



British Orienteering Sprint Championships 2025

A UK Orienteering League event

Sunday 31st August 2025

University of East Anglia, Norwich

Preliminary Details

The East Anglian Orienteering Association and British Orienteering welcome you to the 2025 British Sprints Championships. Information on the British Sprint Relay Championships, which is happening on the same weekend, can be found on the British Sprints Weekend website, [here](#).

Entries

Entries for the British Sprints Championships 2025 will open on 13 April 2025. All entries should be made through SI Entries: https://www.sientries.co.uk/event.php?event_id=15438.

Organiser: sprintscoordinator@britishorienteering.org.uk

Entries: sprintentries@britishorienteering.org.uk

Entries will close at 11:59 pm on 17th August.

Entry to championship courses will be on the basis of age class. Classes available will be M/W 10 to M/W 95.

Entry fees	By 27 July	By 17 August
Seniors (M/W21+)	£24	£29
Juniors (M/W20-)	£11	£13
SIAC Hire	£3	£3

Helpers foregoing one run will be able to enter at half price (Helpers should contact the organiser BEFORE entering). There is no entry on the day for championship courses. Non-championship courses (yellow and orange standard) will be available for entry online and on the day at £10 for each entry.

Shadowing of juniors is not permitted.

Eligibility

Only members of British Orienteering who are British citizens are eligible for Championship prizes. (for the full competition and eligibility rules, see section 2.1 of Competition rule C, available to view on the British Orienteering website: <https://www.britishorienteering.org.uk/doc/rules/competition-rule-c-sprint>.)

Notes on entries:

- Senior full-time students pay the Junior entry fees. Proof of status may be requested.
- SIAC card hire is £3 for seniors or juniors.
- Competitors can edit their entry for aspects such as class changes and dibber number without charge up to the closing date for entries (17 August).
- Changes to championship entries requested after 17 August 2025 will be charged at £3 per request. There can be no guarantee that changes will be possible though every effort will be made where there are good reasons for the change.
- Entry to championship classes after the closing date will not be possible except in exceptional circumstances. Even in such cases there is no guarantee that late entries will be possible after the closing date. If they are available there will be an extra charge on the closing date fees. Details will be published nearer the time if maps and start time slots are available.

There will be no entries to any championship courses on the day.

Parents of small children requiring supervision may request split start times when entering. Otherwise, it will not be possible to accommodate individual preferences for start times.

Vehicle information

All participants arriving by car should use the main UEA car park. This car park has no height restriction but there is a **width restriction** at the entry and exit barriers – see section below on parking.

When entering please indicate number of vehicles you are bringing to the event and if any may exceed the width restriction.

Start times

The championship event comprises two races – a morning qualification race (the heats) followed by the Finals in the afternoon.

Qualification race start times

Start times for the qualification races are expected to be between 10:00 and 11:30. Start times for the Finals will be from approximately 14:00 to 15:30. Start times will be allocated according to the championship rules. All entrants in a given age class will start in a contiguous block, with start times within the block assigned according to BO rankings, with higher ranked runners starting later. It will not be possible to accommodate individual start time preferences other than parental split starts.

Start times for the qualification races will be allocated after entries close, according to Competition Rule C. Start times will be published on the SportIdent website at least a week before the event and all entrants will be informed when the start times have been published.

Qualification race cut-off time

Anyone finishing later than 30 minutes after the last published start time in the qualification races will be assigned to the B final.

Finals start times

Start time blocks for the finals will be published in advance, but individual start times for the finals are determined on the day, according to the results of the qualification races.

When you enter, you can choose to provide a mobile phone number that we could use for broadcast text messages on the day, for example to announce when finals start times are available to view.

Parental Split Starts and helper starts

Where necessary, "Out of block" start times will be allocated to parents with young children requesting split starts, and to some helpers. Where possible we will achieve the parental split by allocating an early start to one parent whilst the other runs at their normal assigned time.

Out-of-block start times will be assigned to also be outside block times for other classes on the course in question. Those allocated an out of block start time in the qualifier races run competitively and are eligible to qualify for the A final subject to the cut-off time (see above).

In the finals, out of block runners starting earlier than their age class start block are again competitive. However, if we need to assign a start time later than the starter's age class block in the finals, the run will be competitive for ranking points but will not be eligible for a podium place (championship medal).

Seeding

There will be seeding for all championship classes except for M/W 10/12.

M/W 14/16 will be seeded based on the 2025 Junior Seeding list.

M/W 18/20/21 will be seeded in the usual way for elite competitors according to the 2025 Rules of Orienteering.

M/W 35+ classes will be seeded and allocated to heats as described in Competition Rule C based on the British Orienteering ranking list.

Cancellation of entry

Conditions of entry to this event is covered by the standard British Orienteering Entry Terms and conditions for JK & British Championships. These terms can be viewed on the British Orienteering website:

https://bof2.sharepoint.com/:b:/g/Competitions/ER5UY2eRIO1GmFdBw3_f1e4BiVmR_BSpHJzAzrU6oAkiyA?e=GDUWkF

In brief, if you decide to withdraw your entry, the following rebates apply:

- Cancellation 90 or more days before the Event, 100% of the race entry fee minus processing fees;
- Cancellation 89-60 or more days before the Event, 75% of the race entry fee minus processing fees;
- Cancellation 59-30 days before the Event, 50% of the race entry fee minus processing fees;
- Cancellation fewer than 30 days before the Event, no refund will be given.

Processing fees (entry and refund) will be 10% of entry fee, as a contribution to our third party administration costs.

General Information

Directions

Norwich is easy to reach by rail and road. The nearest airport for commercial flights is London Stansted.

A summary of the options for public transport to UEA are summarised [here](#).

<https://www.uea.ac.uk/f/185167/x/4097914524/travelling-to-uea-guide-2024-25-cycle.pdf>

By Rail

UEA is about 4 miles from Norwich City centre. Norwich is served by a direct rail service from London Liverpool Street. The journey from London takes about 1hr 45 mins, and there is a departure every 30 mins on weekdays and Saturdays, and hourly on Sundays.

Bus service 25 from Norwich station runs directly to UEA, with departures every 10 mins and journey time 25 mins. Use the main UEA stop (University Drive). Please note the P&R service to UEA does not operate on weekends.

It is possible to cycle from Norwich Station to the UEA campus, a distance of about 3.5 miles.

By Road

UEA is easily accessible by road from the A11 if arriving from the south and from the A47 if arriving from the east or west.

Google maps: [here](#)

Streetmap.co.uk: [here](#)

What3words: `///having.lanes.kings` (main car park W entrance via Earlham Road)

`///mock.blank.issued` (main car park E entrance via Bluebell Road)

Postcode: University Drive, Norwich NR4 7LP

Main car park

You must use the main car park on University Drive. You may use either of the two entrances.

All users of the main car park must pay £1 for all-day parking on the day of the event. **Card payment only.**

Once parked, to reach the arena on foot, you must leave the car park by the signed route from the SW corner of the car park.

PLEASE NOTE: Any vehicle wider than a transit van will not pass through the entrance barriers of the main car park and will need to park elsewhere. A VW camper van will be OK – larger motorhomes will not.

Other car parks at the UEA are OOB for orienteers' parking, whatever your vehicle, unless we specifically advise otherwise,

It is not permitted to stay overnight in your vehicle in the main car park or elsewhere on the campus.

Wide vehicles

At the moment we are still working to identify suitable day parking for vehicles too wide to get through the entrance barrier of the main car park. At this stage we cannot guarantee that parking for wide vehicles will be possible on the UEA campus itself. Eaton Park pay and display car park is suitable and involves a 0.8 mile walk to assembly.

If you are staying in a motorhome or campervan, you must NOT stay overnight at the UEA. There is a campsite at Whitlingham Broad a couple of miles around the ring road to the south of Norwich, about 5 miles from the UEA: <https://www.whitlinghambroadcampsite.com/>

Arena

The event arena is about 150 m from the signed pedestrian exit from the main car park. The route to the arena will be marked. Do not stray from this marked route as you will be entering OOB competition areas and be liable to disqualification.

In the arena you will find:

- Enquires, Bib collection and hired e-card collection (indoors)
- Toilets (indoors)
- Download (indoors)
- First Aid
- Trader: CompassPoint
- Food and Refreshments – see below
- Display of Start lists and results (for those not able to access these online)

Steps in the arena near commentary will be used as a podium for medal presentations.

Refreshments

In the arena area there are a number of places providing refreshments:

An indoor bar will be open not far from download (may be serving Pizza tbc)

ZIGGYS coffee bar and adjacent shop selling beverages and snacks

Coffee shop in LCR, one floor up from download/bar, will be open

ZEST, off the square, could be opened if demand exists – this would provide more substantial food (eg veggie chilli and spud). Please indicate when entering whether you are likely to make use of this.

Club tents

There will be NO space available for Club tents. There should be space for Club feather banners to be tied to railings in the assembly area.

In the event of adverse weather (eg heavy rain or oppressive sunshine), indoor shelter will be available close to assembly. The Square can be a bit of a “sun trap” so please remember to pack sun cream, hats, and plenty of water if the forecast is for bright sunshine.

First Aid

Third party first response cover will be provided, located in the assembly area.

The nearest A&E hospital is Norwich and Norfolk University Hospital, Colney Ln, Colney, Norwich NR4 7UY. This is 1.9 miles by road from the UEA campus.

Bibs

All competitors must wear their individually numbered bibs when running. We will be operating a “No bib – no run” policy. Bibs will be available for collection at the registration/download area.

Please fill out the reverse side with any medical conditions you wish to declare.

M/W 18, 20 & Open competitors who qualify for the A Final will be given a coloured final race bib which must be collected after the final start lists are published. Other competitors must wear the same bib for the qualification and finals races.

Late starts

Please ensure you get to your pre-start (start time minus 5 minutes) on time. If you are a minute or two late for your call-up time the start official will slot you into your correct start box for your start time.

Otherwise, if you are later than your allocated start time the start official will guide you to the late start lane where you can start at the next available half minute. You will punch a start box but your race time will be calculated based on your allocated start time.

No fault late starts

If you arrive late at the start but you believe that this is the fault of the organiser then you should follow the start team’s instructions and go to the enquiry desk after you have downloaded.

Dogs

Dogs are allowed in the car park, and nearby Earlham Park provides a green space for exercising etc. Please note that there is otherwise no suitable space on the campus for dogs to relieve themselves.

Dogs must be kept on leads and under control at all times, and are strictly not allowed indoors or in the competition terrain at any time. Dogs should not be brought to the arena area. Dog owners are required to clean up after their dog and are responsible for disposal of their waste.

Start times cannot be adjusted to allow for supervision of a dog.

Photography

British Orienteering has an agreed national guidance policy on the taking of photographs at events. If you are unsure about the agreed acceptable practice, please speak to the event organiser.

Privacy & Personal Data

Entrants’ personal details (name, age class, club) will appear in the results section on the website and on bibs. Data provided when entering may also be used to trace missing runners and hired SIAC cards.

Terrain

The UEA campus combines density of buildings, unusual architecture, and raised walkways with passageways beneath to make a technically challenging area that is ideal for the sprint orienteering format. Running surfaces are predominantly concrete.

PLEASE NOTE that ALL courses will involve negotiating steps and or staircases. We will plan appropriately for different age classes, but you must expect to encounter some steps on your course.

Course Maps

The map has been produced for this event by Caroline Louth (WAOC).

Competition maps will be printed on waterproof paper and will be approx. A4 in size.

Punching

This event will use SI electronic timing. Controls will be enabled for contactless punching with SIACs. SIACs will be available for hire.

Starts

The starts for the morning qualifiers and the afternoon finals will both be less than a 5 minute walk from the arena. There will be a 5 minute call up.

Warm up

There will be very limited room for warm up at the start/pre-starts. Earlham Park is nearby (park entrance about 250 m from assembly) and provides plenty of space for warming up.

Model controls

The compact nature of the campus means that we will not be able to offer a model course. Instead, model controls will be displayed near the starts showing how controls have been mounted.

Finish

The finish run-in will be visible from arena and there will be space along the run-in for spectators.

Courses

Courses have been planned so that the fastest times on each course will be in the range 12-15 minutes. A table of course to class mappings with approximate course lengths will be published on the event website.

Officials

Planners: Ben Bethell (NOR) and Glen Richardson (NOR)

Organiser: Peter Woods (WAOC)

Controller: Stephen McKinley (SN)

Contacts

Organiser: sprintscoordinator@britishorienteering.org.uk

Entries: sprintentries@britishorienteering.org.uk