



Summer Sprint Series
24th May-12th July



South Ribble Orienteering Club invites you to the
2011 *Summer Sprint Series*

Come and test your running speed and mental agility at 6 weekday evening events in May, June & July.

Each event in the series follows a similar format: a short prologue, * start times 6.30–7.00 pm, followed soon after by full-on head to head racing in the reverse-order final! Fastest from the prologue start last in the final, making for an exciting finish as runners twist and turn around the course.

This format closely replicates the experience of a major sprint orienteering race whilst still fitting easily into an evening and allowing time for socialising, eating and drinking at the post event venue.

Event 1	Tue 24th May	Clitheroe Castle – New Area!
Event 2	Tue 7th June	Williamson Park, Lancaster
Event 3	Mon 13th June	Salt Ayre, Lancaster
Event 4	Tue 21st June	Yarrow Valley, Chorley
Event 5	Tue 5th July	Lancaster University – New map
Event 6	Tue 12th July	University of Cumbria – New map

Points will be awarded at each event, based on position, and age class prizes (Junior 14-, Open and Vet 55+) for the series will be awarded at the SROC Club Picnic on 16th July at Barrowfield near Kendal. This series is open to all, whether or not you are a member of SROC.

Fees: £3 adults, £1 juniors/students. SI electronic punching, pre-printed waterproof maps.

All details are provisional. Check the website www.sroc.org for exact locations, results, league tables etc.

*The prologue is suitable for beginners and experienced alike. There may be age/experience restrictions on some finals. Expected winning times are about 10 minutes for the prologue and 15 minutes for the final, i.e about 25 minutes total for each event. Volunteer control collectors welcome!