

West Midlands Orienteering Relays

Sunday 28th October 2018

Clocks go back today

Sutton Park, Streetly Gate

Final Details



Venue: Sutton Park on the north east side of Birmingham.

The entrance to the Park for this event is via Streetly Gate on the north west side of the Park. This is on Thornhill Road, just south of the bridge over the railway line. Map reference SP 087 984 ; Postcode B74 3EW will get you very close.

From M6 J7 follow A34 towards Birmingham. After approx. 800 m turn left onto A4041. Follow A4041 for approx. 4.7 km to roundabout at A452. Here take second exit into Thornhill Road (B4138). After approx. 1.7 km turn right into Sutton Park at Streetly Gate.

Car Park: Once through Streetly Gate follow the Park road for 1,6 km. You will then be directed left for 250m to park on a flat grassy area close to the assembly and start / changeover / finish

Assembly: will be located adjacent to parking.

Club Tents: are welcome

Enquiries & Registration: will be located at Assembly

Enquiries will have an envelope for club captains to collect. The envelope will contain any additional information and EMIT cards (free of charge) for all runners. Last minute changes will be made at Enquiries and taken to Download prior to the start.

Map issue: will be located at Assembly.

Download : will be located at Assembly.

Facilities: Toilet units will be located near to Assembly

Start times: Mini relay 11:05, all other classes 11:00 – call-up for first leg runners from 10:45am (for the mini-relay, call up will be immediately after the mass start for all other classes). Later a mass start for all those still yet to run will be before 1pm.

Courses:

Relay Class	Class Title	BOF Age Classes	Combined Ages	T.D.	Map Scale
A	Mini-Relay	M/W12 -		1	1:7.500
B	Junior Women		W42-	3	1:7.500
C	Intermediate Women		W54-	5	1:10,000
D	Open Women	Any W		5	1:10,000
E	Senior Women		W130+	5	1:10,000
F	Veteran Women		W165+	5	1:10,000
G	Super Veteran Women		W200+	5	1:10,000
H	Junior Men		M42-	3	1:10,000
I	Intermediate Men		M54-	5	1:10,000
J	Open Men	Any		5	1:10,000
K	Senior Men		M130+	5	1:10,000
L	Veteran Men		M165+	5	1:10,000
M	Super Veteran Men		M200+	5	1:10,000
N	Mixed Ad Hoc			3, 5, 5	1:7.500 1:10,000 1:10,000

T.D. = Technical difficulty

Course / Distance / Climb

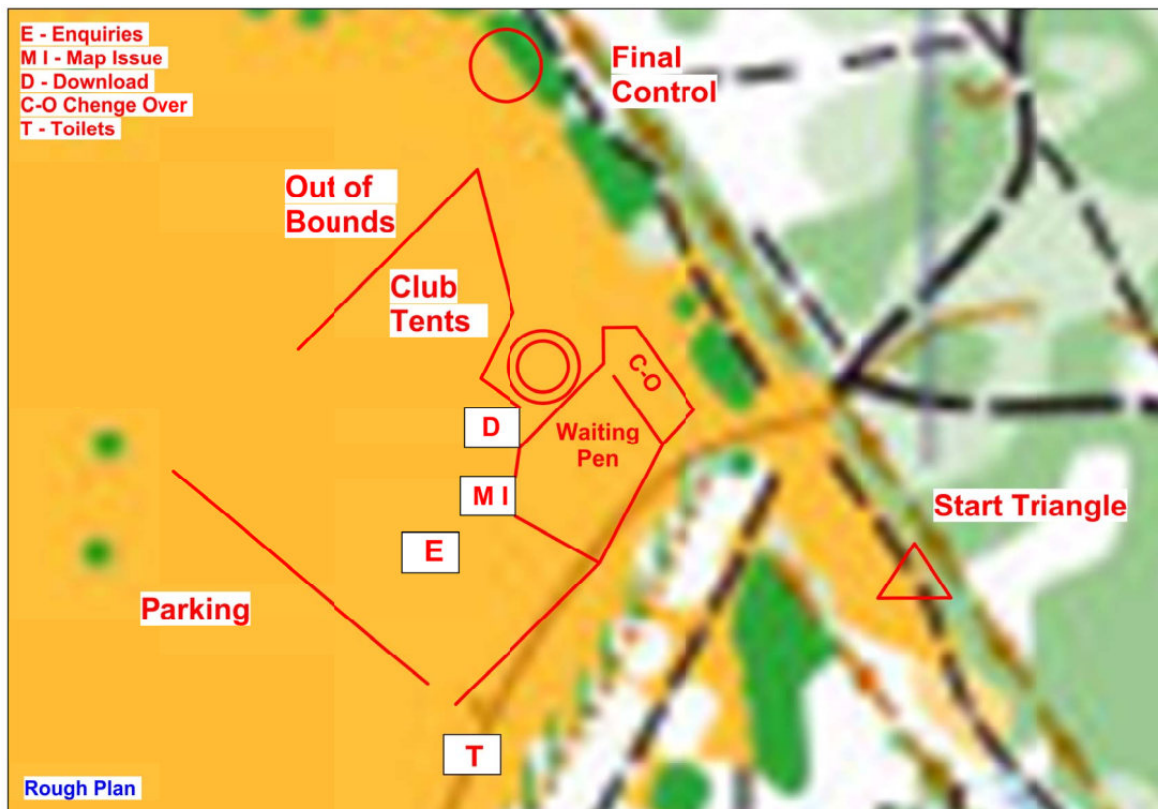
Course	Length	Climb
1 (A)	1.62	20
2 (B)	2.14-2.21	35
3 (G)	3.19-3.28	50-55
4 (CFM)	3.63-3.68	55-65
5 (EIL)	4.13-4.22	65-80
6 (DK)	4.54-4.66	65-75
7 (J)	5.38-4.49	90-105

Notes

Apart from the mini-relay class, there will be gaffles on all courses. **Check your control codes !**

Individual gaffles on a course may vary slightly in length / climb but this is evened out over the whole race so each team will run the same total distance/climb

Changeover layout:



At change-over touch outgoing runner before punching finish control

Map: By Bruce Bryant at a scales of 1:7,500 and 1:10,000. The map has been updated during the course planning process

Terrain: Fast and runnable. A mixture of semi-open parkland and forest, with some contour detail in the eastern part.

Trophies: Any unreturned trophies should be brought on the day so they can be presented. Please make sure they have been engraved from last year.

Prize giving: This will be as soon as possible after 1pm. If you are in a winning team, please try and stay to smile in the photos!!

Entries: Via club captains only

Rules: Rules for the event can be found on the WMOA website
<http://www.wmoa.org.uk/competitions.html#westmidlandsrelays>

Fees: Senior Teams £21, Junior Teams £9,

Punching: EMIT timing system will be used. All runners will be provided with an EMIT Card (free of charge) in their Team Pack. Lost cards will be charged at £55.

First aid: OD First Aider, Melanie Elkington will be on hand.
In addition, a first aid kit will be available at the download tent.

A&E:

The nearest A&E (**2.8 miles from Streetly Gate**) is the Good Hope Hospital, Rectory Road, Sutton Coldfield, B75 7RR

Maps showing how to get there from Streetly Gate will be available at enquiries.

Safety:

During the Risk Assessment process the organiser states that upon consideration of the terrain, **whistles must be carried by all – these will be checked.**

Sutton Park contains several **Lakes** and **Ponds** which have no fencing – competitors on certain courses will be sharing adjacent paths with the public. Please take care.

Be aware of **traffic** on the Park roads and in car parks

All courses cross the **railway line**. Competitors must not cross the railway other than by using those crossing points (under- or over- bridges) which are overprinted on the map. The connecting lines between controls on either side of the railway may be diverted via particular crossing points, however competitors have free choice to use alternative marked crossing points if they prefer.

Be aware of **wire** from ruined fences in the vicinity of some controls. This is not of the barbed type but constitutes a nasty **trip hazard**. Where particularly close to one control site, the controller has broken the wire and coiled the ends round a round a tree trunk out of the way to mitigate risk of a trip.

Dogs, Ponies and Cattle: Dogs are welcome, but please keep on a lead at all times. The Park is used by many including families; walkers; dog walkers; cyclists; horse riders dog walkers and bike users. Please give others using the Park every courtesy. Please be aware that there will be **ponies** and **cattle** grazing in the area. They are normally docile and used to visitors, but please take care not to disturb them unnecessarily and avoid actions which might spook them or lead them to stampede.

Planner: Duncan Birtwistle (OD)

Controller: Robert Vickers (HOC)

Organiser: Bob Brandon OD, bob.brandon42@gmail.com
Mobile 07943 511 139 (texts only)

West Midlands Juniors Squad - Open Training Session

See note on next page

West Midlands Juniors Squad - Open Training Session

After the Relay event, the West Midlands Junior Squad are having a training session, which is open to squad members and any other junior (up to the age of 18) who has participated in the relays. The session will focus on 'Direction' and will feature games and exercises catering for all abilities, while giving the opportunity to mix with junior squad members and learn more about the squad. Non-squad juniors should be accompanied by a responsible adult. The training session will begin immediately after the relay event prize giving, at the WMJS tent, and will run for approximately 2 hours. Cost £2 per junior. The tent will also be available for juniors to meet/socialise during the relays, all welcome. Email wmjs@gmail.com to sign up in advance, or register at the WMJS tent on the day.

Clocks go back today