

Event Rules D : British Middle Distance Age Class Championships

1 General Information

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

Purpose: (a) To find the British Middle Distance 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 Middle Distance Elite Championships (see separate Event Rule) 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 Middle Distance 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.

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 BOF

(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.

Medals: 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.

Responsibility: The British Middle Distance Age Class 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 BOF.

[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 Major Events Group. The Major Events Group Chairman will report to Events Committee if at any stage he feels the event is at risk.

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How to Apply: Allocation of each British Middle Distance Age Class Championships will be the responsibility of BOF 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.
6 weeks	Controlling of courses completed. Map files and course overprints sent to printer.
4 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the BOF website 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 Middle Distance Age Class 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

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report should confirm that all of the requirements listed below are met, and should be sent to the Major Events Co-ordinator.

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

(a) The area should allow an M21 course with a winning time of 30-35 minutes without undue repetition.

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

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.

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

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, results, and on-line entry
- 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.

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- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes.

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

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.

BOF 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. All senior classes should be treated as L (long) classes for ranking purposes. 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.

Note that information regarding the British Middle Distance 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 is the case the appropriate course length ratios are included here.

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

Where possible, Colour Coded courses should 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.

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.

Planning Philosophy: 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

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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.

Course Number	Length Ratio	Technical Difficulty	Men	Women
1	1.0	5	M18E, M20E, M21E (if combined with British Elite Championships) M18, M20, M21 (otherwise)*	
2	0.84	5		W18E, W20E, W21E (if combined with British Elite Championships) W18, W20, W21 (otherwise)*
3	0.92	5	M35, M40	
4	0.88	5	M45, M50	
5	0.78	5	M16, M55, M60	W35, W40
6	0.64	5	M65, M70	W16, W45, W50
7	0.50	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

Notes: (a) 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.

(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 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 – it will often be the case that the nature of the terrain forces the

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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”.

(d) 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).

(e). * These classes should only be provided where this event is NOT combined with the British Elite Championships or where the number of entries dictate that selection for the elite classes is needed. If selection does take place then a similar parallel course should be provided for the non Elite classes.

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.