



# Wessex Orienteering Club

Final Details of the  
**SOUTH WEST SPRINT CHAMPIONSHIPS 2009**  
**SATURDAY 5 SEPTEMBER 2009**

The 2009 South West Sprint Championships will take place at the University of Bournemouth on a new map drawn to ISSOM standards by Bill Brown. There will be a two-round competition with a prologue in late morning and a final, in reverse order of times (fastest from the prologue starts last) in the early afternoon. Depending on numbers this may mean 30 second interval starts for the final. The combined times will be used to determine the overall winners.

We are grateful to Bournemouth University, The Arts Institute, Poole Borough Council, Talbot Combined School and Talbot Village Residents Association for kindly allowing the races to take place. Many thanks also to our sponsors ....



**Directions** Bournemouth University (Talbot Campus) is at GR [SZ073938](#). Postcode [BH12 5BB](#). From the North and East use the A338 Spur Road, in Bournemouth take the A347 to the University. From the west use the A35 then the A3049 to the University.  

**Parking** Use the Main University car park which will be O signed off Wallisdown Road



Assembly Registration (room DG02), start, finish and assembly area are outside the Sports and Recreation Centre and will be signposted from the car park. Competitors are asked to stay in this area.

Awards Championships will be available in the following ten classes:

**Mini (M/W 10-12 -Yellow)**  
**Junior (M/W14-16)**  
**Veteran (M/W45-55)**  
**Super Veteran (M/W60+)**  
**Open (M/W18-40)**

Students/  
Invitation There will also be a race specifically for students and invited local running clubs. There will be a **£100 first prize, £50 second prize and £20 third prize** for this race!!!

Terrain All flat urban running. The Mini and Junior Courses will all be within the University and Arts Institute. Other courses will visit the small housing estate to the West of the University.

Safety The races take place in the university campus, the arts institute campus and a housing estate. No road closures are in operation so expect traffic and pedestrians even in the university. The Borough have asked competitors not to run in the roads on the housing estate and to cross roads at 90 degrees as you would as a pedestrian. By entering all competitors take responsibility for their own safety. Anyone under 16 must bring a consent form signed by parent/guardian to registration. Please download or print a consent from this [link](#).  
There is some construction work in progress on the University campus, which will be marked out of bounds and is surrounded by uncrossable fences. Crossing any uncrossable fence or entering any private area marked olive green may lead to disqualification.

Format There will be a prologue race starting at 10.00 for each class. Start times will be random. The finals will start at 13:45 and be run in reverse order of the prologue results i.e. in the final the fastest runners on each course will be starting last. Results will be based on a combination of both times.

#### Courses

Course	Class	Distance	Technicality	Notes
1	M/W 10-12	1.0Km	Easy	All on Campus
2	M/W 14-16	1.6Km	Medium	All on Campus
3	M/W 45-55	2.5Km	High	19 controls avg.
4	M/W 60+	1.9Km	High	17 controls avg.
5	Open	3.0Km	High	21 controls avg.
6	Student/Invitation	2.5Km	High	19 controls avg.

Winning times on each course are expected to be 15 to 20 minutes

Entry	Pre-entry through <a href="#">Fabian4</a> <b>Please note that entries are limited, enter early to ensure you get a place.</b> A late entry surcharge of £2 applies after August 30 <sup>th</sup> . Entry on the day will be dependent on availability.
Fees	Senior £7.50, Juniors £3, Students £5
Timing	SI punching, SI dibbers will be available for hire if required. Control stations will be mainly BSF8 models but there will be a few of the older BSF4 variety.
Control Descriptions	Loose control descriptions will be available in addition to those printed on the map. Junior and Invitation races will have a choice of text or IOF symbolic lists.
Facilities	Toilets are available in the Sports & Recreation Centre as well as by the main reception. Changing and a room for leaving your kit is available in the Sports & Recreation Centre. We hope to have a pre and post race sports massage available.  <b>Drinks are not provided</b> , however Bournemouth University have kindly agreed to open their shop from 10:00 to 15:00 on the day of the race. Most food and drink is available (including hot food). As they have made this effort on our behalf it would be appreciated if you could make use of the facilities.
Officials	Organiser: Sian Rixon ( <a href="mailto:sianrixon@live.co.uk">sianrixon@live.co.uk</a> ) change "&" to @ Planner: Tim Houlder Controller: Chris Branford