



Invite you to
A Level C, WMOA Sprint Championships. Prologue and Final.
At
Lilleshall National Sports Centre, Newport.
On
Saturday 11th April 2015

Dave Gittus MBE is a world class planner and coach, and was once a gold medal winner at the world championships. He has come out of retirement to plan this special event.

Venue: Lilleshall is located just to the south of Newport. The “National Sports and Conferencing Centre” is signed off the A41 and A518, please follow these signs to the venue. OS Grid Ref: SJ 751 145. Sat Nav TF10 9LQ.

Car Parking: Will be available in both the main car park and the Archery car park. Please share transport if possible as the car parks will be busy with other sports centre users as well.

Map: New maps resurveyed by Rod Postlethwaite 2015, printed on waterproof paper. 1:4000 map for the prologue. 1:5000 map for the finals.

Terrain: Sports complex of buildings and playing fields set in mature parkland. Very limited undergrowth.

Courses: Course 1: M, W open. Course 2: M50+, W50+ Course 3: Juniors.

Entries: Seniors £6. Juniors £3. Non BOF members £8

Registration: Open from 10:00- 11:00. Prologue starts from 10.30 until 11.30. Courses will close at 12:00. Final Starts 1:00pm until 2:00pm.

Facilities: Toilets. Limited toilets are available in the corner of the Archery car park. Toilets also available in the main car park in the Battle Back hanger. No muddy shoes please.

Sportident: Electronic punching will be used. Dibbers available to hire £1. Lost dibbers will be charged at £40.

Safety: Whistles must be carried. Competitors take part at their own risk and are responsible for their own safety. Shorts are permitted.

Dogs: No dogs please.

Organiser: Dave Deakin. WRE. eriktheviking@lynda99.plus.com

Planner: Dave Gittus MBE. WRE. Leg man Tom Lewis. WRE

Controller: Richard Lewis. WRE.

Lilleshall Sprints Final Details

Courses:

Course 1 Prologue: 2km approx. Final 3km approx.

Course 2 Prologue: 2km approx. Final 2.5km approx.

Course 3 Prologue: 1km approx. Final 1.5km approx.

Starts: There will be one start location for the Prologue, and a different start location for the Finals. Please look out for the sign changes and follow the directions.

Depending on which car park you are in it will be either 200m or 350m to the start, via flat tarmac road which will have visitor traffic and golf course traffic. Please take care and supervise any juniors.

Finish: This will be close to the car parks.

Important Information: All areas will be Out Of Bounds except the road and the marked route to the start. Please do not enter the main complex until you have finished your courses. The Hall grounds will be Out Of Bounds until after the courses close.

Please be aware that this area is well used by multiple sports. Avoid crossing playing fields which are in use. (Go around the edge)

You will be disqualified if you are seen crossing uncrossable features shown by thick lines, e.g. fences, hedges, and walls. Also areas with forbidden access. Please check up on sprint map legend if you are unsure. IOF descriptions will be used.