Knowlands Farm, Knock-out Sprint – 18.45, 23 July 2025

BULLETIN 1

Further details

If there is any last-minute information, this will be uploaded to the SO website as Bulletin 2. Please check on the day of the event.

Assembly

Please arrive early so that you have warmed up and are ready to start the first race at 18.45.

Car parking is in the field adjacent to the lake, before you reach the farm buildings. Assemble in the car park for a prompt start.

Rules

You must pass the Start Kite on your way to the first control.

For Round 1 of the competition, the Organiser will allocate all athletes to one of 4 groups. Each group comprises 6 athletes. The initial allocation has been made on the basis of interesting races, rather than on any ranking system. Numbers in the lowest tier White may vary depending on attendance.

For purposes of promotion/relegation, the groups are ranked:

1st Blue

2nd Red

3rd Yellow

4th White

A DSQ, DNS or DNF is an automatic relegation to the group below.

Example: at the end of the first round, the fastest 2 runners in the Yellow group will be promoted to the Red group. The slowest 2 runners in the Yellow group will be relegated to White group. There is no promotion from the Blue group, and no relegation from White.

The maximum time allowed in Rounds 1-3 is 15 minutes. For Round 4, the time limit is 25 minutes. As soon as the time expires you should return to Assembly, punch the Finish and download.

Start and Finish Routine

Immediately before each start, all athletes will clear and check. The group members will then punch a start box in rapid succession to prepare their SIAC cards for the race. Finish times will not be used to determine the finish positions. Race position will be determined solely on the order that athletes cross the finish line.

The start of each race will be indicated by the traditional KO Sprint heartbeat sound of duration 2-6 seconds followed by a starting pistol. Athletes waiting for a later start are naturally required to cheer on an athlete of their choice.

Start times:

Round 1 – 18.45 (Blue), 18.46 (Red), 18.47 (Yellow), 18.48 (White)

Round 2 – 19.00 (Blue), 19.01 (Red), 19.02 (Yellow), 19.03 (White)

Round 3 – 19.15 (Blue), 19.16 (Red), 19.17 (Yellow), 19.18 (White)

Round 4 - 19.30 (Blue), 19.31 (Red), 19.32 (Yellow), 19.33 (White)

Athletes will not know in advance whether a competition round will be which of the following:

- No forking (just a head-head race)
- butterfly (includes loop(s))
- runner's choice (runner has 20 seconds to choose preferred course at start)
- pot-luck (athletes allocated course variant at random)

After you cross the finish line you must not change position with any other athlete. Punch the Finish and join the Download queue immediately. A race official will compare your downloaded course with that shown on your map in order to identify disqualifications.

There will be a high density of controls in the terrain. Athletes will check their control descriptions to avoid mis-punching. Control descriptions will be shown on the map. No loose control descriptions will be shown.

Warm-up Area

The warm-up area is the lane that runs alongside the lake.

Map

All maps are 1:5,000 printed on A5.

Terrain Description

Mainly woodland with small areas of open. Maximum climb per course is 10m.

Clothing & Race Bibs

Standard forest orienteering kit is required: i.e. long trousers and o-top with gaiters recommended. No shorts or vest tops.

All athletes will wear a small coloured bib to indicate which group they are in. This will be swapped whenever the athlete is promoted/relegated.

Control Collecting

At the end of the competition, all athletes will collect 2 controls each. Please bring your own drinks.

Media

Photos and videos of the event will appear on the British Orienteering Instagram and Facebook social media accounts.

Staff

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