

**Location:** Iveshead School, Forest Street, Shepshed LE12 9DB Grid Reference...SK484198

Parking in the school grounds

Event Centre is at the Youth Centre

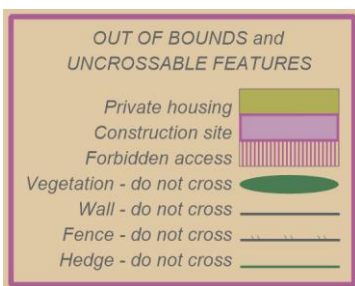
A typical Urban area around the streets of Shepshed including the school grounds and parkland

Registration, Start and finish are all within the school grounds

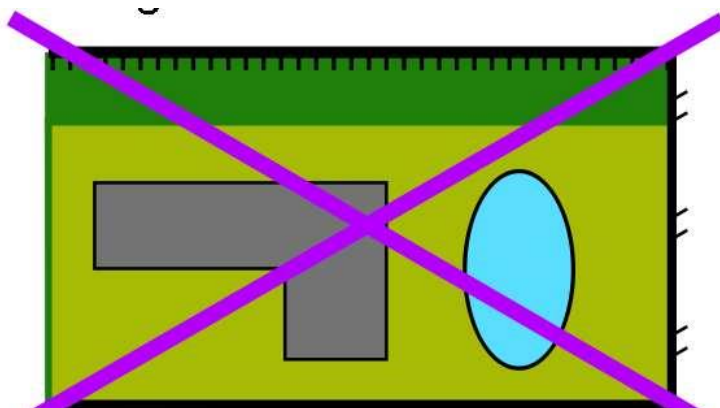
All football pitches are OOB (not marked on the map)

No dogs allowed in the school grounds.

**Maps:** A3, 1:5000 urban spec map.



This map is drawn to ISSOM - Sprint Map standards. Where walls, fences and crags are depicted as uncrossable it means that you are not allowed to cross - whether able to or not. This is different to a standard orienteering map drawn to ISOM specifications. See [www.orienteering.org](http://www.orienteering.org) for the full ISSOM details.



**FAIR  
PLAY**

Map updated by Mike Hampton August 2018.

**Courses:**

| Course | Classes                    | Length | Climb | No. of |
|--------|----------------------------|--------|-------|--------|
| 1      | MO (mens open)             | 8.9k   | 140m  | 30     |
| 2      | MV (M40+) WO (Womens open) | 7.1k   | 125m  | 30     |
| 3      | MSV ( M55+) WV (W40+)      | 6.2k   | 130m  | 25     |
| 4      | MUV (M65+) WSV (W55+)      | 4.8k   | 100m  | 21     |
| 5      | WUV (W65+)                 | 3.8k   | 70m   | 18     |
| 6      | MJ (M16-) WJ (W16-)        | 3.6k   | 70m   | 17     |

These are straight line distances, you should expect to run up to 50% more.

You may enter any course you choose however to be competitive in the EMUL you need to enter your appropriate age class. If you run up a course, then you will be entered into the age class for that course.

No course 7 for MYJ (M12-) / WYJ (W12-). No course suitable for 12 and under

Anyone in the M/W16- age category who is under the age of 16 on the day will only be allowed to run course 6. This course crosses minor roads so care should be taken.

**Entries:** EOD only

**Times:** Registration 10.00 – 12.00

Starts 10.30 – 12.30

Courses close at 2.00pm

**Fees:** Seniors £8.00

Juniors / FT students £2.50

**Punching:** SI punching start, SIAC enabled.

**Facilities:** Toilets available in event centre

No drinks at the finish, please bring your own

**Safety:**

Please be aware of members of the public, cyclists and traffic, particularly out on the streets in Shepshed. Take care when running around corners and in narrow passageways, and be considerate to others, including competitors.

Competitors are responsible for their own personal safety.

**Medical conditions:** If you need the Organiser to be aware of any medical conditions then please leave details in a sealed envelope with the registration team.

**Organiser:** Laurence Fluck mobile no. 07952 163160

**Planner:** Maureen Webb **Asst. planner:** Kevin Gallagher

**Controller:** Bob Haskins