



1<sup>st</sup> East Midland Sprint Championships

**Saturday 29<sup>th</sup> November 2014**

**Abbotsholme School, Rocester**

(9 miles south of Ashbourne)

**Terrain:** Intricate school grounds, including inter connected courtyards and numerous school buildings and accommodation blocks. Mixed grass and hard surfaces.

**Car parking and Assembly:** parking in the school grounds on hard standing.

Nearest Post Code: ST14 5BS

Lat: (WGS84) N52:56:40 52.944426

Long: (WGS84) W1:49:32 -1.825475

Grid Reference: Landranger 128 SK118385

**Courses:** 2 sprint courses with winning times around 10 minutes, results based on total time over both courses. To be competitive in the sprint championships you are to run both courses in either order at any time within the start interval.

Age classes for Sprint Championship competition:

Open

Junior (W16- and M16-)

Young Junior (W12- and M12-)

Vet (W40+ and M40+)

Super Vet (W55+ and M55+)

Ultra Vet (W65+ and M65+)

Prizes for the top 3 runners in each category. Prize giving around 1 p.m.

**Entries and fees:** Entry on the day only. But to judge map numbers please email [Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com) if you intend to run.

**Adults** £6.00    **Children and Students:** £3

**Timing:** The event will use Sportident electronic punching. If you do not have a Sportident card, you can hire one for £1 at Registration.

**Registration on the day only:** 10.00 am until 11:30.

**Start Times:** From 10.30 am to 12 noon. The start and finish are less than 200m from car park.

**Courses close at 13:00.** You must report to Download even if you retire to avoid a needless search.

**Toilets:** situated in the Sports Hall – keep to taped route via road to remain competitive.

**Parking:** £2 per car – monies going to school nominated charity: Brain Tumour Research.

**Catering:** Students from the school will be providing light refreshments, tea, coffee and snacks.

**Map:** 1: 2,500 with 5m contour interval. Map updated to sprint event standard by Derek Gale and Dave Schorah, 2014.

**Dogs:** Dogs are not allowed in the school grounds

**Safety:** Saturday school activities will still be taking place so students and parents will be at school with extra cars moving in the car park. Pony Club drop off start and collect: 9:30/1pm; Stagecoach 1:30pm/5pm. All school buildings, except the toilets in the Sports Hall, must not be entered and are out of bounds. Shorts are permitted.

**Organiser:** Ann-Marie Duckworth ([jasrduckworth@btinternet.com](mailto:jasrduckworth@btinternet.com)) 01773 856824 (before 9pm)

**Planner:** David Schorah (DEE)

**Controller:** Mike Godfree (DVO)