

## Competition Rules B: British Middle Distance Orienteering 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 Middle Distance Championships is a National (Level 1) event.**

#### 1.2 Purpose

**1.2.1 To find the British Middle 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 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 should normally be held in late spring or early summer in order to fit in with the overall elite orienteering schedule.

**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](http://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.**

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**1.5.2** Entry may be restricted, **but at least 60 places on each of M21E and W21E, and at least 20 places on each of M20E, M18E, W20E and W18E shall be available. Selection for all classes shall only be used if courses are oversubscribed. See 4.1.2.**

**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:

- a majority of places allocated on the basis of performances in the current year (using UK Cup results or similar);
- a small number of places to be allocated to those not qualifying by the first method, based on a written application

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

- a majority of places allocated on the basis of performances in the current year (using Future Champions Cup results or similar);
- a small number of places to be allocated to those not qualifying by the first method, based on a written application.

### 1.6 Responsibility

**1.6.1** The British Orienteering Middle 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.

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### 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.

## 2. Map and Terrain

### 2.1 Quality of Terrain

2.1.1 The terrain for the British Middle Distance Championships should be generally runnable and of good technical quality. Technical merit is of major importance for the British Championships, especially so for Middle Distance courses. 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:

- The area should allow an M21E course with a winning time of 30 - 35 minutes without undue repetition
- The terrain should be technically complex, allowing small and medium route choice.

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### **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)**

### **2.4 Map Scale**

**2.4.1 The map scale for all age classes shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.**

### **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 the 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
- frequently updated results display
- public address system for commentary.
- radio control sites for the major courses
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes.

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### 3.2 Start Times

**3.2.1 Start time allocation and seeding shall be in accordance with Appendix L. Seeding for Elite classes shall follow the guidance produced by the Elite Competitions Group.**

**3.2.2 The start interval for the Middle Distance race shall be two minutes.**

3.2.3 Elite Start times should only be changed under exceptional circumstances.

### 3.3 Trophies and Medals

**3.3.1 Elite Trophies and Medals: A single results list should be produced for the Men's and Women's Elite courses. The awarding of trophies and medals shall treat the Elite classes as though they were Open, Under 20, and Under 18 classes respectively, and in each class award trophies/medals to any eligible competitor regardless of their actual age class. Hence separate results shall also be produced for each of the M/W18/20/21E classes.**

**3.3.2 The winners on each Elite course shall be awarded the Men's or Women's British Middle Distance Championship Trophies and medals shall be awarded to the first, second and third placed competitors.**

**3.3.3 The highest placed M/W20 or under shall be awarded the Men's or Women's British Middle Distance Championship M/W20 Trophies and medals shall be awarded to the first, second and third placed competitors.**

**3.3.4 The highest placed M/W18 or under shall be awarded the Men's or Women's British Middle Distance Championship M/W18 Trophies and medals shall be awarded to the first, second and third placed competitors.**

3.3.5 The example below shows how the medals would be awarded in one particular scenario. Trophies are awarded along with each Gold medal.

Position	Age class	M21 medal	M20 medal	M18 medal
1	M20	Gold	Gold	
2	M21	Silver		
4	M18	Bronze	Silver	Gold
4	M20		Bronze	
5	M18			Silver
6	M18			Bronze

**3.3.6 British Championship Trophies shall be presented to the winners of each age class M/W10 to M/W16 and M/W35 to M/W85. 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.**

### 3.4 Badge Calculations

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

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### 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 If one course is heavily oversubscribed, then two parallel courses shall be provided (see Appendix L).**

**4.1.3 Colour Coded courses shall be provided for beginners and less competent competitors.** Appropriate colours would be White, Yellow and Orange. However, the Championship courses must not be compromised by any colour coded courses and it is recommended that these are not the same as those used for the main event.

### 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.

### 4.3 Planning Philosophy

**4.3.1** Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive. TD5 courses should be planned to be as consistently technically difficult as possible. Very long legs should be avoided but small and medium scale route choice is encouraged. The emphasis should be on high speed running where competitors need to adjust their speed for the complexity of the terrain. There will be a higher density of controls than for an equivalent long distance race.

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Course Number	Course length ratio	Technical Difficulty	Men	Women
1	1.00	5	M18E, M20E, M21E	
2	0.82	5		W18E, W20E, W21E
3	0.92	5	M35, M40	
4	0.86	5	M45, M50	
5	0.77	5	M16, M55, M60	W35, W40
6	0.67	5	M65, M70	W16, W45, W50
7	0.53	5	M75, M80, M85	W55, W60, W65, W70, W75, W80, W85
8	0.45	4	M14	W14
9	0.35	3	M12	W12
10	0.30	2	M10	W10

### 4.4 Notes

4.4.1 Course 1 should be planned such that a top elite-standard competitor would win it in 30-35 minutes. All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. This should ensure winning times for the TD5 courses are all in the range 30-35 minutes.

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

4.4.3 For courses of TD2/3 (courses 9 and 10) it is more important that the course is of the correct TD than of the correct length. Also, these courses must not be made harder than usual “because it’s the British”.

4.4.4 If the number of entries means that not everyone can be accommodated within the available start block, parallel courses may be used. For example, if course 4 is oversubscribed introduce course 4A for M50, which will be of the same length as course 4 and may have a number of common legs (but obviously not the first leg).

### 4.5 Control Descriptions

4.5.1 see Appendix A

## 5. Further information

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

5.1.2 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.