



SOUTH YORKSHIRE ORIENTEERS

Sheffield Urban Sprint Double

Saturday 4th September 2010

A Level 2 Regional event and within the Nopesport and Yorkshire Urban Leagues.

FLYER

- LOCATION:** Ponderosa (one of the Crookesmoor Parks), Sheffield. 1 km North of Sheffield University. Situated close to Infirmary Road super-tram stop.
Grid Reference: SK345881 Map Link: [here](#)
- TERRAIN:** Complex urban with some parkland and small wooded areas.
- MAP:** Developed by Oli Johnson, Neil Northrop and Tim Tett. Updated by Graham Gristwood (2010).
- COURSES:** The event format is a short prologue followed by a sprint with the combined times as the overall result.
Prologue: expected winning time of 6-8 minutes
Sprint: expected winning time of 13-15 minutes

| Course | Men's Classes | Women's Classes |
|--------|--------------------------------------|--|
| 1 | M18, Men's Open, M40+, M55+, M70+ | |
| 2 | | W18, Women's Open, W40+, W55+, W70+ |
| 3 | M16- | W16- |

- TIMES:** Registration: 11:00 – 12:00
Starts: Prologue: 12:00 – 13:00
 Sprint: from 14:30
- PRE-ENTRY:** Internet: via www.Fabian4.co.uk (closing date for online entries Monday 30th Aug 2010)
Entry on the day (EOD): Limited.

FEES:

| | By August 22 nd | By August 30 th | EOD |
|---------|----------------------------|----------------------------|--------|
| Seniors | £8.00 | £10.00 | £10.00 |
| Juniors | £2.00 | £3.00 | £3.00 |

(Senior members of British Orienteering and YHOA can claim a £2 discount)
SI card hire £1

- DOGS:** Dogs welcome.
- SAFETY:** Competitors take part at their own risk.
- OFFICIALS:** Organiser: Paul Bradbury (SYO) (paul.syo "at" live.co.uk)
 Planners: Rob and Clare Baker (SYO)
 Controller: Steve Whitehead (EBOR)

MAKE A WEEKEND OF ORIENTEERING

Combine this event with the Lincoln City Race on Sunday 5th September. Info at www.logonline.org.uk.