 final (FA7) whose start is East of the main start – also about 50m from assembly. The same procedures as for the heats will apply. Both the A and B finals will be organised such that age classes go off in blocks eg in FA3 the M60 competitors will all run before the M55 competitors. In general the “slower” age classes will start earlier than the “faster” ones.

**The finish:**

There is a single, communal finish for all heats and finals. All maps will be collected at the finish and will be held until the last final starters have gone off. No water will be provided at the finish.

**Prize giving:**

There will be two prize giving ceremonies – one for the two elite classes will take place around 15:00. The top three in each class will receive medals and a prize from our sponsors BUFF. Prize giving for all other classes will take place as soon as possible after the finals. We hope that this will be before 17:00. Medals will be available for the top three in each age class.

**Facilities:**

We have use of the Sports Complex. In here you will find changing rooms, toilets and showers. The University will be providing catering for the event – a variety of healthy and unhealthy food will be on offer. A licensed bar is also available. Ultrasport and CompassPoint will both be in attendance.

**Commentary:**

Commentary for the event will be given by Chris Poole, Andy Monro and Ed Nicholas supported by radio controls provided by Ian Marsden.

**Map and terrain:**

A 1:4000 ISSOM map with 2.5m contours will be used for all courses. Please make sure that you understand the symbols used on ISSOM sprint maps. There are a number of areas that competitors must avoid and these are indicated on the map using the normal olive green or purple striped OOB screens. Please also avoid running on daffodils and other flowers that have come up through the grass where possible, courses have been planned to minimise potential damage.

Areas of olive green surrounded by a black line are usually raised flower pots or beds. When used as a control site the special symbol **●** is used in the descriptions. An **x** refers to a piece of play or sports equipment.

Most course maps are A4 except the longer heat courses that have maps about 25% longer than A4.

In the heats all courses cross over a railway line and under the A27, there is only one route that can be taken but it will not be marked on the ground. Please be particularly aware of other members of the public around this area.

Both universities consist of a complex set of buildings on slopes. Climb is unavoidable. All courses will encounter slopes or steps and will be on a mixture of tarmac and grass with some open woodland. Shorts can be worn and rubber studded (not spiked) shoes are recommended.

In the M/W10 heat there will be some additional red and white tags where the line features are less clear. All significant road crossings on this course will be marshalled.

All courses will cross campus roads, these have a low speed limit but please watch out for traffic.

**Complaints and protests:**

If any competitor feels that they have been unfairly treated then they should, in the first instance, register a complaint with the organiser via the enquiries tent. Should they then not be satisfied with then organiser's response then an official complaint should be made in writing, again to the enquiries tent, which will be considered by the event jury.

**EOD and string courses:**

Two non-championship sprint courses have been planned for entry on the day, one (HNC) will be available during the heats (11-12) and the other (FNC) will be available during the finals (3-4) numbers of maps are limited so first come first served. Cost per course is £3 seniors, £1 juniors (SO juniors free). Pay at enquires and you will be given a slip to take to the start, a punching start will operate for EOD courses. A free string course will operate in the assembly area during the morning and will be replaced by a naughty numbers grid in the afternoon.

**Officials:**

Organiser: Neil Crickmore ([n.crickmore@tesco.net](mailto:n.crickmore@tesco.net)) 01273 832420

Planners: Sue and Jonathan Crickmore

Controller: Steve McKinley

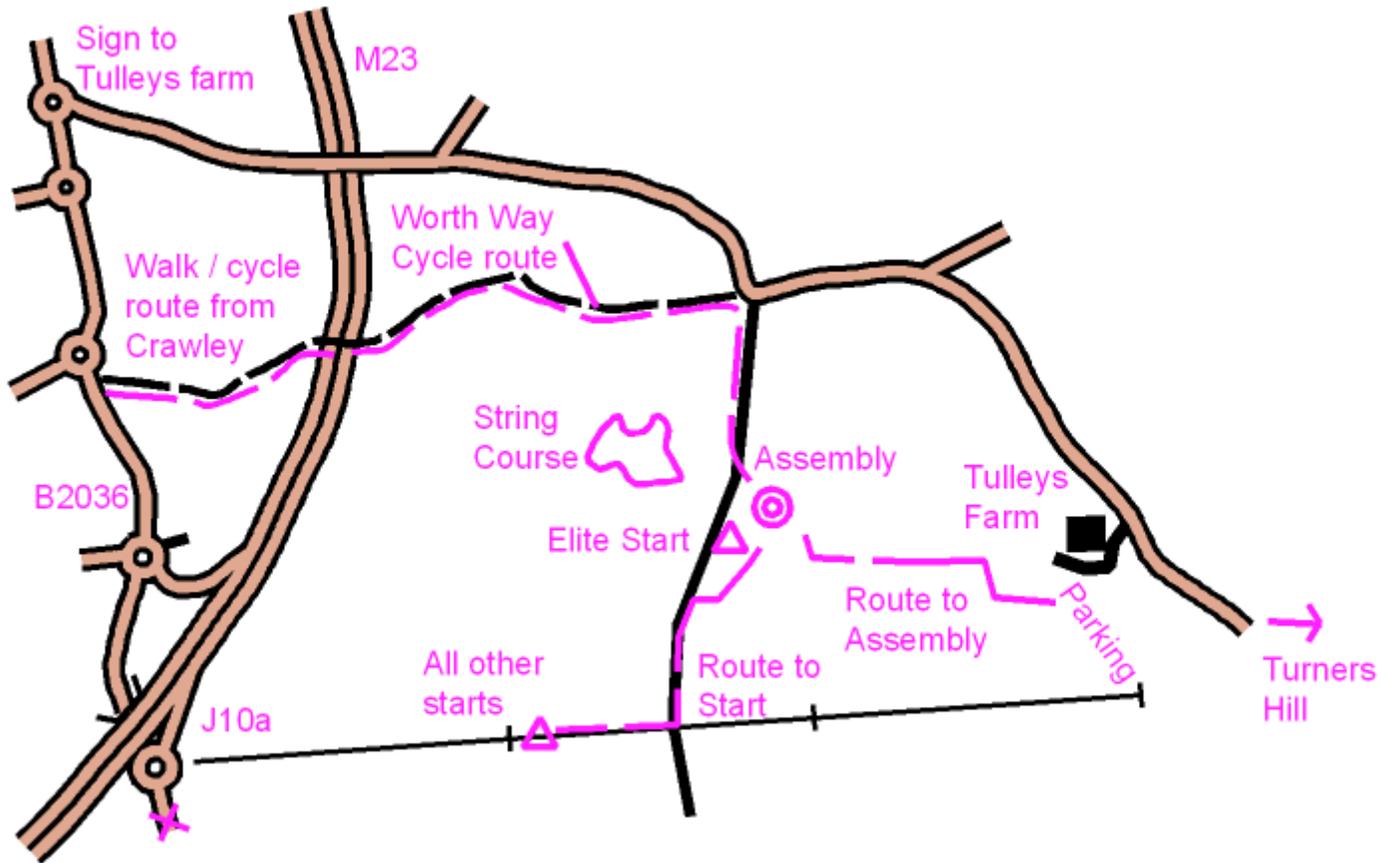


## British Middle Distance Championships – Worth Lodge

### Directions:

The main event centre will be at Tulleys Farm TQ324359 RH10 4PE. The recommended route is to exit the M23 at J10a and then approach the farm from the North. The southern approach contains a number of busy and tight junctions that will impede progress. Traffic from the M23 south should go up to J10 (3km) and then return to J10a. Parking will be on the farm and there is a parking fee of £2 per car, please try and have the correct change ready. From the car park there is an interesting walk of around 800m to the assembly area past a radioactive waste dump and pile of skeletons (full risk assessment undertaken). Those coming by foot or bike can take a more direct route to assembly as shown below.

### Location map:



### The competition:

This is a full age class middle distance championships, course class combinations are shown in the table below. Start lists have been formulated according to BOF rules on seeding.

### The starts:

There are two starts; the one for the two elite courses is located within the assembly area whilst the start for all other courses is some 700m away. Start times are between 10-1, there will be a 3 minute call up and loose control descriptions (pictorial for all courses except EOD yellow and orange) will be available in the start boxes. It is a timed start so competitors must arrive at the start in time for their allocated slot. Those arriving late should report to the late start official – they will be allowed to start promptly but will be timed as if they had started at their allocated start time. Neither start nor download officials are authorized to change start times. If a late starter feels that it is the fault of the event that they are late then they should lodge an official complaint to the enquiries team. No clothing transfer will operate, competitors may leave clothing near the start if they wish to collect after their run but this will not be supervised.

Course	Class	Length	Climb
Course 1	M18E M20E M21E	6.2km	195m
Course 2	W18E W20E W21E	5.1km	170m
Course 3	M35 M40	5.9km	175m
Course 4	M45 M50	5.5km	175m
Course 5	M16 M60	5.0km	160m
Course 6	M55 W35 W40	5.0km	150m
Course 7	M65 M70 W16	4.1km	145m
Course 8	W45 W50	4.1km	145m
Course 9	M75 M80 W55 W60 W65	3.2km	115m
Course 10	W70 W75 W80	2.3km	70m
Course 11	M14 W14	2.8km	95m
Course 12	M12 W12	2.2km	70m
Course 13	M10 W10	1.8km	55m
Green	Entry on the day	4.0km	155m
Orange	Entry on the day	3.0km	65m
Yellow	Entry on the day	2.4km	65m

#### **The finish:**

There is a single finish for all courses. All maps will be collected at the finish and will be held until the last starters have gone off. No water will be provided at the finish.

#### **Prize giving:**

There will be a single prize giving ceremony hopefully starting before 14:30. The top three in each class will receive medals and those in the elite classes will also receive a prize from our sponsors BUFF.

#### **Facilities:**

You are welcome to use the multiple facilities and attractions at Tulleys farm. These include toilets and catering. Toilets will also be present in the assembly area as will UltraSport, CompassPoint and Tom's burger van.

#### **Commentary:**

Commentary for the event will be given by Chris Poole, Andy Monro and Ed Nicholas supported by radio controls provided by Ian Marsden.

#### **Map and terrain:**

An A4 1:10000 ISOM map with 5m contours will be used for all courses.

The terrain is wooded with many streams, ditches, paths and changes in vegetation.

#### **Complaints and protests:**

If any competitor feels that they have been unfairly treated then they should, in the first instance, register a complaint with the organiser via the enquiries tent. Should they then not be satisfied with then organiser's response then an official complaint should be made in writing, again to the enquiries tent, which will be considered by the event jury.

#### **EOD and string courses:**

Three non-championship courses have been planned for entry on the day; a Green, Orange and Yellow. Cost is £5 seniors, £2 juniors (SO juniors free) numbers of maps are limited so first come first served. Pay at enquires and you will be given a slip to take to the start, a punching start will operate for EOD courses. A free string course will operate close to assembly.

#### **Officials:**

Organiser: Neil Crickmore ([n.crickmore@tesco.net](mailto:n.crickmore@tesco.net)) 01273 832420

Planner: Vince Joyce

Controller: Mike Forrest