

DEE Summer Evening Sprint Event, Castle Park, Frodsham Wednesday 12 June

Directions & Car Parking

DO NOT Park in Castle Park.

Park in the car park shared by the Brio Leisure Centre, Frodsham Health Centre and Frodsham library. Address: Princeway, Frodsham, WA6 6RX

From the A56 which runs through Frodsham, turn onto Fountain Lane (Brown sign for Castle Park in both directions of approach).

Go underneath the railway bridge (the pedestrian entrance to Castle Park is on the right) and take the first left into Princeway.

When you enter the car park, turn to the left and park in the spaces at the back of the Leisure Centre. It is less than 5 minutes walk to Castle Park.

Toilets

The toilets in the park are closed.

The Leisure Centre manager has kindly given us permission to use their toilet facilities.

Safety

- The entrance to the car park for other park users is in the NW corner of the car park. Courses will cross the access road to it. Please be alert for slow moving vehicles.
- Castle Park is on a slope. Shoes with grip are recommended if it is wet (not spikes or dobs).
- There are some patches with bramble and some areas of thickets including holly. Full leg cover is advised.
- Whistles are compulsory (DEE policy).
- Please be polite and give way to other park users and beware of dogs off leads.

Assembly, Registration, Download

Inside the park entrance.

If planning to bring a group, please email orienteeingj@gmail.com

Event Timings

Registration: 17.30-18.30

Start: first run to start 18.00 – 18.45 (including Yellow + Orange)

Start closes: 19:30

Courses close: 19.45

Courses

Refer to the Summer Evening Galoppen Class/Course tables below for which course to run.

Yellow - conventional course

Orange - conventional course

Short - 2 part sprint

Long - 2 part sprint

Yellow & Orange Courses

These are as at all summer evening events with one difference - there are no loose control description sheets; the text descriptions are on map only.

Yellow course maps are available at the start for competitors to look at before starting; Orange course maps are collected after starting.

Instructions for 2-part Sprint Course Competitors

Each class involves two sprint courses, each planned for a fastest time of around 10 minutes, with a 'time out' (like you would have for a road crossing, but without a maximum time set) between the two. The courses can be run in either order. The overall result depends on the total time; download only once, after the second course.

There are no loose control descriptions. Pictorial control descriptions are on the map. The control number **and control code** are next to the control circles on the map.

At the start, join the queue (if there is one) for your course - long or short. Clear and check at the head of the queue. A clock will be running, just to help you keep yourselves a minute apart: when the minute changes, punch 'start' and pick up a map ('Odd' if starting on an odd minute, 'Even' if an even minute, to help spread people out – though it's not a problem if you pick the wrong one).

At the end of your first course, punch 'finish'. **Do not go to download.**

When ready to run your second course, rejoin the queue. **This time, you MUST NOT clear and check** (otherwise you will wipe out your first run). Don't bother waiting for an odd/even time – just take the next available time. When you start, punch the start, take the map for the other course and go. The time-out is from the finish of the first stage until the start of the second.

NB: this is a change from last year – you now punch the start both times.

At the end of your course, punch 'finish' then download.

There is no maximum time for the 'time out' between your runs: this is to allow parents looking after children to alternate their runs.

Although there will be an official at the start/finish to answer questions, it will be up to you to start yourself.

The Men's Summer League Classes

Trophy	Age Class	Forest Course	Sprint Course
Senior Men A	M20+	Blue	Long
Junior Men A	M18-	Blue	Long
Senior Men B	M20+	Green	Short
Junior Men B	M18-	Green	Short
Senior Men C	M20+	Short Green/Light Green	Short
Junior Men C	M18-	Light Green	Short
Junior Men D	M16-	Orange	Orange
Junior Men E	M14-	Yellow	Yellow

The Women's Summer League Classes

Trophy	Age Class	Forest Course	Sprint Course
Senior Ladies A	W20+	Blue	Long
Senior Ladies B	W20+	Green	Short
Junior Ladies B	W18-	Green	Short
Senior Ladies C	W20+	Short Green/Light Green	Short
Junior Ladies C	W18-	Light Green	Short
Junior Ladies D	W16-	Orange	Orange
Junior Ladies E	W14-	Yellow	Yellow