



## BOC2013 Final Details

### Day 1 – BOC Individual Event – Saturday 4<sup>th</sup> May 2013

Winterfold, Peaslake

Organisers	Andy Robinson (SLOW), Charlie Turner (SLOW)
Clubs assisting	SLOW, Saxons, DFOK, LOK
Planners	Matthias Mahr (SLOW), Phil Marsland (SLOW)
Controllers	Hedley Calderbank (HH), Andy Jones (SLOW)
Mapping	Marcus Pinker (FVO). Final amendments: Mike Elliot (MV)

#### **Terrain & Planner's Comments**

The race is being held on Winterfold and Pitch Hill, an area previously used in a number of major competitions including a World Cup race in 2005.

It's a cracking area (especially for the South East) that has a bit of everything – steep hills and flatter bits, beautiful runnable forest and tougher areas (though none of it really bad), complex contour detail and vaguer slopes. It should prove an all-round challenge and the winners will be worthy British Champions.

In planning the courses, we also tried to give you a bit of everything – including, for the longer courses, one or more decent route choices – so there's probably fewer controls on your course than you're used to. We hope you enjoy the challenge.

This day is part of the UK Orienteering League.

#### **Elite courses**

There are a few special arrangements that Elite runners should be aware of. All of this should be very obvious on the day.

The start for all Elite courses is in the Arena so give the crowd a wave as you run off!

The Men's Elite courses (M18E/M20E and M21E) have a butterfly on their course (meaning you have to punch the middle control three times). You will be given the correct control description and map when you start. Unfortunately there wasn't enough space for a butterfly on the Women's Elite courses.

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The senior Elite courses (M21E and W21E) also have a map exchange (and additional drinks point) in the Arena at about two thirds of their courses. (M21E thus has the butterfly on the first part AND then the map exchange).

Finally, the junior elite courses are in fact the same as the first part (up to the map exchange) of the corresponding senior elite courses – this should allow some very interesting comparisons between junior and senior elites.

### Race Arena





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The Arena is adjacent to parking in the field P1. Here you will find Enquiries, toilets, traders, caterers and the start and spectator controls for the elite classes.

### **Club Tents**

The Arena will be compact and although space will be made for club tents, these will be restricted to a specific area.

### **Toilets**

The Arena will have the traditional row of Portaloos and a urinal. There are also 3 Portaloos at the far start; please allow start officials priority at these.

### **Race Numbers**

Race numbers must be worn by all competitors. Please collect your race numbers from the beginning of the walk to the starts in the Race Arena. Start lists will be available along side the race numbers.

### **Start**

There will be 3 starts in total in order to set the best possible courses across the range of competitors.

The ARENA START is in the finish arena and will showcase our Elite athletes. Start times are from 10:42 to 15:00. Do encourage our Elite athletes as they start off on their courses!

The NEAR START will be used by the two shortest junior courses and all the non-championship courses. It is about 500m from the Arena. Due to the low numbers at the start it will operate between 11.30 and 14.15 only.

The FAR START will be used by all other courses and is less than 1km from the arena. The route to it goes past the Near Start. This start operates from 11:00 to 15:00.

The start procedure is the same at all starts. Call-up is at -4. Loose control descriptions will be available after -3. After -1, move forward to your map box and wait for the final beeps. It is a timed start.

Late starters. If you are late for your call-up please report to a start official. If there is still time to make your given starting slot this will be accommodated. If not you will have a punching start on the next available minute on that course. Your time will not be adjusted from your given start time unless you can



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successfully appeal that your lateness was due to a fault in the organisation. Such an appeal should be made at the enquiries tent after your run.

### **Finish**

The finish for all courses will be in the Arena.

### **Spectator control**

There is a spectator control for M21E and W21E only located inside the arena (at about two thirds of their race).

### **Drinks**

There are 3 drink stations in the forest. All courses exceeding 5.0km will pass close to at least one of them and longer courses will pass close to two. They will be marked on the map with the usual cup symbol. None are at control sites and so they will not be shown on the control description sheets. Water only will be provided. There will also be a drinks station in the Arena at the elite map exchange (M21E and W21E only). Elite runners may like to take the opportunity to leave their own drinks on the table there.

### **Maps**

The map has been based on that used for the World Cup Long Distance races in 2005. It has been upgraded for this event by Marcus Pinker in the Spring of 2012 and final amendments for recent forest workings have been made in the last few weeks by Mike Elliot.

### **Control Descriptions**

These are pictorial for all classes. They will be on the front of the map and on loose sheets in the start boxes.

### **Out of Bounds**

There are a number of out of bounds areas on the map shown with the usual vertical purple hashing (if temporary) or black hashing (if permanent). None will be taped but please avoid them and they are anyway not on the optimum route.

There is also a small gravestone in the Western part of the map, this will be taped on the ground. Please run around it as a matter of respect to the landowners (it won't cost you more than 5 seconds).

### **String Course**

There will be a free string course which can be found about 300m along the walk to the starts.



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### Course details

Course	Courses	Distance	Climb	Controls	Scale	Start
1	M21E	17.0	580	30	15	Arena
2	W21E	11.2	390	20	15	Arena
3	M20E M18E	11.7	395	22	15	Arena
4	W20E W18E	7.9	275	13	15	Arena
5	M21L	12.9	480	23	15	Far
6	M35L	11.4	460	21	15	Far
7	M40L	10.9	430	21	15	Far
8	M20L M18L M21S W21L	8.4	310	15	15	Far
9	W35L M35S W40L M40S	7.6	280	14	15	Far
11	W20L W18L M20S M18S M21V W21S	5.8	220	11	15	Far
12	W35S W40S	5.1	220	10	15	Far
13	M45L	10.1	375	18	10	Far
14	M50L	9.5	350	17	10	Far
15	M55L	9.2	330	17	10	Far
16	M60L	8.3	280	15	10	Far
17	M16A	7.6	240	18	10	Far
18	W45L M45S	7.2	260	12	10	Far
19	W50L M50S M65L	6.9	250	12	10	Far
20	W55L M55S	6.2	235	12	10	Far
21	W60L W65L M70L M60S	5.8	170	12	10	Far
22	M75L M80 M85 M65S W70L W20S W18S W21V W45S W50S	5.0	150	12	10	Far
23	W75 W80 W85 M70S M75S W55S W60S W65S W70S	3.7	90	10	10	Far
24	M14A M16B W16A	5.8	170	14	10	Far
25	W14A W16B	3.9	140	11	10	Far
26	M12A W12A M14B W14B	3.3	80	12	10	Far
27	M10A W10A M12B W12B Short Easy	2.3	55	10	10	Near
28	M10B W10B Very Short Easy	1.8	40	11	10	Near
29	Short Difficult	4.1	110	10	10	Near
30	Long Easy	5.4	205	12	10	Near
31	Long Difficult	7.1	270	14	10	Near

### Entry on the Day Courses

There is no entry on the day in the Championship classes and so we are offering 5 courses for Entry on the Day as below. You can choose any course you like irrespective of age and gender, except that unaccompanied under 16s may only run on the Very Short Easy or the Short Easy courses because of the unmarshalled road crossings on the other courses. There will only be one results list per course.

The price is £5 for all participants for each course. You can enter at Enquiries any time from 11.00 to 14.00. You will be given a race number as a "receipt". Start times are from 11.30 to 14.15 at the near start. Start times will not be allocated and a punching start will be used.

The 5 courses are:

- Very short easy (white), 1.8km aimed at very young competitors or first time participants. Controls will be clearly sited on paths.
- Short easy (yellow), 2.3km aimed at families new to orienteering. Controls will be on or near paths or other prominent features



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- Long easy (long orange), 5.4km aimed at runners or walkers new to orienteering. Controls will be near prominent features
- Short hard (green), 4.1km, aimed at more confident navigators who want a bit more of a technical challenge. Some controls will be a little more difficult to find.
- Long hard (blue), 7.1km, aimed at more confident navigators and runners. Controls will be mostly away from big features.

### **Safety**

All participants must report to download at the end of their course, whether they have completed it or not.

Road crossings. All courses except 27 and 28 cross roads. None are particularly busy, but traffic can be fast, so take care. There is one road crossing for other under 16s (and those that share a course with them i.e. courses 17, 24, 25 and 26) which will be manned and have a one minute maximum time-out between the controls on either side of it. With this exception road crossings are not mentioned on the control description sheets. One stretch of road has been marked as out of bounds due to its steep banks; do not cross it or run along it. It is not on an optimum route. Otherwise it is permitted to run along or across roads at any point, although the courses are designed to discourage extensive road running.

The First Aid provision is based in the Arena and includes a 4WD should access to the forest be needed. The nearest A&E department is at the Royal Surrey County Hospital in Egerton Road, Guildford GU2 7XX.

All participants take part at their own risk. Carrying whistles is strongly advised.

### **Prize presentation**

Prize presentations will take place in the race arena on a rolling basis from 3:30pm onwards. There will be prizes for the first 3 in the top class of each age group.

### **Dogs**

Dogs are welcome but must be kept on a lead in the assembly area and be under control in the forest.