

Prologue:

Sprint Orienteering for the first part of the course, then MicrO for the second part. The MicrO map is on the reverse of the sprint map, and the finish should only be punched once the whole course (both parts) has been completed. The start triangle on the MicrO part is at the last control on the sprint part.

Map for the sprint section is 1:4000, 2.5m, ISSOM2007, Autumn 09 by Alison Sloman. Map for the MicrO section is 1:600, 1.5m, symbols as below, Autumn 09 by Iain Embrey for GGmaps.co.uk. Competitors will not encounter any Black-Green, but are reminded that it is forbidden to cross thick black lines and olive green.

No spikes or dobs, but fell shoes recommended.

Predominantly mown open land, with steep grassy slopes, particularly on course 1.

Course 1 is recommended for competent orienteers of most ages. Competitors on this course only will start in pairs and orienteer head to head.

Course 2 is less devious, and avoids the steep grassy slopes.

Course 3 is approximately orange standard, with fairly straight-forward micrO.

Prologue Info:

Course	Length sprint part	Length MicrO part	
1	1.8km, 17c, 9:00	540m, 16c, 2:00	Winning times guesstimated for M21E
2	1.3km, 12c, 9:00	470m, 15c, 2:30	Winning times guesstimated for M60
3	1.1km, 7c, 9:00	350m, 10c, 2:30	Winning times guesstimated for Orange

MicrO Key

- Tree
- Larger Tree
- Smaller Tree
- ✕ Coppiced Tree
- ↑ Sign
- ⊞ Bench
- Lamp Post
- ◇ Bin
- Bushes
- Hard Surface
- Lake
- Open Land
- Building
- ~ Contour
- - Form Line
- ⚡ Wall (uncrossable)

Final:

This takes place around the centre of the university, and is a chasing start. There will be plenty of route choice.

The map is 1:4000, 2.5m, ISSOM2007, Autumn 09 by Alison Sloman, and competitors are reminded that black-green denotes vegetation which is forbidden to cross. See, for example:

<http://www.maprunner.co.uk/simon/sprintmapsymbols.jpg>

The final is predominantly on hard surfaces.

Preliminary course details are:

Course	Length	Controls	Est. Winning time
1	3.5	29	14 mins
2	2.0	15	14 mins
3	1.5	12	14 mins

General:

Whistles must be carried in line with WM regulations.

Minimum age for an unshadowed competitor is 12yrs (university stipulation).

Entry fees will be £4 for juniors, £8 for seniors (plus £2 supplement for non-BOF members), and SI cards will be available to hire for £1. Pre-entry only: via fabian4.co.uk, by Saturday 6/2/10.