



**National  
Trust**

## **2015 BRITISH MIDDLE DISTANCE CHAMPIONSHIPS**

### **EVENT PROGRAMME V2 (05/05/15)**

#### **INTRODUCTION:**

TVOC, BKO and SCOA welcome you to the British Middle Distance Championships at Naphill and Park Wood on Sunday 10<sup>th</sup> May 2015.

BMDOC2015 is able to use these woodlands by kind permission of the WEST WYCOMBE ESTATE office and Gamekeeper, the NATIONAL TRUST, and the tenant farmer for the Event Arena and parking field.

#### **IMPORTANT INFORMATION (see further details below):**

- This event uses the EMIT TOUCH-FREE system
- There is NO EVENT SIGNPOSTING on the local roads
- Competitors using the Far Start must take note of the road crossing information
- The wearing of number bibs is compulsory
- This area is very well used by the general public

#### **TRAVEL & PARKING:**

- The event parking will be indicated by LARGE SAIL BANNERS at the entrance gateway
- NO ENTRY AFTER, or EXIT BEFORE, 12:30pm

The entrance to the parking field is via a gateway on the NE side of the A4010 between Princes Risborough and High Wycombe (SU822974).

The nearest postcodes are two pubs a few hundred metres either side of the gateway, The Red Lion, HP14 4HF, to the SE, or The Golden Cross, HP14 4HU, to the NW.

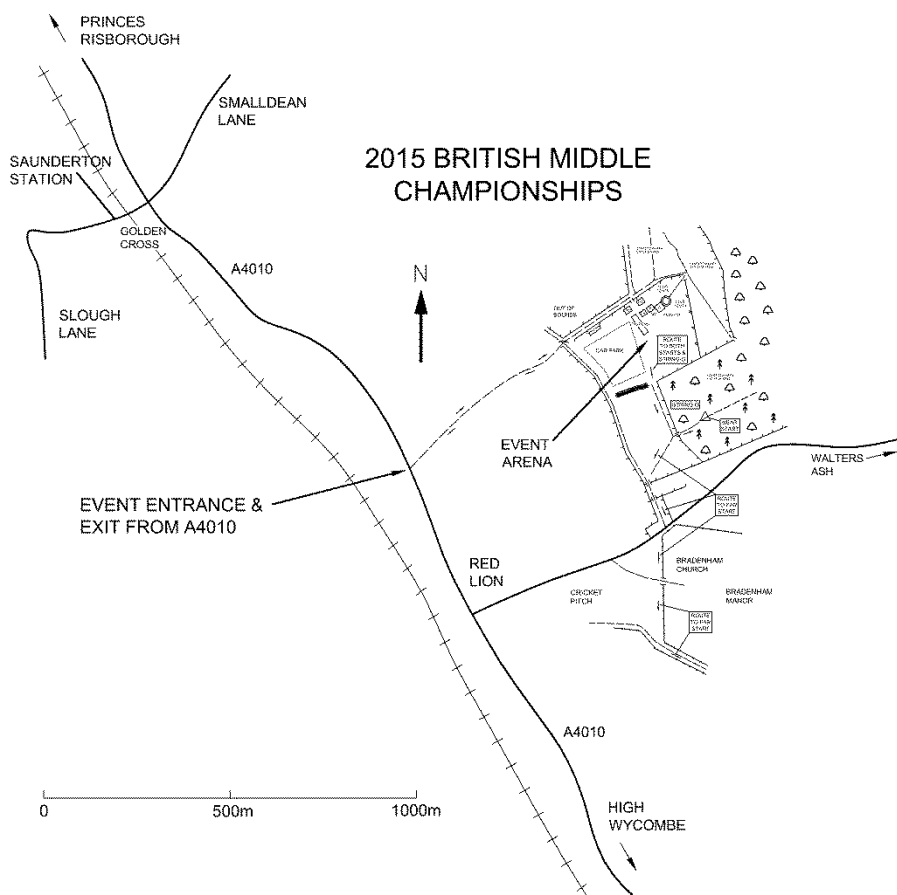
For non-SatNav users seeing these pubs will give you an indication that you are close to the event.

Due to the fast traffic on the A4010 we would like all vehicles to enter by turning left into the gateway. This means approaching from the Princes Risborough direction.

If you are coming via the M40 we recommend that you leave the motorway at Junction 6, passing through Chinnor to join the A4010 at Princes Risborough. From the motorway junction it takes about 20-25 minutes.

The entrance track is suitable for cars, small/medium size campervans and mini-buses, but not VERY large motorhomes, or coaches.

There is a railway station at Saunderton, 20 mins walking or 10 mins cycling on a safe path/cycleway.



### EVENT ARENA:

The Event Arena is adjacent to the parking and contains the Finish, Registration, Enquiries, Compasspoint, Ultrasport, Tom's Burger Van and Bratty Wagon, toilets, First Aid, National Trust information tent, BO info/Xplorer

There are displays of Middle Distance start times and results, and Saturday's Sprint results.

Please ensure that you take all your rubbish away with you.

- The NATIONAL TRUST will be operating their SLACKLINE facility that is based in the field.

### ELECTRONIC PUNCHING:

BMOC2015 will be using the EMIT TOUCH-FREE SYSTEM (along with Saturday's Sprint Championships). There is a link to information about this system on the Sprint/Middle Championships website.

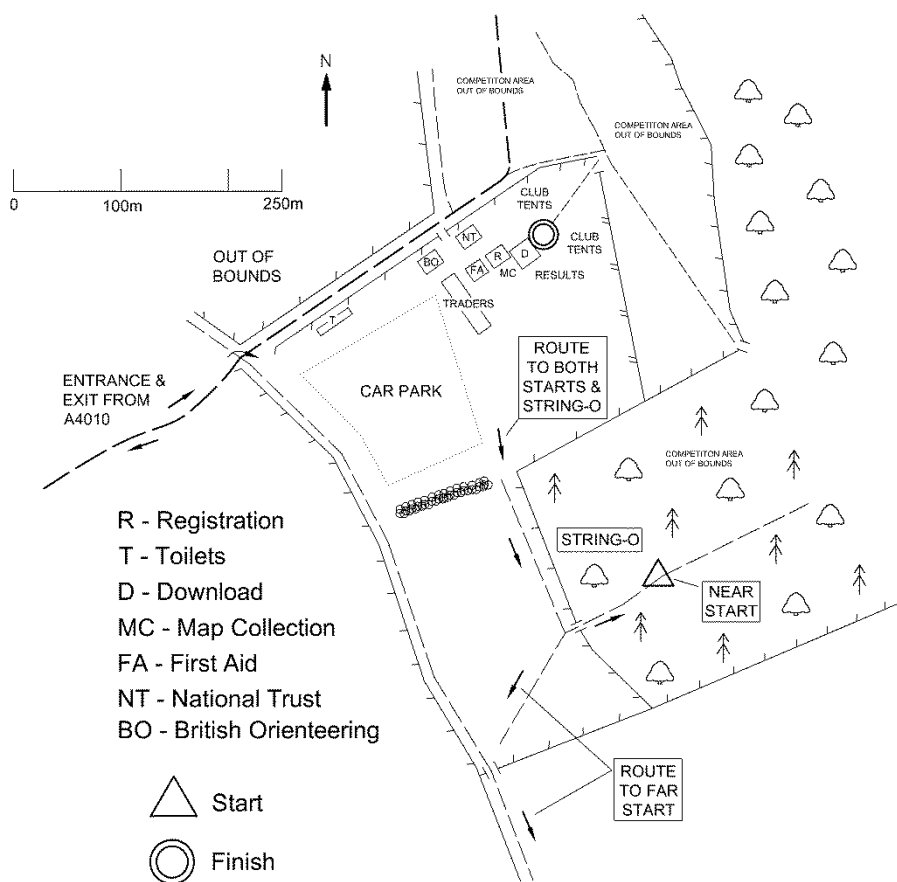
All competitors will be issued with an Etag for use over the weekend. There is no Etag hire fee for Championship courses; it is included in the entry fee.

If you have not obtained your Etag at the Sprint Championships you should obtain it from the Registration/Enquiries marquee.

EOD competitors on non-Championship courses will be given an Etag upon entering.

A small demonstration course will be available close to Registration.

## 2015 BRITISH MIDDLE CHAMPIONSHIPS



### NUMBER BIBS:

- The wearing of number bibs is **COMPULSORY**

If you have not obtained your bib at the Sprint Championships it will be available at the Registration/Enquiries marquee.

EOD competitors on non-Championship courses will be issued with a bib at the time of registration.

If you have any medical issues and/or carry medication on course please fill in your medical information on the back of the bib.

Safety Pins are supplied.

### STARTS:

- Warning.....NO BIB, NO START

Start times are approximately from 10:00 to 13:00.

- It is a timed start.

Helpers, and 2<sup>nd</sup> split starts must run from the Late Start lane. Actual start times will be recorded for calculating results without time penalty.

Latecomers will be accommodated via a late start lane, starting when a slot is available. Start times will be recorded but your result will be from your pre-allocated start time.

Seeded competitors will have to wait for an available seeded start time.

Be aware that due to the large entry on some courses you may have to wait a considerable time.

- NO START OFFICIAL HAS THE AUTHORITY TO CHANGE ANY START TIME.

Call up for Starts is at -4mins.

There is a "map snatch", meaning that you will stand next to the map boxes, located on tables, at -1min. Maps can only be turned over at "zero".

Control descriptions available in the start lanes.

- There are two Starts, NEAR and FAR.

The NEAR START is approximately 300m, on the South side of the Event Arena field between the car parking and assembly area.

Courses 7-11 + Entry on Day ORANGE, YELLOW and WHITE run from this Start.

The FAR START is signed and taped from the Near Start. From there it is approximately 750m. There is a marshalled road crossing en-route. Please allow at least 15mins.

Courses 1-6 (a/b) run from this Start.

There are NO TOILETS at this Start. Do not use the woodlands as a toilet. Anyone spotted doing so will risk disqualification.

Warm-up space is available on the wide track just before reaching the Start.

No clothing transfer.

#### **FAR START COURSE DETAILS:**

Course	M-Classes	W-Classes	Distance	Climb	Controls	Start
1	M18, M20, M21		6.1	155	30	Far
2		W18, W20, W21	4.9	130	25	Far
3	M35, M40		5.4	130	28	Far
4	M45, M50		4.9	145	28	Far
5a	M16, M55		4.6	100	24	Far
5b	M60	W35, W40	4.5	105	20	Far
6a	M65, M70		3.9	120	22	Far
6b		W16, W45, W50	4.0	100	19	Far

#### **NEAR START COURSE DETAILS:**

Course	M-Classes	W-Classes	Distance	Climb	Controls	Start
7	M75, M80, M85	W55, W60, W65	2.9	90	15	Near
8	M90	W70, W75, W80, W85	2.2	70	13	Near
9	M14	W14	2.6	80	14	Near
10	M12	W12	1.9	65	11	Near
11	M10	W10	1.9	35	9	Near
ORANGE			2.3	60	12	Near
YELLOW			1.8	45	9	Near
WHITE			1.5	40	9	Near

#### **FAR START COMPULSORY ROAD CROSSING (timed out):**

During the race all courses from the Far Start will use a single marshalled compulsory timed out road crossing point.

- PLEASE NOTE: the TIME available to make the crossing is ..... 1 MINUTE
- Make sure that you punch the controls either side of the crossing point. In haste they may look like just one control on the map.

The road is not too busy so one minute is sufficient time to cross.

Although there are marshals it is still YOUR RESPONSIBILITY to cross the road safely.

#### **FINISH:**

The Finish for all courses is in the Event Arena field.

After finishing you must REMOVE YOUR Etag and then pass with it through the Download marquee where it will be downloaded and taken from you.

On exiting the marquee you will enter the compulsory Map Collection area.

You must download after finishing even if you do not complete your course.

- Course closing time is 15:00

No water will be provided. Please bring your own supplies.  
Club tents may be erected on both sides of the run-in.

#### **MAPS:**

Re-surveyed and up-dated July 2014 to April 2015

Scale: 1:10,000.

Size: Courses 1–6(a/b): A3.

Courses 7-11 and White, Yellow, Orange: A4.

There is a compulsory Map Collection after Download. Maps should be placed in the labelled Club bags.  
Map Collection will continue until the last start time at approximately 13:00 after which they will become available for distribution.

#### **CONTROL DESCRIPTIONS:**

Control descriptions are available in the start lanes, including the EOD courses, and are also printed on the map.  
Pictorial or text descriptions comply with British Orienteering Rules.

#### **PLANNER'S NOTES - MAP AND TERRAIN:**

There is little undergrowth, but any areas mapped as walk/fight undergrowth (close green vertical stripes) are best avoided. The map contains many holly and rhododendron bushes shown as dark green circular or oval patches. Larger holly and rhododendron areas are mapped as slow run, walk or fight. In most areas mapped as green determined runners will be able to find favourable routes to make good progress. A change of green on the map generally indicates a noticeable difference in vegetation, and these changes can be used for navigation.

Some paths may still be obscured by dead leaves.

One small area of felling near the Finish is marked with purple hatching and is Out-of-Bounds.

Courses from the Far Start will traverse the irregular network of minor paths on Naphill Common in the SE of the map, requiring attentive navigation.

Recent forestry work on a limited area of Naphill Common has cleared all undergrowth and removed many trees. This work has left many vehicle tracks, only the most rutted being shown on the map.

#### **EOD NON-CHAMPIONSHIP COURSES:**

White, Yellow and Orange. Entry on the day only, at the Registration marquee.

Entry fees £6:00 Seniors, £4:00 Juniors, including Etag hire.

There is a charge of £45 for a lost Etag.

Start times will be allocated at Registration.

Course details as shown in the table above.

Parents can see the maps for White and Yellow courses before the start but they must be either EOD or post-run Championship competitors.

#### **STRING-O:**

A free String-O is available. Follow signs to the Near Start (300m).

#### **PRIZE-GIVING:**

This will take place at approximately 14:00, in the Event Arena. Would all known or potential prize winners please make sure you are available at this time.

Prizes for the Championship classes will be; Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>; Buff for 1<sup>st</sup>, Vouchers for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> on Elite courses. Sweet Peaks are also giving some goodies for 1<sup>st</sup> Man & Woman 35, 40, 45, 50 and 55.

#### **PROTESTS:**

British Orienteering Rules apply. A copy of the Rules plus protest forms will be available at Enquiries.

In the first instance complaints should be addressed to the Organiser and if not happy the complainant should make a formal protest in writing on an official form available from Enquiries. A Jury comprised of Grade A Controllers will adjudicate.

#### **SHADOWING:**

Parents may shadow on the White and Yellow courses but they must be either EOD or post-run Championship competitors. Shadowers must not take an additional map.

**SAFETY:**

- The Far Start has two road crossings. These will be marshalled. The marshals have no authority over road traffic. IT IS YOUR RESPONSIBILITY TO CROSS THE ROAD SAFELY
- There is agricultural equipment in the field which is taped off. Parents are advised to prevent their children from playing on this equipment
- Full body cover is compulsory, British Orienteering Rules apply
- Whistles are recommended
- You must download after finishing even if you do not complete your course
- Professional First Aid is provided adjacent to the Finish. A 4x4 vehicle is available in the event of a forest incident
- A car key drop is available at Enquiries
- There are two reasonably adjacent Hospitals, Wycombe (Minor Injuries), HP11 2TT, and Stoke Mandeville (A&E), HP21 8AL
- TVOC Emergency number: 07706 755114
- Dogs are permitted in the event field but NOT on the courses, and must be on leads at all times. Please clear up any mess
- Please be aware of, and respect, other users of this area. You may encounter dog walkers/horses/mountain bikers

**PHOTOGRAPHY:**

Anyone wishing to take photographs or videos at the event should make themselves aware of the British Orienteering Child Welfare Policy & Procedures. A paper copy is available at Enquiries.

The back-up timing will be a continuous video of all finishers as they cross the line. This will only be used for official purposes and will not be publicly available.

**OFFICIALS:**

Organiser:	Neville Baker	07599 728 438	01865 771923
Deputy Organiser:	Marie-Anne Fischer	07762 937895	
Safety Officer:	Marie-Anne Fischer	07762 937 895	
Controller:	Philip Gristwood (MVOC)		
Planner:	Seamus Cunnane		

**ACKNOWLEDGEMENTS:**

Mary Hilder	West Wycombe Estate
Matt Shrimpton	National Trust
Andrew Stubbings and Fred Ashford	Event Arena, parking field
Mike Claire	Gamekeeper
Philip Gristwood (MVOC)/Ken Ricketts(BKO)	Controllers
Members of TVOC, BKO and Sarum.	