



# ARMAGH SPRINT WEEKEND

17th - 19th February 2017

## FINAL DETAILS



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NI Orienteering welcomes you to the heart (or the core) of the Orchard County for four days of speed, including three days of sprint and urban orienteering in the ancient city of Armagh.

### Travel directions:

#### Belfast to Armagh

Distance: 40 miles **Time:** 50 mins

- Take the M1 West bound.
- At junction 11, take the M12 exit to Craigavon/ Portadown/ Armagh
- At the roundabout, take the 1st exit onto M12
- Turn left onto North St/A3
- At the roundabout, take the 2nd exit onto Armagh Rd/A3
- Continue to follow A3
- Go through 3 roundabouts
- At the end of this road you will see The Mall on your left.

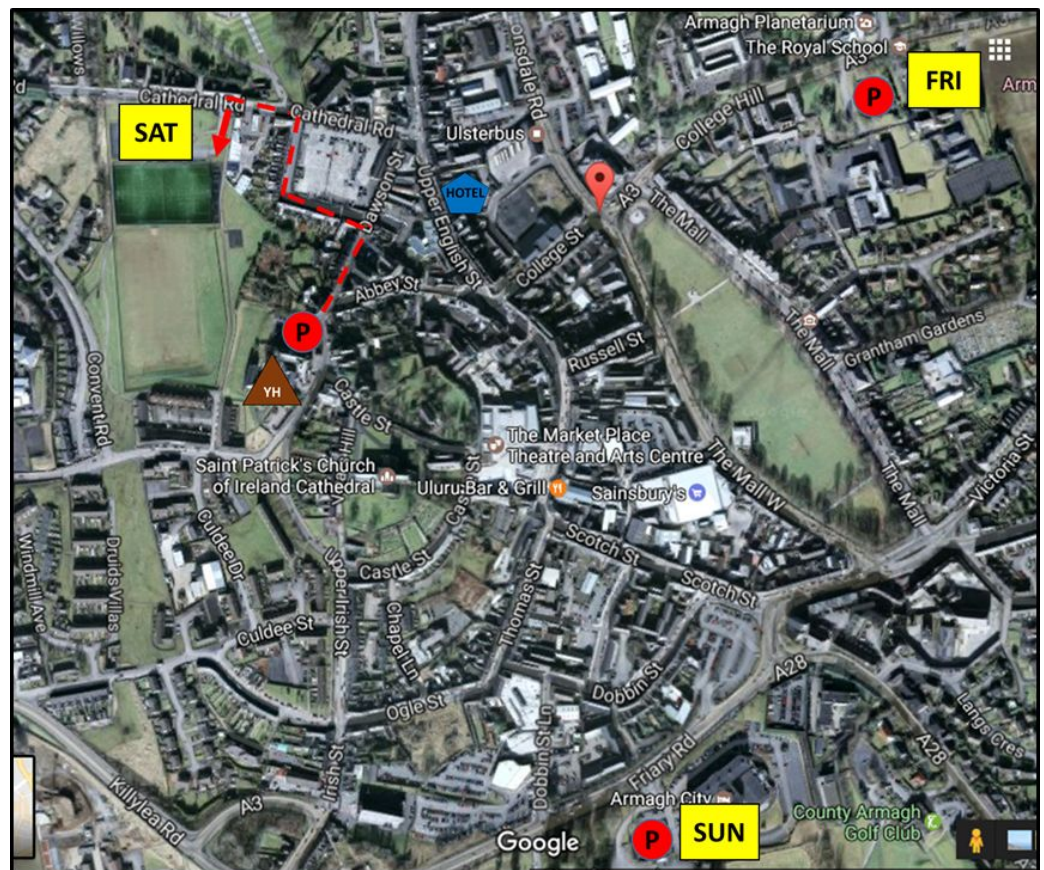
#### Dublin to Armagh

**Distance:** 135km / 83miles **Time:** 1hr 30mins

- Take the M1 North bound (Toll Road)
- Take the A28 exit toward A27/Newry/Armagh/Craigavon
- At the roundabout, take the 1st exit onto A28
- Drive 16 miles to Armagh

### City

#### Overview:



### Training Craigavon

**Friday 17th February (am)**

**Location:** [Craigavon Watersports Centre](#)

There will be urban training maps on request (Allan- [coaching@norienteeing.org.uk](mailto:coaching@norienteeing.org.uk)).

This is informal training and participants are responsible for their own transport, safety etc. This is only available on Friday morning.

**NOTE:** this area is embargoed for those planning to run Irish WOC selection races.

### Buffet, Prize Giving & Presentations

**When:** Saturday 18th February 18:00 - 22:00 (food served until 19:00)

**Where:** [Charlemont Arms Hotel, Lower English Street, Armagh](#)

**What:** Fork buffet (vegetarian option available), Prize Giving, Raffle followed by a series of presentations including winner leg analysis.

**How much:** £12.50 (it is hoped that tickets will be available from the hostel on Friday evening and Saturday morning. Tickets also available on the door. Please try to arrive in good time.

### Planetarium Night Event

**Friday 17th February**

**Planner:** Allan Bogle, NWOC

**Controller:** Philip Baxter, LVO

**Organiser:** Allan Bogle, NWOC

**Location:** [Royal School Armagh/ Planetarium](#) Use postcode BT61 9DH.

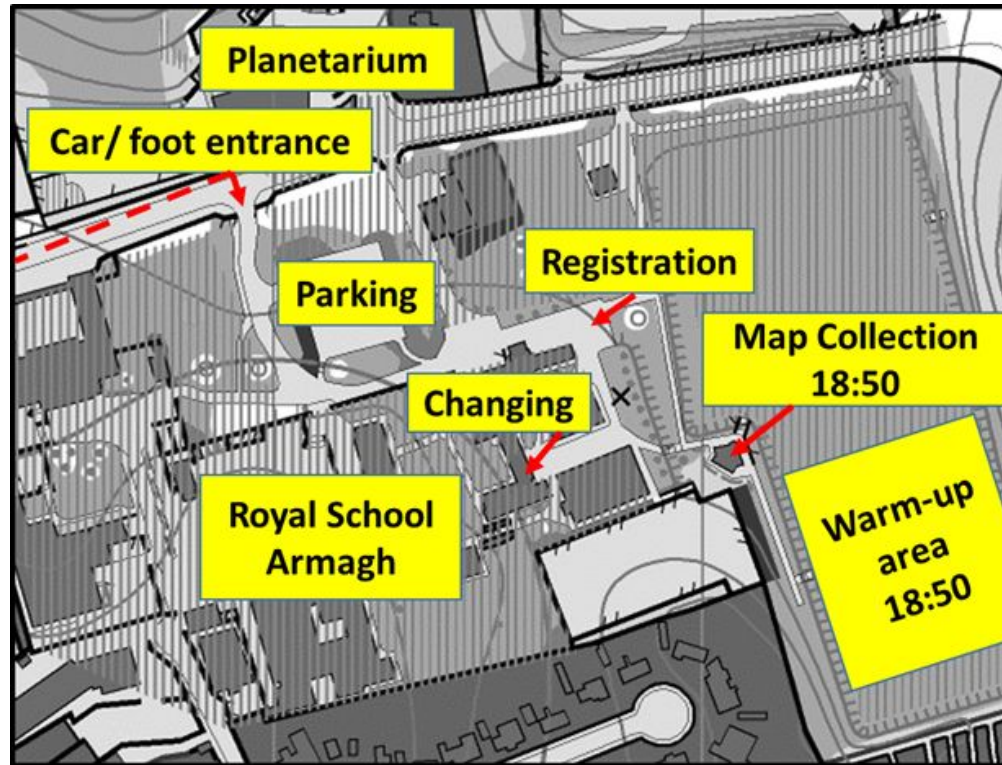
### Parking:

There will be limited parking in the grounds of the Royal School or Armagh. The school is located on College Hill Road approx. 200m from The Mall. In case of overflow it is recommended to use on street parking along The Mall. There is strictly no parking in the grounds of the Planetarium. The school is easy jogging distance from most accommodation in the city- there will be indoor space provided where kit can be left. Please see area plan below.

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## Competition Area:

It is very important that you do not enter the competition area before the start. Please follow instructions and signs carefully. **DO NOT CROSS ANY TAPES**



## Details of Race:

Registration/ Info Open	17:30
Map collection	18:50
Starts	19:00 (4 mass starts 3mins apart)
Course close	20:30
Arena closes	21:00

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## Map:

The Hill of Infinity (Armagh Planetarium & Royal School Armagh)

Scale 1:4000

Contours 2,5m

ISSOM

Drawn in 2015 by Kieran Rocks with updates in 2017

Olive green, thick lined walls / fences and purple hashing are strictly prohibited from crossing. You can only cross College Hill Road at marked crossings.

Double sided maps will be used. Side **A** is marked with a purple **A**. The last circle on the **A** side is the first circle on the **B** side.

On some courses it has been difficult to place the numbers close to the central control on butterfly loops without obscuring detail. On these occasions the numbers are placed away from the control circle with a narrow arrow pointing toward the circle (this is not expected to cause any problems).

**Terrain Notes:** Mix of urban, parkland and woodland. Footwear with good grip is advised, especially if conditions are wet. Long socks or leggings may be helpful. A road divides the area and should only be crossed at the marked crossing point. Elsewhere is out of bounds and will result in disqualification.

**Courses:** There will be more than 1 course split by categories. Competitors will not know which course they are running.

**Course distances 3,4km - 3,8km (70 metres climb)**

**Format:** (see overview image below)

-4 x Mini Mass Starts (3mins apart)

-Competitors start with a section of SCORE in which they must punch 5 out of 7 controls

- i.e. you need to choose 2 controls to leave out.

**Linear sections including taped running loops and butterfly**

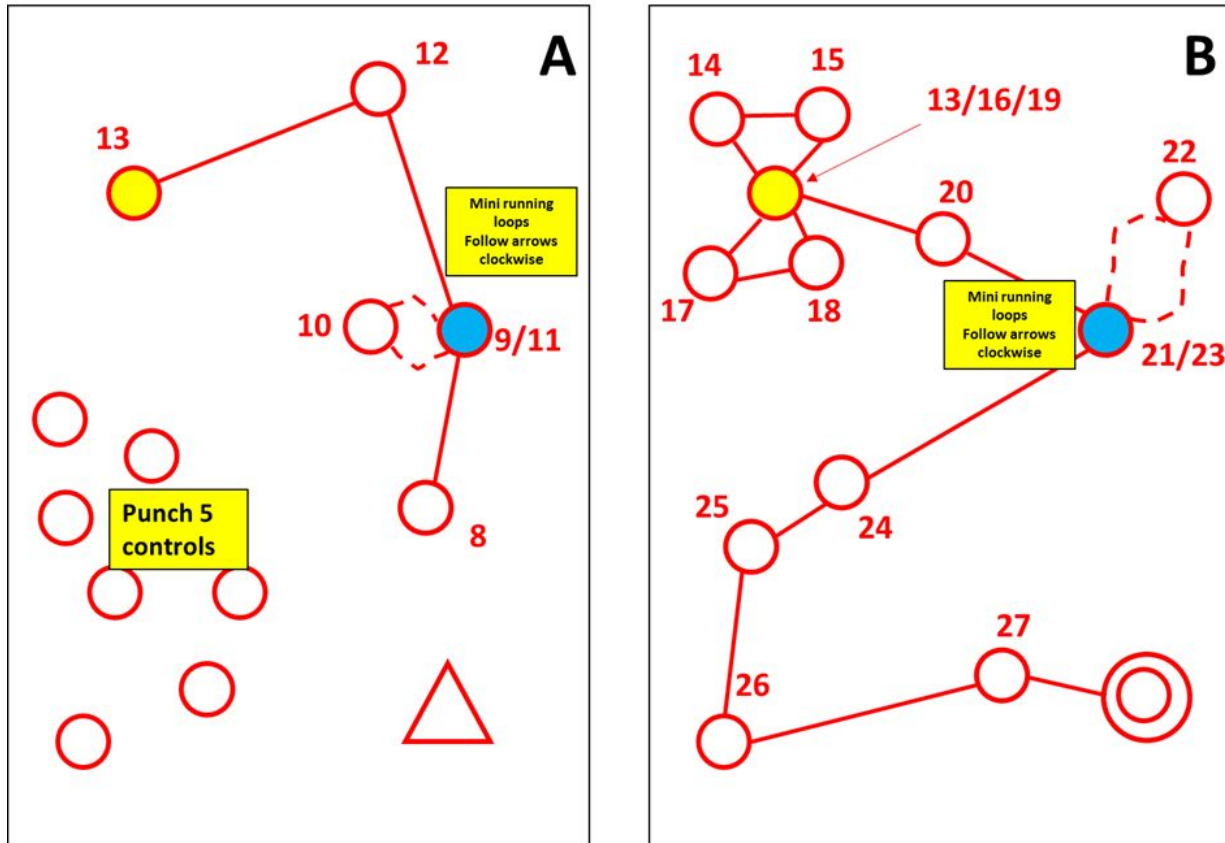
-The first control in the linear section will be numbered 8 - however this will be the 6th control that you have punched.

**Taped mini running loops**

-During the course there are taped mini loops, 1 longer than the other. You will visit this section on 2 occasions; some competitors will run the shorter loop first followed by the longer loop the next time they visit, and vice versa for other competitors.

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## Format overview:



## Starts:

Competitors will be pre-allocated to one of the 4 start waves. Maps will be issued at 18:50 from the map collection point in sealed envelopes. It is important that competitors know which class they have entered and which is their start wave. Clear and check boxes will be placed before the map issue point. A further check box will be used 2 minutes before each wave starts. It is particularly important that SIAC (SI Air+ punching system) users dib the check boxes, as these turn on their SIACs.

## Warm-up:

The warm-up area will open at 18:50. If you want to start warming up before this time please use College Hill Road (**on west side of entrance, towards City Centre only**). The warm-up area is only available after you collect your map and have **cleared** and **checked**. Once you enter the warm-up area you cannot leave. There will be an area (with a tent if weather is bad) to leave kit.

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### **Download:**

With so many competitors starting so close together there will inevitably be some queuing at Download. Please be patient and ensure that you do download, whether or not you have completed your course. Results will be visible on the monitor attached to the LVO trailer and will be available online as soon as possible after all starters have been accounted for.

### **Punching:**

Please note that all races will be mixed punching meaning that you can use both new SIACs or your regular SI cards. We will have a limited amount of SIACs to rent out (£1 per day) available at registration - *first come, first served*.

### **Facilities:**

There are changing facilities available close to registration (see map above). Showers available.

### **Safety:**

It is advised that competitors wear brightly coloured clothing so that they are more visible and to help avoid collisions with other runners. Please show extreme caution when running on pavements next to roads.

There is a fence crossing (marked as a gate on the map) that is in fact a partly collapsed fence. This is low enough not to cause an issue and will be marked with red and white tape.

There are a few old / ruined barbed wire fences in the area but courses are planned to avoid these.

## Saturday Sprint Qualification

Saturday 18th February

**Planner:** Stephen Gilmore, LVO

**Controller:** Igor Stefko, LVO

**Organiser:** Kieran Rocks, LVO

**Location:** Parking at [Abbey Street carpark](#), next to old City Infirmary building. Use postcode BT61 7DY. Follow route on foot to the arena at the [Cathedral Road recreation centre](#).

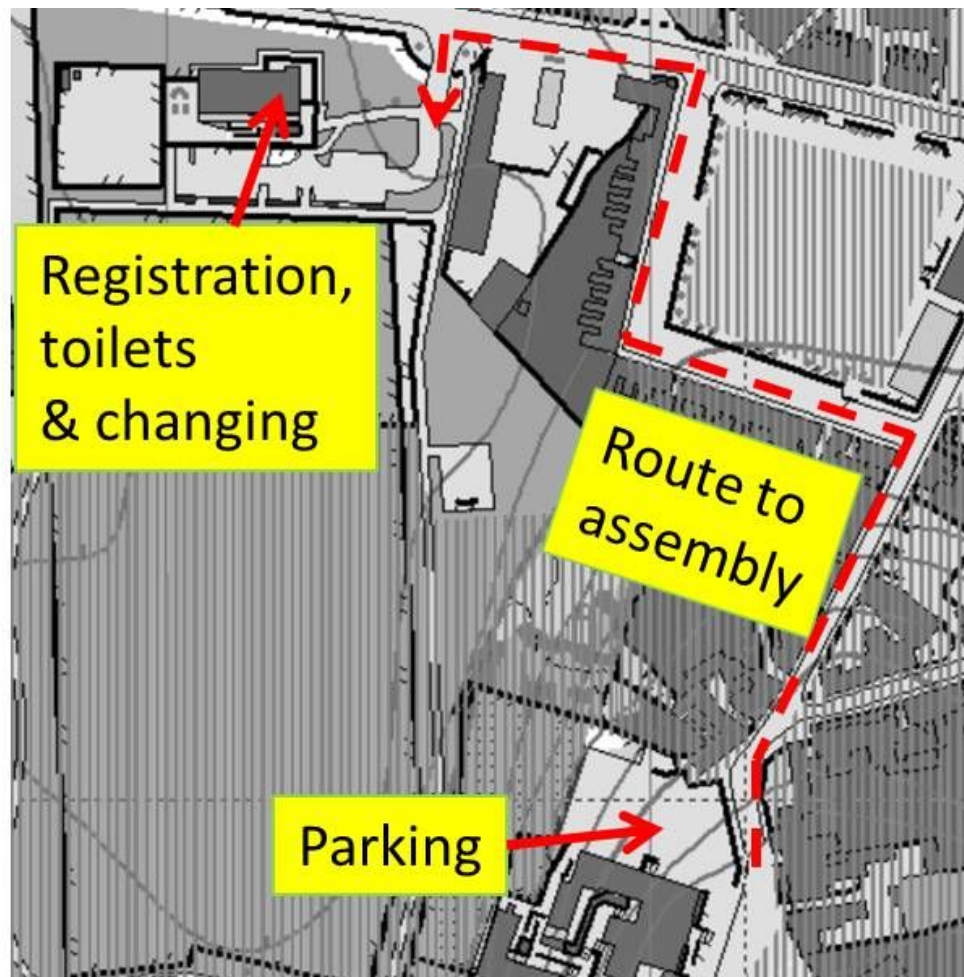
**Travel:** as above on page 1.

**Parking:** The council's Abbey Street carpark, just to the north of Armagh Youth Hostel, is available solely for the use of orienteers from 9.30 until 18.30. Please park prior to 11.00 and follow the specified route directly down to the arena, which is 500 metres downhill from parking. Anywhere off this route is embargoed for orienteers on the day of the race. The route to / from parking is embargoed during both the qualifying and final races (i.e. from 11.30 until races are completed). Parking at the assembly is not possible due to regular centre users. If you intend staying for the Saturday evening social event, please remember to remove your vehicle from the Abbey Street carpark before it is locked at 18.30. There is public parking available to the rear of the Charlemont Arms Hotel but this area is embargoed during Saturday's races.

Competitors staying in the Youth Hostel, which is adjacent to the Abbey Street carpark, should walk to the arena prior to 11.00 by the same specified route.

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**Competition Area:** It is very important that you do not enter the competition area before the start. Please follow instructions and signs carefully.



### Race Information:

<b>Registration/ Info Open</b>	<b>10.00</b>
<b>Starts</b>	<b>First starter 11.30*</b>
<b>Courses close</b>	<b>13.30*</b>
<b>Start lists for final published</b>	<b>Approximately 13.45-14.00*</b>
<b>Arena closes</b>	<b>17.30</b>

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**\* Note on times:** The Sprint Qualifying Heats are intended to take place 11.30-13.30 with the Sprint Final 14.30-16.30. However this schedule might be pushed back one hour to 12.30-14.30 and 15.30-17.30 respectively due to circumstances outside our control. Please check the NI Orienteering website, Facebook and Twitter feed for such announcements. Any schedule change will be posted by the evening of Thursday February 16<sup>th</sup>.

**Map:** Armagh City North

Scale 1:5000

Contours 2,5m

ISSOM

Drawn in 2015 by Kieran Rocks with updates in 2017

Olive green, thick lined walls/ fences and purple hashing are strictly prohibited from crossing.

**Terrain Notes:** Urban with steep slopes and some grass; approx 90% paved, 10% grass. Footwear with good grip (but not metal dobs) is advised, especially if conditions are wet. Long socks or leggings are not required.

**Starts:** The pre-start for the qualifying heats is approximately 150 metres from the arena. The route will be tagged. Please walk to the start rather than run; the footpath to the west of the assembly entrance can be used for warm-up. Call-up will be at a pre-start **6 minutes** before start times. Loose control descriptions will be available in the start lane. Control descriptions will also be on the map. There will be a punching start. Please note that the start SI unit is **NOT** in beacon mode, so both SIACs and regular SI cards must punch in the conventional mode. All controls and finish are in beacon mode.

**Courses:** Competitors will be assigned to one of three heats at random, when in the start lanes. Heats are 2.5km distance, 85m climb with 20 controls. Courses access areas with medium traffic. Competitors must obey the highway code at all times.

**Junior Courses:** The junior course is 1.5km distance, 40m climb with 13 controls. The junior heat crosses just one road with very light traffic and accesses carpark areas with very light traffic. Competitors must obey the highway code at all times. The junior heat has a remote finish. Competitors should use the pelican crossing close to the finish to return to the arena to download.

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**Format:** The senior race will consist of 3 Heats. The first 5 men from each heat will qualify for the men's A Final plus the 5 fastest *losers* based on the *mystery leg/legs*\*. The first 3 from each heat will qualify for the women's A Final plus the 3 fastest *losers* based on the *mystery leg/legs*\*. Once the A finalists have been decided the remainder of each heat will be split in 2 with the first half going into the B Final and the second half going into the C Final. In the case of an odd number the B Final will have 1 more competitor than the C final. Competitors who have mis-punched or not completed the heat will be assigned to the C final on a non-competitive basis.

\*The Mystery Leg/ Legs will be a leg or a string of legs that are common across all Heats (it will not be declared until after the heats which leg / legs will be used). The mystery legs will give those that have not finished in a high enough position an opportunity to proceed to the A final. It is hoped that this will encourage athletes to maintain their speed throughout the race.

All juniors will qualify for the junior final, with any who have mis-punched or not completed the heat assigned on a non-competitive basis.

**Punching:** Please note that all races will be mixed punching meaning that you can use both new SIACs or your regular SI cards. We will have a limited amount of SIACs to rent out (£1 per day) available at registration - *first come, first served*.

### **Download:**

Please be patient and ensure that you do download once you've finished, whether or not you have completed your course. This is essential so that the schedule for the Sprint Final is on time. Results will be visible on the monitor attached to the LVO Mobile Orienteering Office and will be available online as soon as possible after all starters have been accounted for. Starting times for the final will be published as soon as available.

**Facilities:** Toilets are available at the recreation centre. Male and female changing rooms with showers will be available solely for the use of orienteers. As people have varied start times throughout the day these changing rooms will not be secured, so please do not leave belongings there.

We hope to be able to use the centre's side (eastern) entrance on the day. The recreation centre is a busy facility and will also be in use for regular local users, including children, so please keep the main entrance and hallway clear. The registration room can be used to congregate indoors between races if the weather is poor.

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There is a small shop and a café quite close to the arena that are not in the embargoed area and can be accessed for refreshments during the day. A small playground is next to the arena for use only by young children.

### **Saturday Sprint Final**

**Saturday 18th February**

**Planner:** Igor Stefko, LVO

**Controller:** Stephen Gilmore, LVO

**Organiser:** Kieran Rocks, LVO

**Location:** as above for Sprint Qualifying: parking at Abbey Street carpark; arena at Cathedral Road recreation centre.

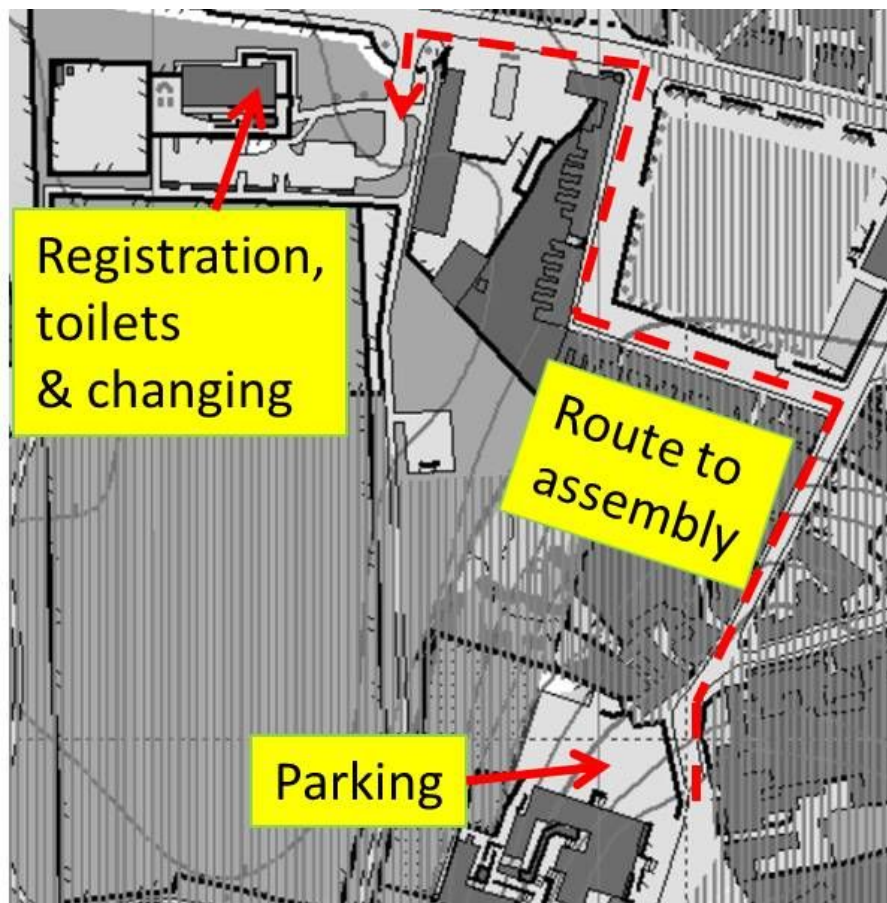
**Travel:** as above on page 1.

**Parking:** The route to/from parking is embargoed during both the qualifying and final races (i.e. from 11.30 until races are complete). Parking at the arena is not possible due to regular users. If you intend staying for the Saturday evening social event, please remember to remove your vehicle from the Abbey Street carpark before it is locked at 18.30. There is public parking available to the rear of the Charlemont Arms Hotel but this area is embargoed during Saturday's race.

Competitors staying at the Youth Hostel should not return between the qualifying heat and final races.

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**Competition Area:** It is very important that you do not enter the competition area before the start. Please follow instructions and signs carefully.



### Race Information:

<b>Registration/ Info Open</b>	<b>10.00</b>
<b>Starts</b>	<b>First starter 14.30*</b>
<b>Courses close</b>	<b>16.30*</b>
<b>Arena closes</b>	<b>17.30</b>
<b>Car park closes</b>	<b>18.30</b>
<b>Prize giving</b>	<b>19:00 in Charlemont Arms (meal from 18:00)</b>

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**\* Note on times: The Sprint Qualifying Heats are intended to take place 11.30-13.30 with the Sprint Final 14.30-16.30. However this schedule might be pushed back one hour to 12.30-14.30 and 15.30-17.30 respectively due to circumstances outside our control. Please check the NI Orienteering website, Facebook and Twitter feed for such announcements. Any schedule change will be posted by the evening of Thursday February 16<sup>th</sup>.**

**Map:** Armagh City

Scale 1:5000

Contours 2,5m

ISSOM

Drawn in 2015 by Kieran Rocks with updates in 2017

Olive green, thick lined walls/ fences and purple hashing are strictly prohibited from crossing.

**Terrain Notes:** Urban with steep slopes and some grass; approx 90% paved, 10% grass. Footwear with good grip (but not metal dobs) is advised, especially if conditions are wet. Long socks or leggings are not required.

**Starts:** Starts for the final are approx 250 metres from the arena. Warm-ups can take place close to the arena before proceeding to the start area. Call up is 4 minutes before start time. Loose control descriptions will be available in the start lane. Control descriptions will also be on the map. There will be a punching start. Please note that the start SI unit is **NOT** in beacon mode, so both SIACs and regular SI cards must punch in the conventional mode. All controls and finish are in beacon mode.

**Courses:** Final A is 2.8km distance, 75m climb with 17 controls. Final B is 2.4km distance, 70m climb with 16 controls. Final C is 1.7km distance, 45m climb with 11 controls. Courses access areas with medium traffic. Competitors must obey the highway code at all times.

**Junior Courses:** The junior final is 1.2km distance, 25m climb with 10 controls. The junior heat crosses two roads with very light traffic and accesses carpark areas with very light traffic.

**Format:** The winner in each class for male and female will be the competitor in the fastest time in the A final. If no competitor in the class has achieved the A final, then the fastest time achieved in the B final will win. If no competitor in the class has achieved

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the B final then the fastest time achieved in the C final will win. The fastest junior in the junior class for male and female will win.

**Punching:** Please note that all races will be mixed punching meaning that you can use both new SIACs or your regular SI cards. We will have a limited amount of SIACs to rent out (£1 per day) available at registration - *first come, first served*.

**Facilities:** Toilets are available at the recreation centre and next to the Sprint Final starts. Male and female changing rooms with showers will be available solely for the use of orienteers. As people have varied start times throughout the day these changing rooms will not be secured, so please do not leave belongings there.

We hope to be able to use the centre's side (eastern) entrance on the day. The recreation centre is a busy facility and will also be in use for regular local users, including children, so please keep the main entrance and hallway clear. The registration room can be used to congregate indoors between races if the weather is poor.

There is a small shop and a café quite close to the arena that are not in the embargoed area and can be accessed for refreshments during the day. A small playground is next to the arena for use only by young children.

## Sunday Urban Event

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**Sunday 19th February**

**Planner:** Philip Baxter, LVO

**Controller:** Richard McCourt, LVO

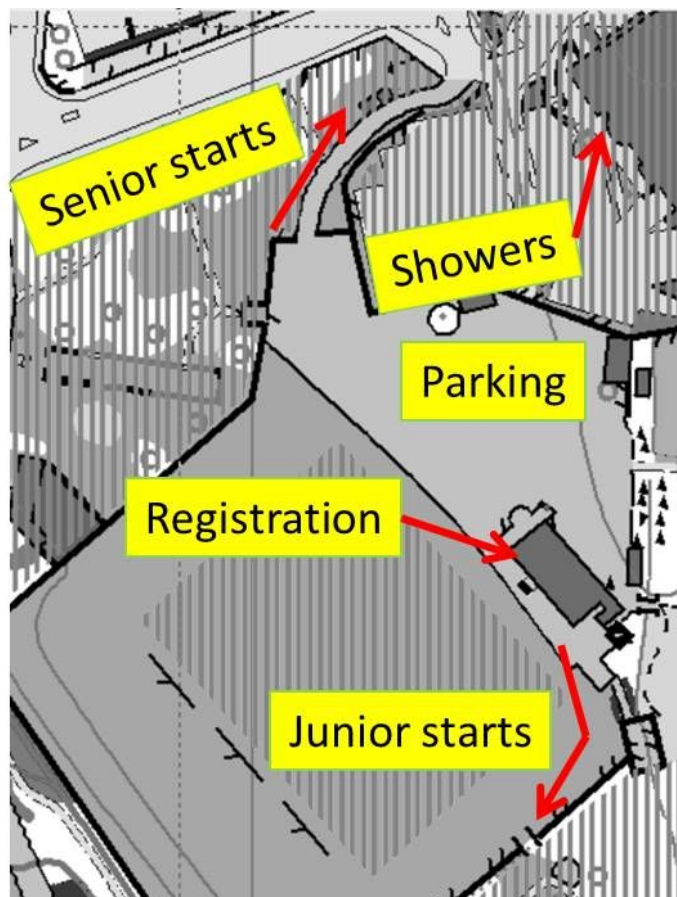
**Organiser:** Kieran Rocks, LVO

**Location:** [City of Armagh Rugby Club](#). Use postcode BT60 4EN.

**Travel:** as above on page 1.

**Parking:** in the grounds of Armagh Rugby Club, where the assembly is based. The entrance is accessed next to the gates of Armagh City Hotel.

**Competition Area:** It is important that you do not enter the competition area before the start. Please follow instructions and signs carefully, especially on route to the Course 1-5 starts.



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## Race Information:

<b>Registration/ Info Open</b>	<b>8.00</b>
<b>Starts</b>	<b>9.00-10.00</b>
<b>Courses close</b>	<b>12.00</b>
<b>Arena closes</b>	<b>13.00</b>

<b>Urban Map:</b> Armagh City Scale 1:5000 Contours 2,5m ISSOM Drawn in 2015 by Kieran Rocks with updates in 2017	<b>Demesne Map:</b> Palace Demesne Scale 1:4000 Contours 2,5m ISSOM Drawn in 2015 by Bill Simpson with updates in 2017
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Olive green, thick lined walls/ fences and purple hashing are strictly prohibited from crossing.

**Terrain Notes:** The urban courses (1-5) will revisit areas used on Friday night and Saturday as well as venturing into some previously unused areas. There are some steep slopes and areas of grass. Footwear with good grip (but not metal dobs) is advised, especially if conditions are wet. Long socks or leggings are not required. All courses cross a number of major routes through the city. Although traffic on a Sunday morning should be light, competitors **must** exercise proper caution when approaching and crossing all roads.

The junior courses (Demesne Long and Short) will stay within the confines of Palace Demesne, adjacent to the assembly area. Here there is a mix of fast, open parkland, a small complex garden area and some woodland. Leg cover is recommended. The approach road to the Palace Demesne car park passes through the competition area. Traffic is usually light and slow moving but extra caution must be taken when crossing or moving along this road.

**Starts:** Starts for Courses 1-5 are 350m from assembly. Please follow tapes to a pedestrian crossing and cross as directed by stewards.

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Demesne course starts are 150m south of the assembly.

There will be punching starts for all courses so please queue for the next available start on your course. Please try to start as early as possible to avoid disappointing later arrivals; the start window is early and short to avoid tangling with city traffic.

**Courses:** There are 5 senior urban courses and 2 junior parkland courses available. All are standard orienteering courses.

Course	Classes	Length	Climb
1	M Open, M18-20	5.5km	125m
2	MV40+, W Open, W18-20	4.6km	100
3	MSV55+, WV40+, DU L	4.1km	95m
4	MUV65+, WV40+, DU M	3.3km	85m
5	WUV65+, DU S	2.6km	40m
Demesne Long	MW16-, Day D L	3.0km	50m
Demesne Short	Yellow, Day D S	1.6km	25m

All course lengths and climb are straight line measurements

**Entry on the Day:** Sunday is an Open event and you can enter on the morning of the event in Armagh Rugby Club from 8:00am. There are 3 Day entry urban courses on offer (DU Long, Medium and Short) and 2 Day entry Demesne courses. There is no entry on the day for the longer urban courses 1 and 2.

### Entry Fees:

**Adult-** £8

**Junior/ concessions-** £5

**Punching:** Please note that all races will be mixed punching meaning that you can use both new SIACs or your regular SI cards. We will have a limited amount of SIACs to rent out (£1 per day) available at registration - *first come, first served*.

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**Facilities:** Toilets are available at the rugby club. Showers will be available afterwards at the adjacent Armagh City Hotel leisure centre. Note that we will be sharing facilities for most of the morning so please follow instructions for parking.

The rugby club has a bar next to registration which will be open during the morning offering tea, coffee and soft drinks for purchase. There is a supermarket next to the urban start. Sunday lunch is available 5 mins walk from the assembly at both the Armagh City Hotel and the Moody Boar restaurant (in the Palace Stables, though booking is advised for here).

There is a popular playground within the Palace Demesne, a short walk uphill from the assembly.

### General Visitor Notes

**Things to see:** As well as wandering the streets and touring the majestic cathedrals, there are a number of places worth a visit in Armagh. These include educational shows at [Armagh Planetarium](#), historic exhibits at the [Armagh County Museum](#), [Royal Irish Fusiliers Museum](#), in the beautiful interior of the [Armagh Public Library](#) and at the ancient [Navan Fort](#), a few kilometres west of the city.

**Restaurants:** Award winning restaurants in city include the Australian-themed [Uluru](#) (Market Street), the [Moody Boar](#) (Palace Stables), [4 Vicars](#) (Vicar's Hill) and [Castle Tower](#) (Market Street). Both the [Charlemont Arms](#) and [Armagh City](#) hotels also provide good food, as do a host of smaller cafés in the centre.

**Entertainment:** The [Market Place Theatre](#) has a daily changing cultural calendar while the city's [Omniplex](#) cinema lies next door. Among the numerous bars in the city are [Red Neds](#) (which has a popular traditional music session on Friday nights) and the [Hole in the Wall](#).

**Leisure centre & swimming pool:** The [Orchard Leisure Centre](#), signed just off the Newry Road, has a gym, soft play area and a 25m swimming pool, as well as a smaller family pool.