

## Event Rules B : British Age Class Orienteering Championships (Long Distance)

### 1 General Information

**Level:** The British Orienteering Championships is a Level 1 (National) event.

**Purpose:** (a) To find the British Orienteering Champion in each age class from M/W 10 to M/W 85, except M/W21, M/W20 and M/W18.

British Champions in the M/W21, M/W20 and M/W18 classes will be determined at the British Elite Championships (see separate Rules) which may or may not be incorporated into this event. If the Elite Championships are not incorporated then M/W21s, M/W20s and M/W18s may take part in this event but are not eligible for British titles.

If this event is combined with the British Elite Championships these Rules are to be read in conjunction with the Rules for the elite event.

(b) To provide a high standard of domestic competition for all members of BOF through a high quality event.

**Nature of Event:** Single-day cross-country competition held in daylight. Runners compete as individuals in age classes.

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

**Who May Compete:** Competitors are eligible to take part in the British Championships provided that on the day of the competition they fulfil both criteria (i) and (ii) below:

(i) They are National Members of British Orienteering

(ii) EITHER (a) they hold a British Passport

OR (b) they have been present in the UK for at least three of the six months preceding the competition

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

**Responsibility:** The British Championships are organised by Constituent Associations, or by clubs on behalf of their Constituent Association.

The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering.

*[Rule 2.3.1]*

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.

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**How to Apply:** Allocation of each British Championships will be the responsibility of Fixtures Group. If possible a regional rotation will be implemented, but not at the expense of the standards of competition.

**Officials:** See Rules 4.1 to 4.4 (roles), Appendix C parts 1.2.1, 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller and who is responsible for making the appointment), and Appendix H parts 3.3.1 and 3.4 (map adviser).

**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.  |

**Rule Variations:** See Rules 1.3.5, 1.3.8.

### 2 Map and Terrain

**Quality of Terrain:** The terrain for the British 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.

The terrain for the event must be approved by a Grade 1 controller 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.

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

(a) If the British Elite Championships is included then 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.

(b) 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).

(c) 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).

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

Map: The terrain should be field worked in order for the map to be legible if presented at a scale of 1:15,000.

See Rule 5.1 (requirements), Appendix H Mapping, and the International Specification for Orienteering Maps 2000.

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

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.

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.

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

### 3 Event Organisation

Organisation: 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, control descriptions, results, and on-line entry and payment
- entry closing date as close as possible to, and certainly no more than 28 days before, the date of competition

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- 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
- 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.

**Start Times:** Start time allocation and seeding shall be in accordance with Appendix L. See Rules 8.1.1, 8.1.2, and 8.1.4.

**Trophies and Medals:** 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.

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.

**Badge Calculations:** Badge times should be calculated as described in Appendix J (The Badge Scheme), and included in both online and printed results. The future of the Badge scheme is still to be determined, but the outcome will be inserted here before the 2010 event takes place.

**Ranking Scheme:** Preliminary results should be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within two weeks of the event. See Appendix K (The Ranking Scheme) for details of how to do this. The future of the Ranking scheme is still to be determined, but the outcome will be inserted here before the 2010 event takes place.

### 4 Course Planning

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

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Note that information regarding the British Elite Championships for M/W 18E, 20E and 21E, which may be incorporated into this event, is provided in a separate Event Rule. For those years when this happens the appropriate course length ratios are included here.

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.

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

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

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.

**Class Combinations:** 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.

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 Number | Course Length Ratio<br>M21L = 1.0 | Technical Difficulty | 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             | 1.20                              | 5                    | M21E               |                      |                      |                              | 1:15,000  |
| 2             | 0.75                              | 5                    |                    |                      | W21E                 |                              | 1:15,000  |
| 3             | 0.87                              | 5                    | M20E<br>M18E       |                      |                      |                              | 1:15,000  |
| 4             | 0.57                              | 5                    |                    |                      | W20E<br>W18E         |                              | 1:15,000  |
| 5             | 1.00                              | 5                    | M21L               |                      |                      |                              | 1:15,000  |
| 6             | 0.88                              | 5                    | M35L               |                      |                      |                              | 1:15,000  |
| 7             | 0.82                              | 5                    | M40L               |                      |                      |                              | 1:15,000  |
| 8             | 0.66                              | 5                    | M20L<br>M18L       | M21S                 | W21L                 |                              | 1:15,000  |
| 9             | 0.59                              | 5                    |                    | M35S                 | W35L                 |                              | 1:15,000  |
| 10            | 0.54                              | 5                    |                    | M40S                 | W40L                 |                              | 1:15,000  |
| 11            | 0.44                              | 5                    |                    | M20S<br>M18S<br>M21V | W20L<br>W18L         | W21S                         | 1:15,000  |
| 12            | 0.37                              | 5                    |                    |                      |                      | W35S<br>W40S                 | 1:15,000  |
| 13            | 0.72                              | 5                    | M45L               |                      |                      |                              | 1:10,000  |
| 14            | 0.66                              | 5                    | M50L               |                      |                      |                              | 1:10,000  |
| 15            | 0.59                              | 5                    | M55L               |                      |                      |                              | 1:10,000  |
| 16            | 0.54                              | 5                    | M16A<br>M60L       |                      |                      |                              | 1:10,000  |
| 17            | 0.48                              | 5                    |                    | M45S                 | W45L                 |                              | 1:10,000  |
| 18            | 0.44                              | 5                    | M65L               | M50S                 | W50L                 |                              | 1:10,000  |
| 19            | 0.39                              | 5                    |                    | M55S                 | W55L                 |                              | 1:10,000  |
| 20            | 0.36                              | 5                    | M70L               | M60S                 | W16A<br>W60L<br>W65L |                              | 1:10,000  |
| 21            | 0.33                              | 5                    | M75L<br>M80<br>M85 | M65S                 | W70L                 | W20S<br>W18S<br>W21V<br>W45S | 1:10,000  |

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|    |      |   |      |              |                   |                        |          |
|----|------|---|------|--------------|-------------------|------------------------|----------|
|    |      |   |      |              |                   | W50S                   |          |
| 22 | 0.28 | 5 |      | M70S<br>M75S | W75<br>W80<br>W85 | W55S W60S<br>W65S W70S | 1:10,000 |
| 23 | 0.37 | 4 | M14A | M16B         |                   |                        | 1:10,000 |
| 24 | 0.30 | 4 |      |              | W14A              | W16B                   | 1:10,000 |
| 25 | 0.25 | 3 | M12A | M14B         | W12A              | W14B                   | 1:10,000 |
| 26 | 0.22 | 2 | M10A | M12B         | W10A              | W12B                   | 1:10,000 |
| 27 | 0.14 | 1 |      | M10B         |                   | W10B                   | 1:10,000 |

Notes: (a) M21L should be planned such that a top elite-standard competitor would win it in 75 minutes. (This is likely to give an actual winning time of around 85 to 90 minutes if no Elite competitors are taking part.) All other course lengths should be scaled to the length required for M21L, which has been allocated a course length ratio of 1.00.

(b) 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).

(c) 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”.

Course on Map: See Rules 5.2 and 5.3 (pre-marked maps), 6.2.4 (proximity of controls), and Appendix B parts 4.1.1-13 (symbols), 4.1.14 (map cases), 4.2 (map corrections), 4.4.1 (start position).

Control Descriptions: See Rule 6.1.2/3 (course length and climb), 6.6.2 (issue to competitors) and Appendix A (layout of description sheet and symbols to be used).

### 5 Further information

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

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.