

Competition Rules A: British Long Distance Championships

Text in bold below has mandatory status and shall be followed by event officials. Other content refers to material provided for guidance and for information. These Rules shall be read in conjunction with the BOF Rules and have the same authority. They shall be considered as their extension. Where these Rules vary or supplement BOF Rules, then these Competition Rules shall take precedence.

1. General Information

1.1 Level

1.1.1 The British Orienteering Long Distance Championships is a National (Level 1) event.

1.2 Purpose

1.2.1 To find the British Long Distance Orienteering Champion in each age class from M/W 10 to M/W 85.

1.2.2 For the elite classes, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.

1.2.3 British Long Distance Champions in the M/W21, M/W20 and M/W18 classes will be determined at the British Elite Championships which is normally incorporated into this event.

1.2.4 If the Elite Long Distance Championships are not incorporated then no "E" courses shall be planned. Any M/W21, M/W20 or M/W18 may take part in this event on either the appropriate L or the S course, but no British titles will be awarded in these age classes.

1.2.5 In this circumstance, a separate British Elite Long Distance Orienteering Championships shall be organised at which only courses 1 to 4 (see table which follows) shall be available. These Competition Rules will apply, with the exception of Rules which apply only to courses 5 and upwards and the classes which compete on them.

1.2.6 To provide a high standard of competition for all members of BOF through a high quality event.

1.3 Nature of Event

1.3.1 Single-day cross-country competition held in daylight. Runners compete as individuals in age classes.

1.3.2 The event will normally be staged on the same weekend as, and the day before, the British Relay Championships.

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1.3.3 The event may be designated as a World Ranking Event (WRE) by the IOF in conjunction with the Elite Competitions Group. **If this is the case IOF Rules will apply, but only to the Elite classes involved. The IOF Rules are to be found on the IOF website at www.orienteering.org, under 'publications'.**

1.4 Who May Compete

1.4.1 The event is open to National Members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.

1.4.2 Competitors are eligible to be British Championships medallists provided that on the day of the competition they are National Members of British Orienteering and they hold a British Passport, i.e. they are eligible to compete for Great Britain.

1.4.3 In addition Elite runners must meet any additional selection criteria specified by the Elite Competitions Group.

1.4.4 Non-competitive runners shall not be allowed to take part.

1.5 Elite Selection Criteria

1.5.1 The selection criteria for the Elite classes only shall be the responsibility of the Elite Competitions Group.

1.5.2 Entry may be restricted, **but at least 60 places on each of M21E and W21E, and at least 30 places on each of M20E, M18E, W20E and W18E shall be available. Selection for all classes shall only be used if courses are oversubscribed.**

1.5.3 Selection criteria shall be publicised in advance to explain how runners may qualify to be selected for the event.

1.5.4 The selection criteria for M/W21E should normally include:

1.5.5 a majority of places allocated on the basis of performances in the current year (using UK Cup results or similar);

1.5.6 a small number of places to be allocated to those not qualifying by the first method, based on a written application

1.5.7 The selection policy for M/W20E and M/W18E should normally include:

1.5.8 a majority of places allocated on the basis of performances in the current year (using Future Champions Cup results or similar);

1.5.9 a small number of places to be allocated to those not qualifying by the first method, based on a written application.

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1.6 Responsibility

1.6.1 The British Orienteering Long Distance Championships are organised by Constituent Associations or by clubs on behalf of British Orienteering. Financial responsibility is divided between British Orienteering and the organising Association or Club on a two thirds: one third basis.

1.6.2 The Event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

1.7 Officials

1.7.1 Controller: Grade 1 controller appointed by the Major Events Group.

1.7.2 If the event is a WRE, a separate IOF Licensed Adviser will be appointed. They should normally be a different person from the British Orienteering controller, even if they are qualified for this role.

1.7.3 If the event is not a WRE an Elite Adviser for the event will be appointed by Major Events Group.

1.7.4 Map Adviser: appointed by Map Group

1.7.5 The Planner and Controller should have experience of elite orienteering and be approved by the Major Events Group.

1.8 Timescale

This is intended to give guidance only and is not an all-embracing list:

27 months	Area selected, officials agreed, timescales agreed. Map adviser appointed.
14 months	Survey underway to ensure correct seasonal representation.
12 months	Survey complete and draft colour map available for planning (new maps).
9 months	Survey complete and draft colour map available for planning (updated maps).
8 weeks	Planning completed.
4 weeks	Controlling of courses completed. Map files and course overprints sent to printer.
2 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Preliminary results submitted to the ranking list.
+2 weeks	Results booklet posted.

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2. Map and Terrain

2.1 Quality of Terrain

2.1.1 The terrain for the British Long Distance Championships should be generally runnable and of good technical quality. Technical merit is of major importance for the British Championships. Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area. Variations between different parts of the country are inevitable, and Associations should reserve their best areas for these Championships.

2.1.2 The Grade 1 controller appointed by Major Events Group shall be responsible for assessing the suitability of the venue before the event is confirmed in the Fixtures List. The controller's report should confirm that all of the requirements listed below are met, and should be sent to the Major Events Group.

2.1.3 As a guide, the area should meet the following requirements:

2.1.4 The area should allow an M21E course with a winning time of 90 minutes without undue repetition (although this might be reduced for an area of exceptional technical merit). If the British Elite Championships is not included then the area should allow a course which would produce a winning time of 75 minutes for a Men's Elite competitor.

2.1.5 At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable, and at least 75% for the shorter courses (i.e. the majority of the competition should avoid the need for long track runs).

2.1.6 The area should not be so steep that the total climb on any course is more than 5% of the course length. (i.e. not more than an average of 50m climb per km of course length).

2.1.7 Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.

2.2 Embargo

2.2.1 The competition terrain is embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the Championships.

2.3 Map

2.3.1 The terrain shall be field worked in order for the map to be legible when presented at a scale of 1:15,000.

2.3.2 See Appendix H (Mapping)

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2.4 Map Scales

2.4.1 The map scale for age classes M/W18 to M/W40 shall be 1:15,000.

2.4.2 The map scale for age classes M/W45 and above, and for age classes M/W 16 and below, shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

2.4.3 Note that it is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 age range when this is run on the same course as the Long class of an older age group.

2.5 Map Printing

2.5.1 All maps shall be offset litho printed unless agreed otherwise with Map Group.

3. Event Organisation

3.1 Organisation

3.1.1 The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The British Championships should normally provide the following facilities:

- An event web site for information, start lists, results, publication of previous maps and on-line entry and payment
- Control description issue in start lanes
- entry closing date as close as possible to, and certainly no more than 28 days before, the date of competition
- start list at assembly area and at pre-start
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event)
- same control site format at each control, with sample on display at the pre-start
- on-course refreshment points - drinks available after a maximum of 25 minutes' running time, and every subsequent 25 minutes
- frequently updated results display
- radio control sites for the major courses
- public address system for commentary.
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes. This could be at the event once the results are known, at a formal prize-giving in the evening, or at the British Relays if they are combined into one weekend.

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3.2 Start Times

3.2.1 Start time allocation and seeding shall be in accordance with Appendix L.

3.3 Trophies and Medals

3.3.1 British Championship Trophies shall be presented to the winners of the highest category (Elite, Long or A) in each age class. British Championship medals shall be awarded to the first, second and third placed competitors in these classes. Competitors are only eligible for medals and trophies in the age class they have entered and if they satisfy the Eligibility Rule above.

3.3.2 Leading competitors in the Short and B classes, and in the M/W 18, 20 and 21 Long classes regardless of whether the Elite classes are run at the same event or not, should only be awarded mementoes. **If the leading competitor in a class which decides a British Champion does not satisfy the Eligibility Rule, they shall only be awarded a memento.**

3.4 Badge Calculations

3.4.1 Badge times shall be calculated as described in Appendix J (The Badge Scheme), and included in the printed results

3.5 Ranking Scheme

3.5.1 Preliminary results shall be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within one week of the event. See Appendix K (The Ranking Scheme) for details of how to do this

3.5.2 Note: For a World Ranking Event results for the Elite classes must also be submitted separately to the IOF. Full details can be found on the World Ranking page of the IOF web site. As these results must include IOF runner ID information, it is important that elite runners are asked for their IOF IDs beforehand, perhaps via the entry process.

4. Course Planning

4.1 Courses

4.1.1 Courses are to be provided for the following range of age classes: M/W 10 to M/W 85.

4.1.2 A and B courses shall be offered for M/W10, M/W12, M/W14, and M/W16 classes. In each class the B course shall be technically easier than the A course.

4.1.3 Long (L) and Short (S) courses shall be offered for all M/W18 to M75 & W70 classes. Only a Long course shall be offered for M80/M85 and W75/80/85. The Short

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course shall be of the same technical difficulty as the Long course and about 2/3rds the length of the Long course.

4.1.4 Elite classes are to be offered for M/W18, M/W20 and M/W21. If possible the Elite courses should have separate control sites from non-Elite courses to avoid interference.

4.1.5 If one class is heavily oversubscribed, then two parallel courses should be provided (see Appendix L).

4.1.6 Colour Coded courses shall be provided for beginners and less competent competitors. Appropriate colours would be White, Yellow and Orange. However, the age class competition must not be compromised by the colour coded courses e.g. by having separate courses, or separate start blocks if the same courses are used.

4.2 Class Combinations

4.2.1 The combining of junior classes must take into account not only the course lengths but more importantly the Technical Difficulty. On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

4.2.2 The numbers of competitors typically running on similar length courses on the different map scales usually makes it impractical to use the same course for both sets of age classes.

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Course No.	CLR M21E = 1.00	TD	EWT/ mins	Men: E,L,A Classes	Men: S,V,N,B Classes	Women: E,L,A Classes	Women: S,V,N,B Classes	Map Scale
1	1.00	5	85 – 95	M21E				15000
2	0.64	5	65 - 75			W21E		15000
3	0.72	5	65 - 75	M20E M18E				15000
4	0.48	5	55 - 65			W20E W18E		15000
5	0.83	5		M21L				15000
6	0.72	5	65 - 75	M35L				15000
7	0.69	5	65 - 75	M40L				15000
8	0.53	5		M20L M18L	M21S	W21L		15000
9	0.48	5	55 - 65		M35S	W35L		15000
10	0.46	5	55 - 65		M40S	W40L		15000
11	0.36	5			M20S M18S M21V	W20L W18L	W21S	15000
12	0.32	5					W35S W40S	15000
13	0.62	5	60 - 70	M45L				10000
14	0.59	5	60 - 70	M50L				10000
15	0.56	5	60 - 70	M55L				10000
16	0.51	5	50 – 60 / 60 - 70	M16A M60L				10000
17	0.44	5	55 - 65		M45S	W45L		10000
18	0.43	5	55 - 65	M65L	M50S	W50L		10000
19	0.39	5	55 - 65		M55S	W55L		10000
20	0.36	5	55 - 65	M70L	M60S	W16A W60L W65L		10000
21	0.31	5	55 - 65	M75L M80 M85	M65S	W70L	W20S W18S W21V W45S W50S	10000
22	0.23	5	55 - 65		M70S M75S	W75 W80 W85	W55S W60S W65S W70S	10000
23	0.36	4	35 - 45	M14A	M16B			10000
24	0.25	4	30 - 40			W14A	W16B	10000
25	0.22	3	25 - 35	M12A	M14B	W12A	W14B	10000
26	0.19	2	20 - 25	M10A	M12B	W10A	W12B	10000
27	0.12	1			M10B		W10B	10000

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4.3 Notes

4.3.1 Planners should note that course length ratios (CLR) refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

4.3.2 for the courses of TD1-3 (particularly courses 27 - 29) it is more important that the course is of the correct TD than of the correct length – it will often be the case that the nature of the terrain forces the course length away from the precise course length ratio given above. Also, these courses must not be made harder than usual “because it’s the British”.

4.3.3 Estimated Winning Times are provided as guidance only in order to give some indication to competitors of the time that the fastest competitor in each premier age class should be capable of achieving. Where several age classes run on a single course there may be some variation in the EWTs.

4.4 Control Descriptions

4.4.1 see Appendix A

5. Further information

5.1.1 Other Information

5.1.2 Appendices B (Course Planning), E (event safety), and G (protests, juries and appeals).

5.1.3 If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via British Orienteering National Office.