

British Sprint Relay Champs 11 June 2022 – Leeds Beckett University

The British Sprint Champs used to be paired with the Middle Distance Champs, but in 2021 and 2022 they have been preceded on the Saturday by a Mixed Sprint Relay. (Note: this won't be the case in 2023 when it is back to sprint + middle in Northern Ireland.) Mixed sprint relays have been part of the World Championships since 2014. Eight years later, SMOCC entered its first championship team: coSMOCCracy. The motto for the weekend was "all the controls, in the right order" and we were going to do our best to achieve that.

For elites, it is a four-person team: two men and two women. For the age group and ad hoc teams, there are three team members, of whom one must be a woman. We had entered M/W55+ with legs of between 2.5km and 2.8km (optimal distance) with 22 to 24 controls on each leg.

I'm not naming names, but two of the team are notorious mis-punchers and the third ran off the map during a recent sprint so the omens were not good. Happily, we got all our bad luck out of the way by being caught out by roadworks on the M1 on the way to the event.

The event was held at Leeds Beckett University in the Headingley area of Leeds, with assembly being in the Carnegie School of Sport building. We arrived about 5 minutes before the end of deadline for the issuing of bibs, so plenty of time! Assembly was well laid out, with a large indoor area for leaving bags, with couches, a small cafeteria, flushing loos, etc. The start, change overs and finish were right outside on the field in the middle of an athletics track. At one end of the track there was a spectator control so the next runner could judge how long their incoming runner would be. Some courses went back outside the stadium for a few controls after the spectator control before handing over or finishing, but some came almost straight to the finish (as mine did).

There were 93 gaffles between all the courses and for our event there only seemed to be three people with each combination so following anyone would have been very chancy. Control codes were printed on the map after the control number, which I found very useful.

Martin took our first leg from the mass start and got us going with a solid run. I then ran the shorter middle leg (my map is below) and miraculously managed to pull us up by a couple of places, before handing over to our speedster Ian who also gained places. We all had reasonable runs as individuals, with me being the only one having some fastest legs from our gaffled groups (just wanted to point that out). Our final result was 15th out of 22 with 5 teams mispunching. All the controls, in the right order.



It was a really fun event and a great warm-up for the individual sprints the following day.

LEEDS BECKETT UNIVERSITY

scale 1:3000 contours 2.5m



British Orienteering
Sprint Championships

BMSR 2022			
Super Vets 319.2	1.9 km	35 m	
1	74	■	○
2	67	▨	⊥
3	46	▨	⊥
4	70	▨	⊥
5	52	■	○
6	63	▨	○
7	80	■	○
8	43	▨	○
9	82	▨	○
10	64	▨	○
11	61	▨	○
12	77	▨	○
13	34	▨	○
14	81	▨	○
15	69	▨	○
16	62	▨	○
17	45	▨	○
18	71	▨	○
19	54	▨	○
20	83	▨	○
21	37	▨	○
22	60	▨	○



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1	2	3
Reserve punch boxes		

Super Vets_BFH

Symbols: ISS
Special Sy
○ Flood

Courses Close at 5:15pm

Report to Download even if you do not finish your course

Emergency Phone: 07950 181869

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