



BRITISH ORIENTEERING CHAMPIONSHIPS 2015
FOREST OF DEAN
18 APRIL and 19 APRIL

EVENT PROGRAMME

Bristol Orienteering Klub are proud to welcome you to the glorious Royal Forest of Dean for a weekend of high class racing against the best orienteers in the country. We wish you a successful race and an enjoyable stay in the area.

The British Long Distance Orienteering Championships will be held on Saturday 18 April on New Beechenhurst with the Elites starting further north on Brierley. The British TrailO Championships will be held later in the afternoon on Staple Edge Wood (see pages 19 to 20 for the TrailO detail).

The British Relay Orienteering Championships will be held on Sunday 19 April on Cannop Ponds.

The weekend will be centred on the field behind the Speech House Hotel (SO621120, post code GL16 7EL) which will be used for parking and as an Assembly for both days. The parking and Assembly for the TrailO is a short drive south of Speech House.

The English Orienteering Council will be holding their AGM on the Saturday in the Forester's room upstairs in the Hotel starting at 16.30. English orienteers are welcome to attend as observers.

This is the first edition of the Event Programme and an update will follow on 31 March.

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GENERAL INFORMATION

1. Travel Directions:

To avoid serious congestion at the Speech House Hotel junction please approach the Hotel from the south only and not from the west or east on the B4226.

The event will be signed:

- a) From Parkend (to the north of Lydney), grid ref SO614081, GL15 4JE
- b) From Nibley on the A48, grid ref SO667067, GL15 4DA. Public road signs 'Parkend, Coleford, scenic route, Go Ape!'
- c) At the junction of the now unclassified road, which connects Parkend and Nibley, and the minor road leading north to the Speech House Hotel. This junction is 1.5km east of Parkend and it is at grid ref SO629092, post code GL15 4HR. Public road signs are for 'Speech House'.

Please allow plenty of time for your journey and if your route takes you across either Severn Bridge please check for closures at www.severnbridge.co.uk before you travel.

The entry and exit points to the parking field are on your right just before the Hotel (please do not use the Forestry Commission car park south of the Assembly field). Please obey the Vehicle Management officials' instructions at all times.

2. The Event Assembly field includes:

Parking: on a flat open grassy field. If you intend bringing a coach please contact the Organisers.

Enquiries: Will be located in the green wooden pavilion in the north west of the field. The pavilion will be used for:

- Day 1 race bib collection
- Hired SI-card collection
- Registration for colour coded entry on the day
- Relay declaration, collection of Club relay bibs and registering team changes on Saturday
- First Aid
- Vehicle key drop off
- Lost/found children
- Trophy return
- Lodging complaints and protests
- Massage service provided by Sarah Francis
- Selling the BOK Juniors' Quiz sheets

(TrailO will have its own Enquiry point at Staple Edge Wood.)

Event village: close to the pavilion and containing:

- Traders - Ultra Sport and Compass Sport
- Caterers - Tom's Red Barron and Romualdas's ONosh
- British Orienteering information tent including collection point for pre-ordered merchandise
- British Orienteering small Xplorer activity
- Maze competition on Sunday
- Marquee for competitor changing and shelter.
- A South West Junior Orienteering Squad stall on Saturday offering a range of homemade cakes and the Welsh Junior Squad with a similar stall on the Sunday

Further catering will be provided by the Speech House Hotel in their large permanent marquee (plenty of seating) situated between the pavilion and the Hotel. Entrance to the Hotel marquee will be via a small gate behind the pavilion and will be signed. **For your own safety please do not enter the marquee from the Hotel car park.**

The BOK junior squad will be running a quiz in order to raise funds for an overseas tour.

Results: Results will be displayed near the pavilion as well as in the Event Arenas. They will be linked from www.boc2015.org.uk as soon as possible after each day's event (including Routegadget, Winsplits, Splitsbrowser). We will also be providing a real time online results service at www.live-o.org mobile communications permitting.

Toilets: The toilets and a urinal will be situated in the north west corner of the Assembly field, above the pavilion. **Please do not use the Hotel's toilets** unless you are disabled in which case permission has been given for you to use the Hotel's accessible disabled toilet. There will also be two toilets next to the Finish Arena on Saturday and three toilets close to the Relay Arena on Sunday. There will be one toilet at the Elite drop off point.

Dogs: are allowed apart from on the courses including the String course. They must however be kept on leads and under control at all times and any mess cleared up.

Please help to keep the field litter free by taking all your rubbish home.

3. Entry Details

Entry for the Long Distance and Relay Championships is via www.fabian4.co.uk only. There is no entry on the day for the Championship courses. If you have any queries please contact the Entries Secretary at entries@voc2015.org.uk.

The closing date for the first entry rate for the Long Distance Championships is midnight on Sunday 8 March with the second entry rate closing at midnight on Sunday 29 March. Further entries maybe accepted from non-Elite competitors up until midnight on Sunday 12 April subject to map and start time availability.

Championship courses	To 8 March	To 29 March	To 12 April
Seniors M/W21+	£23.50	£29.20	£36.60
Juniors M/W20- and Students M/W21+	£12.20	£14.10	£17.80

Elite competitors can make changes to their entries via www.fabian4.co.uk up until midnight on Sunday 29 March. All other competitors can make changes to their entries up until midnight on Friday 10th April.

Colour coded entries can be made via www.fabian4.co.uk or on the day.

Colour coded courses	Online to 29 March	On the day
Seniors M/W21+	£10.00	£10.00
Juniors M/W20- and Students M/W21+	£5.00	£5.00

The closing date for the first entry rate for the Relay Championships is midnight on Sunday 15 March with the second entry rate closing at midnight on Tuesday 7 April. Further entries may be accepted via www.fabian4 up until midnight on Wednesday 15 April subject to map availability.

Relays	To 15 March	To 7 April	To 15 April
Senior courses* A to L & S	£45.00	£57.00	£72.00
Junior courses M to R & T	£24.00	£30.00	£37.50

*Entries from University teams for courses A, B, C, D & S will receive a £6 discount per team.

4. Shadowing/Pairs

Shadowing or pairs are not permitted on any of the Championship courses.

You will need to have completed your Championship run before shadowing on a colour coded course.

5. Cancellation Procedure and Refund Policy

This event is covered by the standard British Orienteering major events [Cancellation Policy and Procedure](#) and the [Cancellation, Curtailment and Refund Policy](#), except that the following terms will apply to cancellation by competitors:

- Entries can only be cancelled through www.fabian4.co.uk
- Competitors cancelling their entry by 18 March will receive a refund of their entry fee less an administrative charge of 5% plus £2 plus VAT per entry.
- Competitors cancelling after 18 March will not receive a refund.

6. Start Lists

The start lists for the Long Distance Championship Elite courses will be published via www.boc2015.org.uk and www.fabian4.co.uk on 3 April. Non-Elite competitors will be able to change their start time preference via www.fabian4.co.uk, without charge, up until midnight on Friday 10 April. The non-Elite start list will be published on Monday 13 April.

Non-Elite competitors will be able to request a change, subject to an administration fee of £3, to their allocated start time via <http://fabian4.co.uk/Default.aspx?EventID=1165&GoTo=Adhoc> up until 21.00 on Wednesday 15 April. No further changes can be made to the start times either on-line or at the Event. The final start list will be published by 07.00 on Thursday 16 April.

Copies of the final start lists will be displayed in Assembly and at the Pre-Starts on Day 1.

7. Electronic Timing

SI (SPORTident) will be used. Elites on courses 1 and 2 will need a version 9 SI-card or similar – see the Elite Competitors specific information section. Hired SI-cards should be collected from Enquiries. If you need to hire an SI-card over the weekend the cost will be £1.50 for seniors but free to juniors and students. Please hand in your hired SI-cards at Download after your race on Saturday unless you also need it for the Relays in which case please hand it in at Download after you have finished your run on Sunday. There will be a charge for lost or unreturned SI-cards of £30.

Each control consists of an SI box mounted horizontally on a stake with the code number vertically below it and the kite below that. A punch will be attached to the stake for use in case of failure of the SI box.

The SI boxes at each control will flash and beep to indicate a successful punch. It is your responsibility to ensure that your visit to each control has been registered. If a box fails to beep and flash, you should punch your map with the pin punch and report the failure at Download.

It is essential that all competitors visit Download before courses close (16.00 on Saturday and 14.30 on Sunday), whether or not they have finished their course.

8. Race Bibs

Race bibs (separate bibs are required for the Relays) must be worn on each day by all competitors. Safety pins will be provided. **A no bib, no start policy will be strictly enforced.**

For your own safety will you please complete the reverse side of your bib with your personal and contact details as well as details of any relevant medical conditions.

Race bibs for the Championship and colour coded courses should be collected from Enquiries from 08.00 on Saturday, where they will be arranged in race number order (see the start list on www.fabian4.co.uk Copies of the start list will also be at Enquiries and the Pre-Starts). Race bibs for the Relays should be collected from Enquiries by Team Captains.

9. Whistles

It is strongly recommended that both junior and senior competitors carry a whistle for emergency use on both days.

10. Clothing

Appropriate clothing should be worn and your legs and torso must be covered. Singlets/vests or shorts are not permitted.

In the case of bad weather the Organisers may require you to wear or carry at least a lightweight waterproof hooded jacket or similar. Notices to that effect will be displayed in the Assembly field and on the way to the Starts on Saturday and to the Relay Arena on Sunday.

11. Mapper's Comments

All the weekend's maps were surveyed in April 2014 with minor updates made during the planning process. The mapping philosophy has been to produce maps which are clear to read at the appropriate scale. In certain parts of the terrain, simplification has been required to maintain clarity.

The forest is mainly mature deciduous woodland with some coniferous compartments and occasional areas of younger plantation. The terrain is generally very runnable with very little undergrowth. Where undergrowth has been mapped it is generally either brambles or recently felled areas which contain brashings etc.

Due to the presence of wild boar, many paths can be extremely muddy when wet.

There are many areas of old workings with associated pits, knolls, ruins, broken ground, quarries and spoil heaps, some of which are large and have steep slopes.

The forest contains many drainage ditches. Only the most significant have been mapped.

Long Distance: Brierley is a new survey based on LiDAR data and the previous orienteering map, by Peel Land Surveys. Scale 1:15,000, 5m contours.

New Beechenhurst is based on the 2002 map by Dudley Budden which was updated and had some small sections of mine working totally remapped for JK 2007, by Peel Land Surveys. That map has been revised for subsequent changes by Peel Land Surveys. Scale 1:15,000/1:10,000, 5m contours.

Relays: **Cannop Ponds** has been totally resurveyed using LiDAR and aerial imagery by Peel Land Surveys. Scale 1:10,000, 5m contours.

Map samples, terrain photos and videos can be found on the Peel Land Surveys Facebook site: facebook.com/PeelLandSurveys

12. Safety Warnings

Competitors are responsible for their own safety and for assessing their ability to complete their course.

All competitors and spectators will cross busy roads on their way to and from their races and, in respect of the Elites, during their races. **You must only use the marshalled crossing points and keep within the taped routes to and from those crossing points.**

The forests are used by walkers, dog walkers, horse riders and mountain bikers and there are also designated Family Cycle Trails. Please be courteous to all other users at all times.

Wild boar are common in the forests and should not be approached. They are mainly nocturnal, shy and will avoid contact unless accompanied by their young in which case you are advised to give them plenty of room.

You are strongly advised to check yourself for ticks after your race.

Mobile phones and GPS systems: may be carried. Mobiles must only be used to call emergency assistance (signal reliability in New Beechenhurst is not good) and not for navigational assistance. GPS systems can only be used to record data for use in post-race analysis.

Missing competitor: the event will operate a buddy system and you are asked to report any concerns about overdue competitors to the Download team or to any official. Competitors travelling on their own should leave their vehicle key with Enquiries.

13. Water

You are responsible for your own hydration **before** and **after** your run. If you wish to take a drink to the Start on Saturday you should place empty bottles in the black plastic bags at the Pre-Starts.

There will be two water points on the Championship race:

- at the road crossing from Brierley to New Beechenhurst – courses 1 to 4
- in the north part of New Beechenhurst – courses 1 to 8 and 10 to 15.

14. First Aid

A First Aid team from SARA (Severn Area Rescue Association) will be based in the pavilion in the Assembly field. On Saturday they will also be at the Finish Arena and at the road crossing from Brierley to New Beechenhurst. On Sunday they will also be in the Relay Arena.

15. Hospitals

The nearest hospitals for minor injuries are:

- Dilke Hospital, Speech House Road, Cinderford GL14 3HX on the B4426, 2km E. of Speech House (open 8.00 – 23.00). Tel 03004 218640
- Lydney Hospital, Grove Road, Lydney GL15 5JE on the B4231 at Lydney (open 8.00 - 23.00). Tel 03004 218722

A full Accident and Emergency service is available at Gloucester Royal Hospital, Great Western Road, Gloucester GL1 3NN. Tel 03004 222222.

16. Rules, Complaints, Protests and Appeals

The events will be run in accordance with the relevant [Rules of British Orienteering](#) including those for eligibility:

[Competition Rule A: British Long Distance Orienteering Championships](#)

[Competition Rule D: British Relay Orienteering Championships](#)

Competitors should initially discuss any concerns they have with the Organiser, Planner or Controller, depending on the problem. If that does not resolve the issue then a complaint should be made to the Organiser, via Enquiries, either orally or in writing. The complaint should be made as soon as possible after the problem has been identified and at least on the day that the contravention occurred (and preferably by 16.30). A protest against the Organiser's decision must be made in writing to the Controller. If either official does not agree with the protest a jury will be convened.

17. Photography

In accordance with [British Orienteering Child Welfare Policy and Procedures](#), it is requested that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the above policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should speak to the Day Organiser.

Use of unmanned aerial vehicles (UAVs) or 'drones' is prohibited by any individuals associated with the event, spectators or members of the public within the boundary of the area for which the Forestry Commission has granted permission for BOC2015.

18. Environmental Issues

To assist in the prevention of transmitting pests and diseases will you please thoroughly clean your orienteering shoes before you come to the event and again after you leave the event.

19. Privacy

Personal information provided for the event will be used only to process entries, publish results, check for missing runners and track down missing SI-cards.



BRITISH LONG DISTANCE ORIENTEERING CHAMPIONSHIPS 2015

SATURDAY 18 APRIL 2015

New Beechenhurst and Brierley, Forest of Dean

Part of the 2015 UK Orienteering League event

The competition area is immediately north of the Speech House Assembly and parking field. Competitors on the Elite courses will start further north in Brierley.

Access to and from the Blue and Red Starts and the common Finish Arena is via the marshalled road crossing only.

1. Timings

Car park open to competitors	07.30
Enquiries open	08.00 – 16.00
Transport to the Elite's Black Start	09.00 – 13.00
Championship courses' starts	10.00 – 14.00
Colour coded entry on the day registration	09.00 - 13.00
Colour coded course starts	10.00 – 14.00
String course	10.00 – 15.00
Xplorer activity	10.00 – 16.00
Relay declaration	08.00 – 14.00
Relay team changes	to 15.00
All courses close at	16.00
Prize giving	15.30

2. Starts

There will be three Starts:

- **Black Start** - courses 1 to 4 (Elites only). By coach from Speech House Hotel; see the Elite Competitor information at para 11
- **Blue Start** - courses 5 to 25. Ten minutes (0.5km) easy walk (pushchair friendly) from Assembly.
- **Red Start** - courses 26 to 29 and all colour coded courses. Ten minutes (0.5km) easy walk (pushchair friendly) from Assembly. It shares the same route as the Blue Start until the last 50 m.

3. Access to Blue and Red Starts and warm up area

Competitors using the Blue and Red Starts should exit the Assembly field by the main gate in the north side of the field. **The B4226, which can be busy, fast and dangerous, must only be crossed at the marshalled crossing point. Children must be accompanied at all times.**

Once across the road competitors should turn left and follow the taped route and signs to the Starts. There is a warm up area parallel to the taped route. Please observe the Out of Bounds signs.

There will be clear stations at the Pre- Start. At your race time -7 an official will check that you have your bib after which you should pass through a small gate and follow tapes to the Blue and Red Starts.

4. Start Procedures for all Starts

All Championship course competitors including helpers will have pre-allocated start times.

If you are late for your start you should report to the Late Start official who will arrange for you to be started at the next vacant slot on your course which, on some courses, could involve a long wait. You will be given a punching start but **your allocated time will not be changed** (so please don't ask) unless any subsequent complaint by you is upheld by the Organiser.

Procedures will be in place to deal with any helpers who are late for their allocated times.

Colour coded competitors who have pre-entered will have a pre-allocated start time. Colour coded competitors who enter on the day will be given a start time at Registration.

At the -1 box maps will be face down in labelled boxes on tables. Competitors should stand by their correct map box and separate a map but keep it facing down. On the long beep they should remove the map from the box, check it and then start.

5. Finish Arena

The Finish Arena is to the east of the Blue and Red Starts. **The same warning applies to access to and from the Finish Arena from the Assembly field ie you must only cross the B4226 by the one marshalled crossing point and children must be accompanied at all times.**

To get to the Finish Arena from the Assembly field, cross the road as above, turn right and follow the tapes.

The Finish Arena contains:

- The Finish
- Ample flat space for club tents around the run-in.
- Download tent
- Map collection bags
- Results
- Two toilets
- First Aid
- View point for the Elites spectator control

Once competitors have punched the finish box they will be directed to the Download tent where there will be an official to deal with any issues. On leaving the Download tent please put your map in your appropriate club map collection bag. You should then follow tapes to the club tents.

The map bags will be taken to the pavilion for collection at 14.00.

To move between the Finish Arena and the Blue and Red Starts follow the taped route and signs along the side of the road. The distance is 450m and should take you around 10 minutes.

6. Safety advice

The safety bearing in New Beechenhurst is **south**.

7. Terrain

New Beechenhurst (all competitors) and Brierley (Elites only) have typical Forest of Dean terrain of undulating slopes, some of which are steep, mixed deciduous and coniferous woodland with a number of ditches and streams. Complex pitted areas and tree covered slag heaps are evidence of centuries of

mining. There are abandoned railway lines and a good path network with the forest tracks being used by runners, walkers and cyclists. Despite some bramble growth and brashings, runnability is generally good.

8. Maps

Printed on waterproof paper and not bagged. Please see Table of courses for map scales at para 14 below. David Peel's mapping comments are on page 5

Courses 1 – 4: A4 Brierley landscape and A3 New Beechenhurst landscape
Courses 5 - 9: A3 landscape.
Courses 10 – 20 and 25: SR A3 (slightly bigger than A3) New Beechenhurst landscape.
Courses 21 – 24 and 26 – 29: A4 landscape
Colour coded (White, Yellow, Orange, Light Green): A4 landscape

Non-IOF symbols used on the map are:

- Brown infilled triangle: platform.
- Black circle: sculpture (but not all sculptures have been mapped)
- Black cross: branch hide

Longer courses will encounter a limited area of very recent forestry work which has left brashings and tracks from heavy vehicles. None of these tracks have been mapped.

New Beechenhurst was used for JK2007, Triple-O Severn 2009 (which included the British Elite Championships) and BOK Trot 2012. Brierley was used for JK2007 and BOK Trot 2008. Routegadget of a previous event can be found at <http://www.bok.routegadget.co.uk/rg2/#67> . A copy of the old map will be displayed in Assembly.

9. Control Descriptions

Control descriptions will be printed on the map and loose descriptions will be available in the start lanes.

Courses 1 to 27 plus the Light Green and Orange colour coded courses will have IOF pictorial descriptions. Courses 28 and 29 as well as the Yellow and White courses will have text descriptions.

10. Prize Giving

Prize giving will take place at 15.30 in the Assembly field in front of the pavilion.

British Championship Trophies will be awarded to the winners of the Elite and Long course Age classes.

Prizes will be given as follows:

- Medals for 1st, 2nd & 3rd on Elite, A and Long Age class courses.
- Vouchers for 1st, 2nd & 3rd, on the Elite courses
- Buffs for winners on the Elite, A and Long courses

11. Elite Competitor information

Elites on courses 1 and 2 will need an SI-card which can take at least 39 controls ie SI-card version 9. Any Elite who needs to hire a card should contact the Organiser by 25 March.

A shuttle bus service will take the Elites to their Black Start in Brierley. The bus pick-up point will be on the west side of the Speech House Hotel by the Hotel car park entrance. A 39 seater bus and a 16 seater minibus bus will run every 20 minutes starting 09.00. The journey will take a minimum of 10 minutes and it is your responsibility to board in good time for your allocated start time.

09.00	Bus	10.00	Minibus	11.00	Bus	12.00	Minibus	13.00	Bus
09.20	Minibus	10.20	Bus	11.20	Minibus	12.20	Bus		
09.40	Bus	10.40	Minibus	11.40	Bus	12.40	Minibus		

There will be a bib check at the pick-up point where you will be given a map of a warm up area which will have flagged control points. Please observe the Out Of Bounds areas shown on the map.

At the manned drop off point there will be a toilet and a tent in which clothes can be left. The route to the Black Start will be taped and the walk will take about 5 minutes.

Please take care crossing the minor road between start boxes -3 and -2.

Clothing left at the drop-off point will be transferred back to the pick-up point at Speech House Hotel, from where it can be collected until 13.00. After 13.00, uncollected clothing will be taken to Enquiries.

All the Elite courses will **use a compulsory marshalled crossing point, which is timed out**, from Brierley into New Beechenhurst over a fast and busy main road.

After punching the control before the road crossing, you will have 2 minutes 30 seconds to walk over the road, have a drink at the water point, deposit your old map and pick up new control descriptions. Your time will start again when you punch the next control after which you should pick up a new map. It is your responsibility to cross the road safely and pick up the correct control descriptions and map. The Brierley maps can be collected later from Enquiries.

There is a second drinks point in New Beechenhurst which is shared with other courses. There are no drinks at the Finish.

12. Colour Coded courses entry on the day

There will be 4 courses available: White (very easy), Yellow (easy), Orange (medium difficulty) and Light Green (hard).

You can enter the courses on the day, subject to map availability. Registration will be at Enquiries in the green pavilion from 09.00 -13.00.

Advice will be available to assist you in selecting the most appropriate course and understanding the orienteering map and race procedure.

You will be given:

- A race bib to wear. Please complete the reverse side with personal, contact and medical information.
- A note of your race time which you must take and hand to the official at the Red Start.

Unless you have your own you will need to hire an SI-card - £1.50 for seniors but free for juniors. There is a charge of £30 for lost or non-returned SI-cards.

Entry fees are seniors £10 and juniors/students £5.

13. String course, Xplorer activity and Maze

On Saturday there will be a free String Course just on the other side of the fence at the north east corner of the Assembly field and accessed via a small gate. The String Course is fairly pushchair friendly and the area will be fenced off for security.

On both Saturday and Sunday the British Orienteering Development team will be providing some activities to showcase Xplorer and recent development work. You can try out the Xplorer Schools Grid Challenge; one challenge in a pack developed in partnership with the Youth Sport Trust as an equipment toolkit to enable the delivery of fun, active, educational and cross curricular activity.

You can also test out your map reading, coordination and speed by joining the team for a quick cone course with SI electronic timing and challenge your friends and family to beat your time.

On Sunday the Welsh Junior Squad will be putting on a Maze competition in the Assembly field.

14. Course table

(Subject to final controlling.)

Course	Men's classes	Women's classes (and colour coded courses)	Start	Course length (km)	Climb (m)	Controls	Map scale (1:15K or 1:10K)	Map size
1	M21E		Black	16.2	600	36	15	A4,A3
2	M18E, M20E		Black	11.3	430	28	15	A4,A3
3		W21E	Black	11.2	380	27	15	A4,A3
4		W18E, W20E	Black	7.7	300	21	15	A4,A3
5	M21L		Blue	13.3	400	26	15	A3
6	M35L, M40L		Blue	11.0	350	24	15	A3
7	M18L, M20L, M21S	W21L	Blue	8.7	275	17	15	A3
8		W35L, W40L	Blue	7.6	230	17	15	A3
9	M18S, M20S, M21V	W18L, W20L, W21S	Blue	6.0	220	14	15	A3
10	M45L		Blue	10.2	300	22	10	SRA3
11	M50L		Blue	9.7	295	20	10	SRA3
12	M55L		Blue	8.7	285	17	10	SRA3
13	M60L		Blue	8.1	245	19	10	SRA3
14	M35S, M40S	W45L	Blue	7.7	210	17	10	SRA3
15	M16A		Blue	7.5	230	18	10	SRA3
16	M65L		Blue	7.0	220	15	10	SRA3
17	M45S, M50S	W50L	Blue	6.6	215	15	10	SRA3
18	M70L, M55S	W55L	Blue	6.2	195	13	10	SRA3
19	M60S	W16A, W60L	Blue	5.7	215	13	10	SRA3
20	M75L	W35S, W40S, W65L	Blue	5.6	135	13	10	SRA3
21	M65S	W70L, W45S, W50S	Blue	4.6	115	13	10	A4
22	M80, M70S, M75S	W18S, W20S, W21V, W55S, W60S, W65S, W75	Blue	4.1	110	12	10	A4
23	M85, M90	W70S, W80	Blue	3.0	90	10	10	A4
24		W85, W90	Blue	2.1	55	9	10	A4
25	M14A, M16B		Blue	5.8	155	15	10	SRA3
26		W14A, W16B, Light Green	Pink	3.9	105	11	10	A4
27	M12A, M14B	W12A, W14B, Orange	Pink	3.4	95	10	10	A4
28	M10A, M12B	W10A, W12B, Yellow	Pink	2.7	70	9	10	A4
29	M10B	W10B, White	Pink	2.3	50	11	10	A4

BRITISH RELAY CHAMPIONSHIPS 2015
SUNDAY 19 APRIL
Cannop Ponds, Forest of Dean

The competition area is in Cannop Ponds which is situated south west of the Speech House Hotel Assembly and parking field

The Relay Arena is a 10 minute (500m) walk from the south west corner of the field and is on the west side of a minor but busy and fast road. **The only permissible access route for both competitors and helpers is via a marshalled crossing point opposite the entrance to the forest.**

1. Timings

Online team declarations	Open 9 April and close at midnight on 15 April
Saturday – April 18	
Team declarations available for collection at Enquiries.	08.00 to 14.00
Club bags containing team bibs will be issued on receipt of the signed team declarations.	08.00 to 14.00
Any subsequent team changes	by 15.00
Sunday – April 19	
Car park open to competitors	07.30
Enquiries open	08.00 to 15.00
Deadline for any late team changes	09.15
First lap call up from	09.45
First lap mass starts from	10.00 to 11.10
Mini mass starts	12.45
Xplorer activity	09.30 to 14.00
Maze	09.30 to 13.00
Courses close	14.30
Prize giving	13.30

2. Team Declarations

Team captains should declare their teams online by midnight on 15 April (the online facility will open on 9 April).

3. Relay Registration

Team declaration forms will be available for collection from the Relay Registration desk at Enquiries in the pavilion on Saturday morning. After any changes the declaration forms should be signed by the Team Captain to confirm eligibility – see [Competition Rule D: British Relay Orienteering Championships](#).

Club bags containing the team bibs and any last minute instructions will be issued on receipt of the signed declaration forms. Team members are reminded that for their own safety they should complete the personal, contact and medical sections on the back of their bib.

Any subsequent team changes should be made on a team change form, signed by the Team Captain and handed to Enquiries by 14.00 on Saturday afternoon. Any late or subsequent team changes **must be given to Download in the Relay Arena by 09.15 at the latest on Sunday morning.**

4. Relay Arena

The Arena is located on the other side of a fast and potentially dangerous road. **You must keep to and follow the taped route** (approximately 300m) as you leave Assembly field and **you must only cross the road at the one marshalled crossing point** opposite the entry gates to the forest. Please take extreme care and only use the marshalled road crossing point for entry to and departure from the forest.

Unfortunately neither the access route nor the Arena is suitable for wheelchairs or small pushchairs.

The Arena is bounded by a track and a fence on two sides and forest on the other two sides. Access to the Arena will be from a track on your left immediately after the entrance into the forest. You are asked to follow the marshals' instructions and to observe the Out-Of-Bounds areas.

The run-in to the Finish and Changeover are on the far side of the Arena from the entry point. There is plenty of space for club tents along the run-in and also in the main body of the wooded area adjacent to the run-in and behind the Download tents up to the Out-Of-Bounds area near the track. Routes from both the Changeover and the Finish will be taped to the Download tents. Access routes to the map issue tents and the lap 1 Start area will be signed and taped.

Spectators wishing to view the mass starts for each race can access a viewing area between the road and the start area. A taped route will commence near the entry into the forest, which will take spectators past the map issue tents to the viewing area.

There will also be good viewing opportunities of the run-in to the common final control, finish straight and route to the Changeover area from the south and south west sides of the Arena.

There are space restrictions in the Relay Arena as well as access difficulties for vehicles. As a result the main toilets, food and equipment traders will remain in the Assembly field. There will, however, be a First Aid presence, helpers' toilets and very limited competitor toilets in the Arena. We will also have race commentary and a results display board close to the Download tents.

Despite the space restrictions we are confident that the Arena will provide an intimate and exciting atmosphere for the Relays.

There will be a Maze competition from 09.30 to 13.00 in the Assembly field and the British Orienteering Development team will be showcasing their Xplorer activity from 09.30 to 14.00.

5. Starts

Start times are as listed in the Course table below. Call up will be at -15 minutes before each mass lap 1 start.

There will be a mass start for all waiting lap 3 competitors at 12.45 and there may well be earlier mini mass starts.

6. Courses close

All courses close at 14.30.

7. Map Issue

There will be clear and check stations just before the map issue tents and competitors are asked to ensure that their race bibs are clearly visible before they enter the tents.

The maps will be labelled with at least the lap and team number. **It is the competitor's responsibility to check that they have been given the correct map as labelled.** Maps will be sealed and any attempt to see the map before the start will render the competitors team liable to disqualification.

8. Changeover

After punching the final control the incoming lap 1 and 2 competitors will follow a taped route on a loop around the south western edge of the forest before approaching the Changeover.

The incoming lap 1 and 2 competitors **must touch** their outgoing team member before proceeding along a taped route to punch the finish box and visit Download.

Incoming competitors on lap 3 should punch their final control and continue along a taped route before **forking left** and following a taped route to the finish line. **The lap 3 finishing order is that in which the competitors cross the finish line.** Their finish box will be a short distance beyond the finish line and competitors **must remain in the same order that they crossed the finish line before they punch.** Competitors should then proceed to Download and the map collection point.

There will be a walk and talk through the changeover procedure at 9.15.

9. Map Collection

Maps will be collected from all finishers until the last competitor has started after which the club bags will be released.

10. Spectator Control

There is a spectator control on the northern edge of the Arena which will be visited by all competitors in Classes A – N, but not by anyone competing in Classes P – T. Competitors will have completed about 75% of their course when they go through the spectator control.

11. Maps

The maps will be laser printed on waterproof paper, with pictorial control descriptions printed on the front of the maps.

The map scale is 1:10000 with 5m contours. David Peel's mapping comments are on page 5.

A black cross on the map and on control descriptions has been used to signify a branch hide.

Cannop Ponds was used for a middle distance race at the first BOK Triple-O Severn event in 2004 and has since been used for local events. A copy of the map used at recent events can be found at <http://www.bok.routegadget.co.uk/rg2#74>, and will also be on display in Assembly.

12. Planning and Terrain notes

The area slopes down from the Arena on the eastern side to Cannop Ponds which border the western side of the area. The terrain is typical Forest of Dean, showing evidence of past mining activity in its pits and gullies, and charcoal burners have left platforms on the side of the slope. Some of the pitted areas are indicated by the brown dot screen on the map.

Much of the forest is open runnable deciduous, although there are patches of coniferous plantation which will slow competitors' progress. Competitors should expect to be able to cross blocks of wood that are mapped with the "walk" intermediate green screen.

13. Prize Giving

Prize giving will take place at 13.30 in the Relay Arena.

British Championship Trophies will be presented to the winners of each Age class Relay team.

Prizes will be awarded as follows:

- Medals for the 1st, 2nd and 3rd teams in the Premier, Short and Age class Relays but not Ad Hoc.

- Vouchers for 1st, 2nd and 3rd teams in the Premier Relays
- Buffs for the winning teams in the Premier, Short and Age class Relays but not the Ad Hoc.

14. Classes

Classes	Bib numbers	Call up	Start	TD	Lengths (km)	Climb (m)
A - Men's Premier	1+	09.45	10.00	TD5	7.4	215
B – Women's Premier E – M40	101+ 4001+	09.55	10.10	TD5	6.1	175
P – M14 Q – W14	1401+ 1461+	10.05	10.20	TD3	2.6	70
R – Mini Relays (M/W12-)	1201+	10.15	10.30	TD2	2.6	50
S – Mixed Ad Hoc T – Junior Ad Hoc (M/W18-)	401+ 501+	10.25	10.40	TD5, TD3 & TD5 TD3, TD2 & TD5	3.8, 2.7 & 4.9 2.6, 2.2 & 4.0	95, 70 & 125 70, 45 & 110
D – Women's Short H – W50 K – W60 N- W18 L – M/W70	301+ 5061+ 6061+ 1861+ 7001+	10.35	10.50	TD5	4.3	120
C – Men's short F – W40 J – M60 M – M18	201+ 4061+ 6001+ 1801+	10.45	11.00	TD5	5.3	110
G – M50	5001+	10.55	11.10	TD5	5.6	160

Teams on course S – Mixed Ad Hoc and T – Junior Ad Hoc, have mixed lap lengths and technical difficulties. **Unlike in previous years, all teams will run these laps in the same order, as they have all been gaffled together.** The order is as shown in the table above.

Clubs bringing competitors who will be running in the Mini Relay or Junior Ad Hoc classes should be aware, and make sure that such competitors are aware that:

- 1) Their courses will be gaffled, so they **should not expect to be able to** follow other competitors round the whole of their course and
- 2) They will be expected to be competent to follow different types of line features, as these courses are not limited to following paths.

All competitors competing in Classes R and T should be aware that their courses have a taped route from the start kite to their first control. This taped route is not used by any other courses or laps.

Bibs for all classes will have coloured bands to signify each lap as follows:

Lap 1 - RED	Lap 2 - WHITE	Lap 3 - BLUE
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BRITISH TRAILO CHAMPIONSHIPS 2015
PREO (Precision Orienteering)
SATURDAY 18 APRIL 2015
Staple Edge Wood, Forest of Dean

PreO is a conventional type of TrailO where the course consists of both untimed and timed controls.

1. Travel Directions and Parking

Access to the competition area and parking is via a forest road leading from the turning into the Mallards Pike Lake picnic area. The turning at SO638088, nearest post code GL15 4HD and signed TrailO BTOC 2015 is off the unclassified road that runs from Parkend to Nibley and the A48.

If coming from the British Orienteering Championships turn left out of the bottom south west corner of the Assembly field and then left again at the road junction on to the above unclassified road. The distance is approximately 4.5km and should take around 10 minutes.

Once into the forest road at Mallards Pike follow the O signs to parking (another 5 minute drive) which will be linear along the forest road close to Registration and the Start and Finish.

2. Courses

There are two courses, Elite standard, which is a TrailO ranking event, and an easier Novice course. The courses are approximately 2.2km with a time allowance of 140 minutes and 1.8km with a time allowance of 100 minutes respectively subject to final controlling. There are no timed controls on the Novice course. The courses are suitable for competitors using wheelchairs.

The courses will be planned to comply with the latest 2015 IOF Rules and Technical Guidelines [here](#). There has been only minor changes this year.

There was however a major change in 2014 in that the time allowed to answer a timed control was reduced to 30 seconds, although the time penalty for an incorrect answer remained at 60 seconds, and a correctly answered timed control no longer scores a point. A competitor's score now records the total number of correct answers at ordinary PreO controls plus the total time penalties accrued at the timed controls.

3. Categories

There will be four categories: Senior Open, Junior Open, Senior Paralympic, Junior Paralympic.

4. Entries

Entries are via www.fabian4.co.uk until 10 April although there will be entry on the day for the Novice course, subject to map availability.

If you also intend to compete in the FootO event you should request a FootO start block early enough (starts are from 10.00 to 14.00) so that you also have plenty of time to compete in the PreO.

Fees:

	Seniors	Juniors Students + M/W21
Elite Course	£15.00	£7.50
Novice Course	£10.00	£5.00

5. Registration

From 13.30 to 15.45 at Staple Edge Wood (**not at Enquiries at the BOC Assembly**).

6. Starts

Are from 14.00 to 16.00.

7. Courses Close

All course close at 18.20.

8. Terrain and Map

Typical Forest of Dean terrain viewed from a mainly level forest road.

The map is an enlargement of part of the Mallards Pike East map which was produced for the 2014 Veteran's Home International and Caddihoe Chase. It is drawn at a scale of 1:5000 with 5m contours using LiDAR and updated for the TrailO by Pat Macleod in 2015.

9. Facilities

There will be one toilet at Registration but there are others, including one suitable for disabled competitors, at the Mallards Pike Lake picnic area. The picnic area also has a kiosk for refreshments.

Disabled competitors may also use the accessible toilet at the Speech House Hotel.

10. Dogs

Dogs are allowed on a lead in the parking and Registration area but not on the courses.

11. Advisory Notes

Competitors are not allowed into the forest to inspect flag placements and must stay on the forest road at all times or face disqualification.

IOF rules state that mobile phones and cameras are not allowed to be used on the course.

Whilst pairs or family groups are allowed on the Novice course, they must bear in mind that this is a Championship event. Please keep any noise to a minimum and do not disturb other competitors near the marked decision points.

12. Information about TrailO

For those new to TrailO it is recommended that that you visit the new [British Orienteering TrailO](#) site and via the useful links page read Brian Parker's Introduction to TrailO for experienced foot orienteers'.

ACKNOWLEDGEMENTS

This event could not have happened without the huge amount of work undertaken by the event Officials and the support from many volunteers, particularly from BOK, but also from SWOA and neighbouring clubs and friends.

I especially want to thank:

Day 1 Officials

Organiser: Katy Dyer BOK

Planners: Mark Dyer BOK and Trevor Crowe BOK

Controller: Alan Rosen HH

Day 2 Officials

Organisers: Howard and Sally Thomas BOK

Planners: Mike and Jane Forrest BOK

Controller: Neil Crickmore SO

Day 1 TrailO Officials

Organisers & Planners: Dick Keighley WIM and Pat Macleod NGOC

Controller: Paul Taunton NGOC

Other Officials

Deputy Co-ordinator, Entry Secretary and Equipment Officer: Alan Honey BOK

Treasurer: Mike Forrest BOK

Safety Officer: Andy Creber BOK/NGOC

Permissions: Simon St Leger-Harris and Miffy Treherne BOK

Mapping Co-ordinator: Trevor Crowe BOK

Publicity Officer and Webmaster: Ben Maliphant BOK

As well as BOF's Major Events Manager: Sally Pygott

We are also very grateful for the tremendous support received from:

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Finally thanks to you all for coming and supporting the event

Dave Urch

Weekend Co-ordinator BOK