



**SWOA Relay,  
Individual Courses and Beginners  
Activities**

**Sunday June 4<sup>th</sup> 2017**



[www.northwilts.org.uk](http://www.northwilts.org.uk)



**Venue:** Lawns Park, Swindon (postcode SN3 1JY,GR SU163832)

This 50 acre park has two lakes, panoramic views of Swindon and the Marlborough Downs and contains the ruins of Swindon's oldest remaining building – Holy Rood Church, Swindon's original parish church.

See [https://www.swindon.gov.uk/directory\\_record/8466/lawns\\_park](https://www.swindon.gov.uk/directory_record/8466/lawns_park) for more information about the park.

**Transport:** If arriving by car please drop off in Farleigh Crescent SN3 1JY adjacent to park and then park considerably nearby

Buses from Swindon Rail and Bus stations.

**Directions:** Recommended route from Junction 15 or A419 – follow signs to Old Town, Swindon and then Lawn. Event signed from Windsor Road.

**Terrain:** Mostly parkland with some wooded areas mainly near 2 ornamental lakes, with tarmac and gravel paths. Some minor roads will be crossed on the two longer courses. Care should be taken when running around the paths around the lakes which can be muddy if wet.

**Cyclists doing a charity cycle event will cross the park on a tarmac path near the Start/Finish so competitors should take care when crossing it.**

**Map:** 1 : 5000 A4 Waterproof, no loose Control Descriptions

**Relay Teams:** 2 or 3 members of the same or different club(s). Teams wishing to be counted for the SWOA Relay Series should all be from the same club and incorporate their club name in the team name.

**Relay Entry:** **Please email the organiser by 28<sup>th</sup> May** to advise of (a) Your team name (including club if you wish to be included in the SWOA Relay Series) b)

Team members and age-classes, if known at the time. You may change your team membership later (or on the day) if you wish. Individual competitors not yet in a team can email the organiser who will try to form an ad-hoc team for you.

**Relay Courses:** 3 courses of between 2k and 3k. Unaccompanied juniors may **only** do the shortest course in the park avoiding roads.

**Relay Rules:** Each team must run each course twice in six consecutive sessions. No individual to run the same course twice. **EMIT** punching will be used and NWO will provide 2 EMIT cards/team at no additional fee.

**Other Courses:** Unaccompanied juniors **may** only do the shortest course in the park avoiding roads. A **longer individual** course of approx. 4k will be available for those not wishing to run in the relay.

**Beginners** activities for individuals or groups will be available for those wishing to try orienteering for the first time.

**Times:**           **Registration 9.45 – 10.30**           **Relay Briefing 10.45**

Handicap Start for Relay (see below) with Base Time 11.30

Starts for Individuals/Beginners 11 – 12

**Fees:**           **Adults £6 Juniors £2**

**Beginners Adults £4 Juniors £2**

Fees Include EMIT **but £47 charge for lost EMIT**

**Organiser:** Antonia Holt (NWO) email [anewell@doctors.org.uk](mailto:anewell@doctors.org.uk) or phone 01793 619664 before 9pm.

See [www.northwilts.org.uk](http://www.northwilts.org.uk) for latest details and results.

**Planner:** Doug Stimson           **Controller:** John Orton

**Facilities:** There are no toilets in Lawns Park but there are car parks, shops, pubs and restaurants in nearby Old Town

**Safety:** Car keys must be left at registration if travelling alone.

All competitors must download even if they do not finish the course.

Leg protection is advisory due to summer undergrowth and trainers rather than studded shoes.

All courses close at **14.00**. You run at your own risk and **must** report to finish.

Nearest A & E is Great Western Hospital, Swindon SN3 6BB.

## NWO Relays Handicap Times

Each team member obtains an age-class related handicap time as follows:

M Class	Handicap time	W Class	Handicap time
M14	-6	W14	-7
M16	-4	W16	-6
M18	-2	W18	-5
M20	-1	W20	-4
M21	0	W21	-3
M35	-1	W35	-4
M40	-2	W40	-5
M45	-3	W45	-6
M50	-4	W50	-7
M55	-5	W55	-8
M60	-6	W60	-9
M65	-7	W65	-10
M70	-9	W70	-12
M75	-11	W75	-14

Starts will be from 11:30 for non-handicapped runners (i.e. 3 M21 runners) and all others run at 11:30 minus their combined handicaps. For teams of 2 runners the '3<sup>rd</sup>' handicap will be the mean of the other 2 combined.

### Example

A team of 3 consisting of M21, M40 and W50 would have a handicap of -9 minutes and therefore start at 11:21.

Each team should inform registration of their lead runner start time.