

Event Rules C : British Middle Distance Elite Championships

1 General Information

Level: The British Middle Distance Elite Championships is a Level 1 (National) event.

Purpose: To determine the Men's and Women's British Middle Distance Champions in the M/W21, M/W20 and M/W18 age categories.

The event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.

Trophies and Medals: A single results list should be produced for the Men's and Women's courses, as well as separate results for each age class.

The winners on each course shall be awarded the British Middle Distance Championship Trophies. The highest placed Juniors (i.e. M/W20 or under) shall be awarded the British Junior Middle Distance Championship Trophies. It is therefore possible for a Junior to win both Trophies.

British Championship medals shall be awarded to the first, second and third placed competitors in each age class. Competitors are only eligible for medals in the age class they have entered.

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

The event should normally be held in late spring or early summer in order to fit in with the overall elite orienteering schedule.

Who May Compete: Competitors are eligible to take part in the British Middle Distance Elite Championships provided that on the day of the competition they fulfil all three criteria (i), (ii) and (iii) 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
- (iii) they meet any additional selection criteria specified by the Elite Competitions Group.

The competitions are not restricted to M/W21s, M/W20s and M/W18s, but are open to any competitor wishing to 'run up' to these classes provided that they meet the selection criteria.

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

Selection Criteria: The selection criteria shall be the responsibility of the Elite Competitions Group.

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 should be available. Selection for all classes should only be used if courses are over subscribed.

Event Rules C : British Middle Distance Elite Championships

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

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

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.

Responsibility: The British Middle Distance Elite 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 Chairman will report to Events Committee and the Elite Competitions Group if at any stage he/she feels the event is at risk.

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).

An Elite Advisor for the event will be appointed by Major Events Group.

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

Rule Variations: see Rules 1.3.5, 1.3.8.

2 Map and Terrain

Quality of Terrain: The event should provide a true test of orienteering ability on quality maps and terrain.

Event Rules C : British Middle Distance Elite Championships

Map and Map Scale: The terrain should be field worked at a scale of 1:7,500 in order to be legible if presented at a scale of 1:15,000.

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

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

3 Event Organisation

Organisation: The British Middle Distance Elite Championships should be a prestigious event in the calendar and the organisation of the event should reflect this. The event should be presented in a manner that is attractive to spectators and the media, and that emphasises the elite nature of the event. This should include the following aspects:

- entry closing date not more than 21 days before date of competition
- race numbers for all competitors
- start lists available for competitors and spectators
- 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
- race commentary, preferably with radio controls
- prominent results display
- a dignified and prestigious prize giving ceremony. This should be as soon as possible after the results are known.

Start Times: The start lists should be seeded. Seeding should follow the guidance produced by the Elite Competitions Group.

The start interval for the Middle distance race should be two minutes.

Start times should only be changed under exceptional circumstances.

Supporting Events: There should be some orienteering provided for spectators if this event does not take place in conjunction with the Age Class Championships. However care should be taken not to compromise the Elite Championships. For example, spectator races should not commence until well after the last elite competitors have started.

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

Event Rules C : British Middle Distance Elite Championships

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: Planners should produce the best courses possible from the area within the recommended time range rather than aiming for the exact mid-point of the range.

Planning Philosophy: Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive. Courses should be planned to be as consistently technical 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.

Two separate courses should be provided for the Middle Distance race, as follows:

Course	Classes	TD	Winning Time (mins)
1	M18E, M20E, M21E	5	30 - 35
2	W18E, W20E, W21E	5	30 - 35

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).

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 event advisor appointed by the Major Events Group, or the Chairman of Rules Group via British Orienteering National Office.