

South East Sprint Championships

South London Orienteers welcome you to the 2023 South East Sprint Championships in Ham on Sunday 11th June.

Change in this Version 2

We will be frequently updating online results at the following links.

Race 1: <https://www.sportident.co.uk/results/slow/2023/SESprintChampsRace1/>

Race 2: <https://www.sportident.co.uk/results/slow/2023/SESprintChampsRace2/>

Overall Results:

https://www.sportident.co.uk/results/SLOW/2023/SESprintChampsRace2/index_combined.html

Location & Travel

Location	Thames Young Mariners (for parking and assembly)
Address	Riverside Dr, Richmond TW10 7RX (do not use postcode as you could end up on wrong side of river)

What3Words: animal.list.prone

By public transport: Thames Young Mariners (TYM) is on the 371 bus route. From Richmond, you must get off the bus at: Ham Street and then walk along Riverside Drive.

From Kingston, get off at Dysart Avenue and walk along to Riverside Drive

If you get a bus to Teddington Lock you must use the main footpath to Riverside Drive (asphalt surface) and not cross Ham Lands.

By car: please do not drive through the Ham Estate. From the North, the event must be approached from Sandy Lane, Ham Street and Riverside Drive, or from the south, Tudor Drive, Dukes Avenue and Riverside Drive.

Parking at TYM. Overflow parking will be on Riverside Drive to the north east of the entrance to TYM.

Cycle racks are available.

Assembly, enquiries and download are at TYM, Riverside Dr, Richmond TW10 7RX.

Our Continued use of the area: Please take note

Ham Riverside Estates: There is a lot of sensitivity from the local residents particularly those whose properties and open spaces border Riverside Drive. Please do not go on the landscaped open areas bordering Riverside Drive. Please keep noise to a minimum. Once you have finished your run, return to Thames Young Mariners immediately. For the afternoon start, should you wish to warm up, please do this either in the Thames Young Mariners grounds, or on Ham Lands. Only cross the road to the start just before your call up.

Competition details

There will be two races. Your start time for Race 2 will be 90 minutes after the time you select for Race 1, regardless of whether you finish Race 1.

For example, if your Race 1 start time is 10:30, then your Race 2 start time will be 12:00. The aggregation of your times for each race will determine the overall position in each class.

All controls and the Finish will be SIAC enabled. The start will be a punching start.

Entries are by age class:

M10-12, W10-12, M14-16, W14-16, M18-40, W18-40, M45-55, W45-55, M60-65, W60-65, M70+, W70+

There are four courses:

Course 1: M14-16, M18-40, M45-55, Course 1 Other

Course 2: W14-16, W18-40, W45-55, Course 2 Other

Course 3: M60-65, M70+, W60-65, W70+, Course 3 Other

Course 4: M10-12, W10-12, Course 4 Other

Medals will be awarded to the first three qualifying SEOA members in each of the following categories: M/W 10-12, 14-16, 18-40, 45-55, 60-65, 70+. To qualify, SEOA members must enter the applicable course for their age as above. If you wish to run up a class other than your actual age class you will be eligible in that age class but not your own age class - i.e. you can only receive a medal for the age class entered. If you wish to run down a class please select "Other" for the relevant course (e.g. a M55 running Course 3, would select "Course 3 Other" when they enter).

Start and finish

Race 1

The start for Race 1 for all courses is around 700 metres from the entrance gate to Thames Young Mariners. As you exit TYM, turn right and follow the main pavement along Riverside Drive, keeping Ham Lands to your right, until you reach the start. This is also the warm up route!

There are two finishes for Race 1, both within 50 metres of TYM. Courses 1-3 finish opposite the TYM entrance (so please take care crossing back) while course 4 finishes on Ham Lands, so competitors do not need to cross a road to return to TYM.

Race 1 includes a timed out road crossing for courses 1-3, please see below.

Race 2

The start for Race 2 for all courses is around 100 metres from the entrance gate to TYM. As you exit TYM, turn right along the pavement until you see the start opposite . This is also the warm up route and you can warm up on Ham Lands! Please be careful crossing this road and parents should supervise their children if required, as the crossing is not manned.

The finish for Race 2 is the same as the course 1-3 finish for Race 1. Please take care crossing the road back to TYM.

Start procedure

We are using a punching start, but please stick with your allocated start time as you may face a long wait for an open slot.

Maximum time

Maximum time per course is 60 minutes and courses will therefore close at 12.45 (Race 1) and 2.15 (Race 2)

Download

Download for both races is at Race HQ inside TYM; please make sure you download in between Races and at the end, even if you did not finish the race!

Map and Course Details

Course Lengths

Courses have been planned so that winning competitors should take between 12 and 15 minutes to complete each race, with the exception of Course 4 where distances are slightly shorter than usual due to the nature of the terrain.

The table below shows the length of each course as the crow flies, although in practice you will run a little further. There is negligible climb.

	Course 1	Course 2	Course 3	Course 4
Race 1	2.5 km*	2.1 km*	1.7 km*	1.0 km
Race 2	2.3 km	2.1 km	1.7 km	0.8 km

- Race 1 includes a timed out road crossing for courses 1-3, please see below.

Road crossings – Race 1:

Course 4 stays entirely on Ham Lands and does not cross any roads.

Courses 1-3 have a mixture of parkland and urban terrain, and in the latter part cross a number of roads open to traffic. Most of these have only slow moving vehicles, but please be very careful and give way if necessary.

Courses 1-3 also cross Riverside Drive early on, between controls 231 and 232. To allow you to cross this road safely, this is a timed out leg, meaning that the time you take between those two controls (up to 1 minute maximum) will be removed from your course.

Road crossings – Race 2:

Course 4 does not cross any roads but runs alongside a number of quiet roads where cars might be moving, including in and out of driveways. Please ask your children to be vigilant!

Courses 1-3 cross a number of roads open to traffic. While this should not be fast moving, please be very careful and give way if required.

Terrain description: Mostly urban housing estates with some parkland. Please be courteous to local residents, not all of whom will be aware of the event happening. Some sections of the courses run on Ham Lands. The grasses are high and abundant. Anyone with allergies to pollen, grasses etc is advised to wear full leg cover.

Map and control descriptions

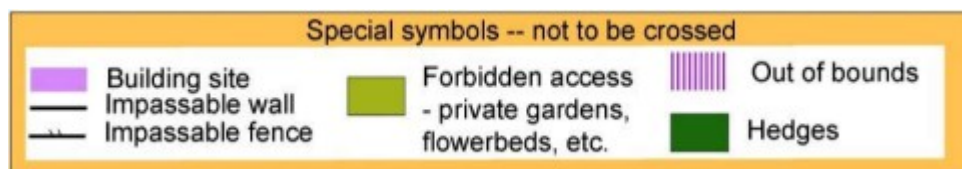
Map by Alan Leakey with minor revisions for the event.

All courses will be using the slightly larger 1:3000 scale

Controls descriptions are on the map and loose descriptions will be available at the start. These will be in IOF symbol format for courses 1-3 and text format for course 4.

Out of Bounds areas

A number of areas on the map are “out of bounds” and must not be crossed, as shown on the legend below:



Please be courteous to local residents and do not run across their driveways / flowerbeds etc, not all of which have been mapped.

Facilities

At Thames Young Mariners:

5 female toilets and a number of showers in 2 changing rooms either side of a changing room block.

3 male toilets (plus urinals) and a number of showers in 2 changing rooms in this block.

1 unisex accessible toilet also in this block.

Download is in a large weatherproof marquee with electricity.

There are two canvas covered areas with picnic tables. **There is no catering** but there may be access to 'help yourself' tea and coffee in the main building.

Results

The QR code for the results site will be displayed on your results printout.

We will be frequently updating online results at the following links.

Race 1: <https://www.sportident.co.uk/results/slow/2023/SESprintChampsRace1/>

Race 2:
<https://www.sportident.co.uk/results/slow/2023/SESprintChampsRace2/>

Overall Results:
https://www.sportident.co.uk/results/SLOW/2023/SESprintChampsRace2/index_combined.html

Final results, Routegadget and Winsplints, will be a post on [the SLOW website](#).

Safety Information

In addition to the usual safety information regarding orienteering, please note Thames Young Mariners (as the name suggests) is a water based activity centre with open water on site, as well as some activity areas in the adjoining woods. Please keep away from the open water and any of the activity areas on site. **This applies particularly to Juniors**

As with any urban event, there are vehicles moving, plus bikes, buggies and pedestrians as well as street furniture. Most of the roads are quiet but please stay alert.

Parents of under 16s should remind their children on the points made above. In addition, the finish both morning and afternoon and the afternoon start are across Riverside Drive. Caution runners signs will be out but especial care is needed here to cross safely.

Entries and Entry Fees

Entries via [SiEntries](#) until 11:15 on the day of the event, subject to map availability.
The entry includes your copy of the full colour map of the course provided at the start for each race.

Category	until 04/06/2023	From 05/06/2023
Senior Member	£10	£12
Senior Non-Member	£12	£14
Junior / Student	£5	£6
Hire of SIAC Timing Card (if you don't have your own)	£2	£2

Other Information

A professional first aid service from First Aid Ltd will be in attendance, situated close to download.

Nearest Hospital (A&E): Kingston Hospital (approx 11 minutes by car)
Galsworthy Rd, Kingston upon Thames KT2 7QB

Medical Conditions

Competitors with any underlying medical conditions that may be of relevance in the event of a medical emergency may complete the *British Orienteering* form [here](#), place it in a sealed envelope addressed with their name and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

COVID: Even though the COVID situation has reduced, it is important that we are seen to take the protocols seriously, before, during and after racing so please read and abide by the **COVID Safe Orienteering** (available from the [British Orienteering website](#)).

Safety: Orienteering is an adventurous sport, participants take part at their own risk and are responsible for their own safety during the event. A comprehensive risk assessment has been completed by the organisers ahead of the event.

Dogs: No dogs allowed on TYM site

Officials

Planners: Matthias Mahr and Abi Weeds (South London Orienteers)

Controller: Mike Elliot (Mole Valley)

Organiser: Sarah Brown sarah@slow.org.uk

Thanks

Ham Lands and Ham itself which includes the Ham Riverside estates are special areas and we are grateful to Richmond Council and to Network Management for permission to orienteer here.