

BRITISH ORIENTEERING CHAMPIONSHIPS

INDIVIDUAL LONG + TEAM RELAYS: 26TH & 27TH MARCH 2022



FINAL DETAILS



READ THIS IF NOTHING ELSE!

	DAY 1 LONG	DAY 2 RELAYS
LOCATION FOR BOTH DAYS	Entry from Highfield Lane, Liphook, Hampshire. <ul style="list-style-type: none"> Grid reference: SU848307 Post Code: GU30 7LN (just southwest of entry junction) What3words: ///curious.dignitary.lands By Train: The nearest railway station is Liphook, however at present there is no train service scheduled over the weekend, just an hourly bus service from Haslemere.	
PARKING	In Arena field for all vehicles	
ARRIVAL & DEPARTURE TIMES	Arrive before 12:25 No exit before 12:30	Arrive before 9:45 No exit before 12:50. <i>Remember that clocks change overnight!</i>
RACE BIBS	On line outside Main Marquee	In Team packs
CONTROL DESCRIPTIONS	On map and loose at Starts	On map only
FENCES & HEDGES	Crossing points are OPTIONAL	Crossing points are MANDATORY
ARENA TO STARTS	WEST START: 600m from the Arena SOUTH START: 600m from the Arena	In Arena
ENTRY ON THE DAY	Online only for White/Yellow/Orange	None
WATER PROVIDED	None	
CHILDREN'S ACTIVITY	String course adjacent to the Arena	Naughty Numbers in the Arena
ELIGIBILITY	To run at the British Championships, you must be a member of British Orienteering or an IOF affiliated Federation. To be eligible to be a British Champion you must meet the requirements defined in British Orienteering Competition Rule A (Individual) or Rule D (Relay)	
TrailO	There is also a weekend of TrailO events as part of this Championship Weekend. There is a League event on Saturday, just 1 mile from the FootO Arena. And on Sunday there are the British TrailO Championships, just a short drive away. So, why not try the challenge of this very different format that is open to all.	

CONTENTS

British Orienteering Championships	1
The Overall Weekend	3
Long Championships: Golden Valley & Cognor Woods	9
Relay Championships: Iron Hill & Parkgate Rough	14
Weekend Officials:	18
Appendix A: SI Information	19
Appendix B: Emergency Hospital Services	20
Appendix C: Rules For Late Starters @ Individual	20

WELCOME

FROM THE JOINT WEEKEND COORDINATORS

After the last-minute cancellation of the 2020 championship due to Covid we are pleased to announce that we have managed to rearrange permissions for the competition area, all of which is new to orienteering. Although it has been considered for major events on previous occasions the challenges of obtaining land permission have meant that other areas have been used instead. However, this large and varied area now offers an entirely new challenge for the British Orienteering Championships weekend 2022.

We are also pleased to be able to incorporate the British TrailO Championships to make this a very inclusive weekend. We look forward to seeing you for an exciting weekend of Championship racing.

Helen Errington and Andrew Evans

FROM THE CHAIR OF BRITISH ORIENTEERING

On behalf of British Orienteering, it gives me great pleasure to welcome everyone to Liphook for the 2022 British Individual Long and Relay Championships.

We are here to celebrate an exciting 2-day festival of sport in the company of members of all ages from throughout the United Kingdom and those who have travelled from further afield to test their skills in a new and exciting area for the sport.

We are most grateful to the team from the South East Orienteering Association and the associated clubs and volunteers for their support *who despite all the challenges they had to face, over the last few years, have persevered to make this event happen. On behalf of British Orienteering and all the competitors a big THANK YOU to all our volunteers.*

Orienteering is a rewarding pastime and an important life skill. Orienteering opens up opportunities to the outdoors and opens the door to a lifetime of possibilities, building resilience, strength and stamina, and contributing to the health of people of all ages.

As we applaud the achievements of our athletes this weekend, we also acknowledge the sterling work of the coaches and volunteers across the country who support our sport in our clubs and associations. Every contribution is valued and has meaning within our community and beyond, creating opportunities for our members today and a legacy that will ensure that orienteering retains its important place within our society and remains vibrant into the future.

I sincerely hope you all enjoy the competition and delights of the forests around Liphook and wish you all every success in the Championships.

Drew Vanbeck, Chair, British Orienteering

COVID

Anyone displaying symptoms of Covid-19 must not travel to the event. We ask that everyone takes a lateral flow test prior to travelling.

The safety of all those attending this event is a priority. We are regularly reviewing our processes and procedures and staying up to date on Government advice. We will continue to review our position on a regular basis. Please visit the event website for any updates on its status and details about any changes we have been required to make.

THE OVERALL WEEKEND

TRAVEL

The event Car Park and Arena will be signed off Highfield Lane, Liphook, Hampshire.

- Grid reference: SU848307
- Post Code: GU30 7LN (which is just southwest of the entrance to the event)
- What3words: ///curious.dignitary.lands
- [Streetmap](#)

By Road: Liphook is just off the A3. From the A3 follow the brown tourist signs to Hollycombe Steam Collection through Liphook and past the station. Before you get to Hollycombe turn left onto Highfield Lane just past the entrance to Churcher's College Junior School. The event will be signposted from this junction.

By Train: The nearest railway station is Liphook (South Western Railway); 2 miles from the Arena. However, current train schedules show no train service to Liphook over the weekend, only an hourly bus service from Haslemere.

You can track the impact of planned engineering works here: [March Works | South Western Railway](#)

CAR PARKING

For both days, on a well-drained level field. There is no parking charge.

The final approach to the car park is a narrow single track and the maximum vehicle width for any vehicle is 2.8m. Large vehicles should take extra care at the narrow gate. We cannot accommodate coaches.

No overnight parking will be allowed, at the request of the landowners.

The car park will open each day at 8:15am - please do not arrive before this time. Please take care and drive slowly when arriving and leaving the event, as this track is crossed by competitors on both days as well as those *en route* to the WEST Start and String course on Saturday. **Drivers must GIVE WAY to competitors**

Therefore, strict time restrictions will apply to entry and exit on both days. Vehicles arriving after the last entry time will be parked some distance from the Arena. Bear in mind that the clocks go forward on Sunday morning. Refer to the individual day information for specific timings.

ARENA

Adjacent to car parking. Maximum walk from furthest parking: 100m

Contains:

- Traders (CompassPoint)
- Caterers (Podium Catering & British & Continental Catering)
- Sarah Louise Francis (massages)
- Orienteering Foundation presence
- Toilets
- Individual Long Race Finish (Saturday)
- Relay Start/Finish/Changeover (Sunday)
- Download
- Prize giving
- First Aid
- Results -Available online (only) throughout both events
- MAIN MARQUEE
 - Enquiries & Key Drop
 - Trophy Return
 - SIAC Hire
 - Relay Desk (Registration & Team Pack Collection)
 - GPS Collection for Elite Competitors (Saturday only)
 - Helper Desk
 - Safety Officer
 - Individual Race Bib Collection (Outside the Marquee Entrance)

CLUB TENTS

There will be space for club tents alongside the Finish run in. These can be left overnight in the Arena at the owner's risk but only if erected on the south side of the run in.

MAIN MARQUEE

ENQUIRIES

- Open on Saturday from 9.00 until 16.30
- Open on Sunday from 8.30 until 14.30

Competitors travelling alone can leave car keys here as a safety check.

SIAC HIRE

For both pre booked and on the day hire. Lost dibbers will be charged at £50

CHANGES

Any changes to SI/SIAC details, including incorrect information must be made before you run.

No changes are permitted from B to A classes, from S to L or from L to E classes. There may be the option to change from A to B, from E to L or L to S, subject to map and start time availability.

TROPHY RETURN

Please return all trophies in a suitable condition for presentation as soon as you can and at the latest by 13:00 on Saturday. If you are only coming to the relay, then please return your trophy as soon as possible and at the latest by 12:00 on Sunday. TrailO trophies should be returned at the TrailO events.

RELAY DESK

Team Captains can collect packs containing bibs and team details for all their teams between 12:00 and 15:00 on Saturday.

ELITE GPS TRACKER COLLECTION DESK (INDIVIDUAL RACE ONLY)

Elite competitors who have been notified that they are to be tracked via GPS must collect their GPS tracker from this desk before they run. Further details will be on the UK Elite O League website at <http://www.ukeliteoleague.org.uk>.

HELPER DESK

Contact point for all Helpers, including Helper Voucher Collection

SAFETY OFFICER

Any safety concerns, including overdue competitors

BIBS

All competitors (including those on colour coded courses) are required to wear bibs on both days:

- Bibs for Saturday's Race will be displayed on a line by the Main Marquee. They will be arranged in Surname order. Check your bib carefully; if the SI card number on the bib is not the one you will be running with let Enquiries know before your run as this will minimise delays at Download. Colour coded competitors who have entered in the week before the event may not find a bib with their name; in which case they will find a bib with their competitor number (but no name) at the end of the line (after 'Z'). They should write their details (name, course, start time and SI number) on the bib. Safety pins will be available by the bibs.
- Bibs for Sunday's Relay Race will be included in the Team Packs from Relay Registration, as well as safety pins.

Please ensure that you complete the emergency details form on the back of your bib.

TRADERS & CATERERS

- CompassPoint
- Podium Catering
- British & Continental Catering (Tom's)

THE ORIENTEERING FOUNDATION

The Orienteering Foundation is a charity independent of British Orienteering that promotes and supports orienteering, to bring all the benefits this amazing sport has to offer the people of the UK, and to ensure that our sport is here for the enjoyment of generations to come. Georgia Jones, a trustee until very recently, will be at the event and would love to hear from anyone interested in knowing more about the Orienteering Foundation and the types of projects that we support. If you think your club may be interested in making an application for funding, this would be a good opportunity to explore what may be available. An Orienteering Foundation sail banner will be at the event and Georgia will try to be near this whenever she is not out on her runs.

ENTRY ISSUES?

Check your competitor information now. If there is an issue contact the Entries Secretary by email at bocentries@britishorienteering.org.uk, don't wait until the day of the event

ELIGIBILITY

In order to compete on the British Championship courses, you must be a member of British Orienteering or an IOF affiliated Federation. If you have not already done so, renew your membership now. You do not need to be a member to compete on the FootO colour coded courses or the TrailO Standard course.

To be eligible to be a British Champion you must meet the requirements defined in British Orienteering Competition Rule A (Individual) or Rule D (Relay)

MAP

Surveyed & drawn in 2019 by Dave Peel of Peel Land Surveys. Then updated January 2022.

Digitally printed on waterproof paper by BML. There is no previous orienteering map of the area.

The scale in use for each course is shown on the **COURSES** table for each day. Contour interval 5m in all cases.



CONTROL PUNCHING

All controls, including the Finish (except for the Finish control for Relay last lap runners) will be SIAC enabled so competitors using a SIAC can "swipe" rather than "punch". Please make sure you carry out the battery test each day before starting.

If your SIAC unit fails to register at a control in contactless mode, you should revert to 'dibbing'. Only switch to using the backup pin punch, in the reserve boxes printed on your map, if you think the control unit has failed.

If you are unfamiliar with contactless punching, see **Appendix A: SI Information** for an explanation of how SIAC is used at these events

DOGS

Dogs are permitted in the car parking and Arena areas on a lead and under strict control. Please ensure that you clear up any mess. Dogs are not permitted on any courses except for registered assistance dogs, which are allowed for competitors who require them.

GPS DEVICES & MOBILE PHONES

"Competitors are permitted to only use a GPS device to record data for use in post-race analysis." Anyone found breaking this rule will be disqualified. Mobile phones may be carried for emergency use.

SAFETY AND RISK

British Orienteering rules require that you **MUST** wear full leg and body cover.

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition areas, and put in place mitigation of found risks, please be aware that competitors take part at their own risk. Each competitor is responsible for their own safety. Suitable clothing should be worn, paying attention to the weather forecast and the weather on the day. Whistles plus waterproof jackets with a head covering may be compulsory depending on the weather. If required, signs announcing this will be displayed in the Arena.

There will be spaces for contact details and medical information on the back of bibs. Please complete this both for your own benefit and to assist the event officials in the case of an incident. Competitors travelling alone can leave car keys at Enquiries as a safety check.

There is a mobile number printed on the maps for use in an emergency. It is 07943 014926 and will be held by the Safety Officer or Enquiries for the duration of the weekend.

In the event of a severe electrical or thunderstorm occurring during the event, competitors / volunteers / officials may be asked to evacuate the arena to sit in cars or buildings (not tents and not sheltered under trees!) for at least 30 minutes after the last clap of thunder.

SAFEGUARDING/CHILD PROTECTION

Competitors are permitted to carry a mobile phone for use in an emergency (ref Rules of Orienteering 10.3) and children and vulnerable adults are encouraged to do so. The lost child handover point is the Safety Officer in the Main Marquee. The safeguarding officer for the event is Clare Lines who can be contacted on 07747 032343

SAFETY BEARING

The land drops very sharply to the east. When on the plateau to the west of this slope, the safety bearing is north until you reach the track that you used to drive into the Arena. Follow this southeast towards the Arena. If you are east of the slope (or have crossed the road during the Long Race), head west until you reach the plateau.

WATER

None provided. Competitors should bring their own drinks and ensure adequate hydration pre and post event

PARTICIPANT CODE OF CONDUCT

By entering this event competitors agree to abide by the *Participant Code of Conduct*, a copy of which can be found on the British Orienteering website.

RESULTS

Results will be available online (only) each day [here](#). These will be updated every 5-10 mins. QR codes for the results site will be on display at various point in the Arena on each day.

INTERIM RESULTS

- For the Individual Race: there will be a radio control on the Elite courses providing live interim results.
- For the Relays: there will be 3 radio controls on both the Men's and Women's Open, and the longer courses share a radio control within 500m of the Finish, all providing live interim results.

FINAL RESULTS

Links to Event results, Routegadget, Winsplits, Splitsbrowser and GPS tracking (Loggator) will be on the BOC2022 website [here](#)

PA AND COMMENTARY

There will be commentary throughout the competition provided by Katherine Bett and her team.

PRIZE GIVING

Prizegiving for each day will take place in the Arena adjacent to the Main Marquee. Our target times are

- BOC 2022 Long Races Prize Giving at 15:30
- BOC 2022 Relay Races Prize Giving at 13:30
- BOC 2022 TrailO Event Prize Giving will be held on the day if there are enough people still around when the results are known. If not, then we expect it to take place at JK 2022.

MEDICAL SERVICES

FIRST AID

On site First Aid will be provided by Pro Medicus. We extend our thanks for their assistance. Anyone with a known medical condition should complete the form

www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_2805_14.doc, place it in a sealed envelope addressed with their name and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

EMERGENCY HOSPITAL SERVICES

Details can be found in *Appendix B: Emergency Hospital Services*

MASSAGES

Sarah Louise Francis (SN) will be providing Sports Massage for the BOC individual day. Sarah Louise has provided sports massage for 3 previous BOCs and has been a Sports Massage and Injury Rehabilitation Therapist for 14 years. She will be offering a service from around 11:30. Go along and see her to help you recover more quickly from your race and prepare you for the fun of Sunday's relays.

Prices: £10 for 15 minutes, £20 for 30 minutes. Cash only please.

There will be a booking sheet for you to pop a time down, or just turn up!

She will be located in the Arena, near the traders.

ASH DIEBACK & GENERAL BIOSECURITY PRECAUTIONS

The spread of invasive species is a major threat to British woodlands. Competitors should arrive with all kit cleaned following use at any previous orienteering event, as per British Orienteering guidelines on Ash Dieback precautions.

RULES, COMPLAINTS & PROTESTS

These events will be run in accordance with the following British Orienteering rules & guidelines:

[COMPETITION RULE A: BRITISH LONG DISTANCE ORIENTEERING CHAMPIONSHIPS](#)

[COMPETITION RULE D: BRITISH RELAY ORIENTEERING CHAMPIONSHIPS](#)

If you are unhappy about something, please discuss your concerns with the relevant Planner or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue, then invoke the *Complaints, Protests and Appeal procedure (Rule 16)*, i.e. a Complaint should be made in writing to the Day Organiser as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The Organiser is the adjudicator. If you are unhappy with the Organiser's decision, you can protest in writing to the Organiser, again via Enquiries. If the Organiser or Controller does not agree with the protest, they will convene the Jury. A Protest should be made no more than 15 minutes after the result of the Complaint is known.

PHOTOGRAPHY

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with *section 4.8 of British Orienteering's O Safe 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 raise them with the Day Organiser, contactable via Enquiries. Official photographers are required to register with British Orienteering and wear a special Hi vis vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website and hand it in to Enquiries. You will be identified by your bib number.

THE SMALL PRINT

Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to the governing body or any affiliated organisation for the purposes of insurance, safety checks or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age group

ACKNOWLEDGEMENTS

Without help from these organisations and people, this event would not be possible!

- Cowdray Estate
- Forestry England
- The Lynchmere Society
- Highfield & Brookham Schools
- Mr and Mrs R Barnes
- Mrs B Murray
- Mr and Mrs I Russell
- Mr & Mrs Stabb Mills
- Mr G Baber, Estate Manager
- Mrs C Edsell, Tenant Farmer
- Mrs T Marriner, Tenant Farmer

LONG CHAMPIONSHIPS: GOLDEN VALLEY & COGNOR WOODS

TIMETABLE

- 08:15 Car park open
- 10:00 First start time
- 12:25 Last entry for vehicles to car park
- 12:30 No exit for vehicles before this time
- 13:30 Last start time
- 15:30 Prize giving for BOC 2022 Long Championship Races
- 16:00 Courses close

COURSE & CLASSES

CSE	MALE AGE CLASSES	FEMALE AGE CLASSES	DIST km	CLIMB m	CONT	MAP SCALE	FORMAT*	MAP SIDES	START
1	M21E		16.6	815	33**	1:15,000	A4 L	2	WEST
2	M21L		13.4	640	23	1:15,000	A4 L	2	WEST
3	M18E, M20E, M35L		11.1	510	18	1:15,000	A4 L	1	WEST
4	M40L	W21E	11.3	495	19	1:15,000	A4 L	1	WEST
5	M18L, M20L, M21S	W21L	9.2	390	22	1:15,000	A4 L	1	SOUTH
6		W18E, W20E, W35L, W40L	8.3	310	17	1:15,000	A4 L	1	SOUTH
7	M18S, M20S,	W18L, W20L, W21S	5.8	280	18	1:15,000	A4 L	1	SOUTH
8	M45L		10.5	465	21	1:10,000	A3 L	1	SOUTH
9	M50L		9.4	460	18	1:10,000	A3 L	1	SOUTH
10	M55L		9.3	425	21	1:10,000	A3 L	1	SOUTH
11	M60L		8.3	325	20	1:10,000	A3 L	1	SOUTH
12	M35S, M40S	W45L, M16A	8.0	305	16	1:10,000	A3 L	1	SOUTH
14	M65L, M45S, M50S	W50L	7.1	280	14	1:10,000	A3 L	1	SOUTH
16	M70L, M55S	W55L	6.5	305	16	1:10,000	A4 P	1	SOUTH
17	M60S	W16A, W60L	5.8	255	19	1:10,000	A4 P	1	SOUTH
18	M75L	W65L, W35S, W40S	5.5	255	17	1:10,000	A4 P	1	SOUTH
19	M65S	W70L, W45S, W50S	4.7	215	14	1:10,000	A4 P	1	SOUTH
20	M80, M75S, M70S	W18S, W20S, W55S, W60S W65S, W75	4.1	155	13	1:10,000	A4 P	1	SOUTH
21	M85, M90	W70S, W80	3.4	125	10	1:10,000	A4 P	1	SOUTH
22		W85, W90	2.0	90	7	1:10,000	A4 P	1	SOUTH
23	M14A, M16B		5.7	260	17	1:10,000	A4 P	1	SOUTH
24		W14A, W16B	4.4	170	15	1:10,000	A4 P	1	SOUTH
25	M12A, M14B, ORANGE	W12A, W14B,	3.0	105	9	1:10,000	A4 P	1	SOUTH
26	M10A, M12B, YELLOW	W10A, W12B,	2.9	65	14	1:10,000	A4 P	1	SOUTH
27	M10B, WHITE	W10B,	2.2	60	13	1:10,000	A4 P	1	SOUTH

* L=Landscape P=Portrait

** Course 1 (M21E) has more than 30 controls; check that your SI card can handle this. These versions do not:

- SI-Card 5 (1-499,999)
- SI-Card 8 (2,000,001 – 2,999,999)

If you are uncertain, you can also check here:

https://www.sportident.co.uk/information_sheets/SPORTident-CardComparison.pdf

It is your responsibility to ensure that you run with a suitable card.

Courses 1 and 2 have double-sided maps and the start procedure will aim to ensure that you pick up your maps the correct way up but it is up to you to check carefully. The last control on the first part is duplicated on the second part. The finish is marked on both sides of the map

STARTS

There will be two Starts. The route to both exits the Arena at the South Western corner using stiles over the fence.

WEST START: 600m from the Arena

The route to the West start crosses the access track at a marshalled crossing point. It then has out of bounds areas to each side which will be taped off and should not be entered.

SOUTH START: 600m from the Arena

The route to the South start follows the verge beside the access track, which in places is narrow so please take care. It also passes some log stacks, please keep clear.

No toilets at the Starts. No clothing return.

For both starts there is limited warm up space so please do so before leaving the Arena.

There will be a SIAC Battery Check station on the exit from the Arena.

MAP

Scale: 1:10,000 or 1:15,000 depending upon Age Class. 5m contour interval. Course overprints conform to ISOM2017-02

Special Symbol:  (Brown) Earth Platform

CONTROL DESCRIPTIONS

Control descriptions will be printed on the map in IOF symbols and, for courses 26 and 27, IOF symbols and text.

Loose control descriptions will be available in the start lanes at -3 minutes. The maximum size of these are:

- Courses 1 to 7 210mm x 60mm (can be folded to 170mm x 60 without losing any details),
- Courses 8 to 25 205mm x 60mm (can be folded to 170mm x 60mm)
- Courses 26 & 27 150mm x 80mm (with both IOF symbols and text visible).

TERRAIN & PLANNER'S NOTES

BOTH DAYS

The area is very varied, ranging from relatively flat semi-wooded heathland to steep slopes with chestnut coppice and pine plantations. Nearly all of the forest is managed for the production of timber. The coppiced areas vary from just about to be cut, through to just cut, or in a couple of places, being cut. In some areas where the coppicing has just taken place there is considerable debris still on the ground (marked on the map with pale yellow and a walk vegetation line screen). In one area coppicing will be in progress right up to the event and the mapped open area is based on the forester's best guess as to his progress by Friday 25th March, but don't be surprised if there is a bit more (or a bit less) wooded area than shown on the map. Most of the pine plantations are runnable, although there are several recently thinned sections with debris still remaining on the ground. Throughout the forest there is considerable additional debris as a result of the passage of Storm Eunice in February, including one section of conifers that has been flattened and is now fight and another section that has not been "surveyed" but is marked on the printed maps (courses 1 to 14 only) with a purple outline and the text "Significant windblown trees in this area". The purple outline has not been surveyed accurately and will not be indicated on the ground. There are likely to be other areas of fallen trees in some parts of the forest that will not be mapped but probably do not obscure tracks/paths in the way that the outlined section does.

Some parts of the area have a profusion of rhododendron thickets and bushes. Fortunately, these areas are not extensive, but it should be noted that not all rhododendron bushes are marked. The area of rhododendrons in the southwestern part of the map (used by courses 1 to 4) has been worked on quite significantly and there are large areas that have been "flailed" leaving debris. The result is a mixture of "fight" and "slow run or walk" showing the standing rhododendrons and the lines of the flailed ones.

Isolated/distinctive trees range from large oak or beech trees in areas of coppice to yew trees in forest or open areas. Isolated/distinctive trees are not used as control sites in the Individual races, but they may make good attack point/relocation features.

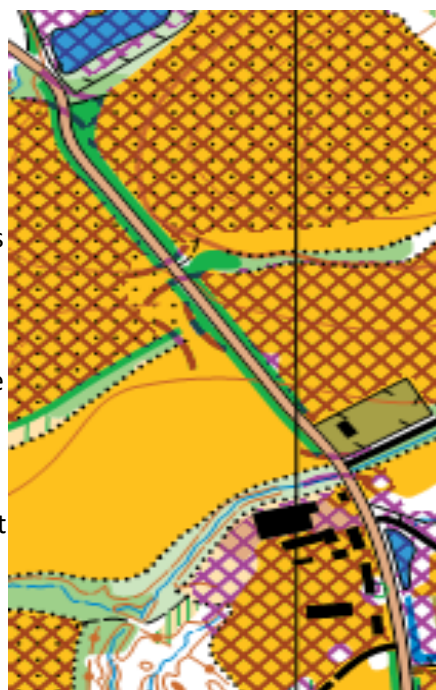
There are the remains of numerous fences in the forest that have succumbed to the rigours of the forest and weather. A stretch of barbed wire near one of the controls will be marked with black and yellow tape.

There are steep slopes which are likely to be slippery in wet weather – TAKE CARE.

LONG DISTANCE RACE ONLY

The area is split by a small road which normally has only light traffic.

Courses 1 - 6 and 8 - 14 cross this road. There are fields adjacent to the road, on both sides, with boundary hedges which can be over 1.5 metres high and .75 metres wide, and in many cases have the residue of old barbed wire fencing embedded within them. There are gaps in the hedges, and these have been mapped and those that are usable will be highlighted with the “crossing point” symbol. The use of crossing points is optional, but it is strongly recommended that you use them. There are places where tracks/paths emerge directly onto the road, which are not marked as crossing points and these are valid exit/entrance points to the forest; however, using them will mean that you will need to run along the road, which is permitted but it is narrow and there may be some light traffic. The majority of the fields are out-of-bounds including the edges (headland areas) and are marked as such with the purple cross-hatch. This extract gives an example of the “crossing point” highlight and the out of bounds hatching. Some fields have livestock (sheep, horses, and ponies) in them, are wholly out of bounds and are marked as such. One field, which is not out of bounds, has a free-range flock of geese and 2 peafowl. Although not marked, most fields have the remains of barbed wire fencing around them usually just inside the wooded edges.



COURSES

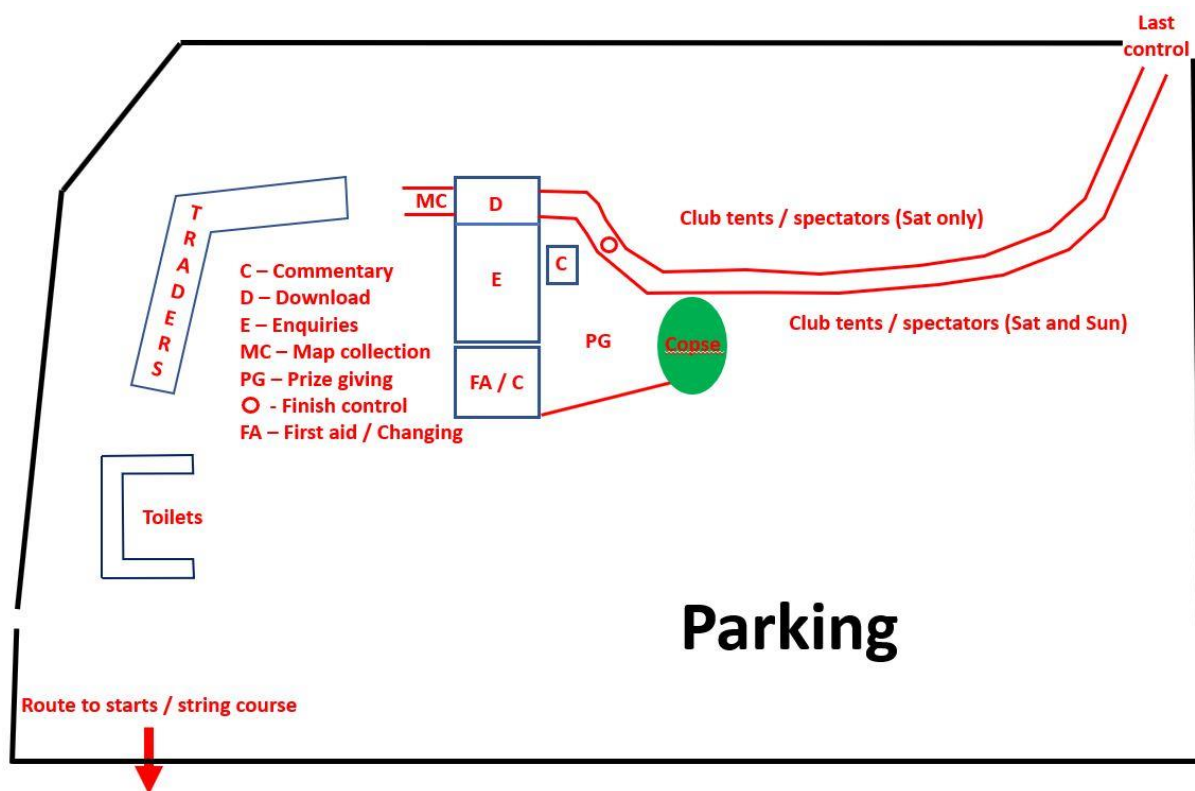
The courses have been planned to the British Long Distance Orienteering Championship Rules and Guidelines. The M21E course has been planned with an estimated winning time of 95-100 minutes. The course length and climb is based on the length and winning time of the 2019 Southern Championships held at *Hindhead and The Devil's Punchbowl* and the fact that a male elite test runner did a 10.8k/470m course on the area (with no controls and looking for tapes) in around 67 minutes.

COURSES 1-4 start on Stanley Common (on the Western side of the map), a local Nature Reserve, fenced off from the Forestry England area of Iron Hill with a metre high fence (not barbed wire). This fence can be crossed at any point, including at the mapped gate, but competitors should take care and report any damage to Download to enable it to be repaired before the cattle are returned to the area. Competitors will also cross the main access road to the Arena, early in their courses, which will not be marshalled.

COURSES 1-6 & 8-14 cross the minor road mentioned in the terrain notes. There will be marshals at some of the crossing points to warn runners of any traffic. The marshals will also note the bib numbers of any competitors running across areas marked as out of bounds and those competitors will be disqualified.

COURSES 26 and 27 have a section where there is no obvious line feature to follow so red and white streamers (on white plastic fence posts) will mark the route between two controls. This is followed by a leg where the “obvious” line feature is a “ruined (low) earthwall” and as the planner thinks it is not very obvious this will also have red and white streamers between controls on this section. The control descriptions have the instructions to “Follow tapes.....”.

ARENA LAYOUT



SEEDING

Elite, Long and A classes will be seeded in line with Appendix A section 3 of British Orienteering's Rules of Orienteering.

START PROCEDURE

This is the British Championships; the officials will run quiet Starts. This means that the Officials will avoid speaking unless necessary and competitors are asked to be silent in the start boxes. The standard instructions often spoken will not be given, but they are summarised below instead:

Championship competitors will have a timed start and those who start on time will not punch a start unit. The exception will be parents with split start times and helpers with open times, who will be slotted into a vacant start time by the officials. They must punch the start unit after picking up their map. Their start time will also be recorded by a start official.

At -1 minute competitors should move forward to stand by the map tray for their course. There will be a sign on the -1 min. line showing the layout of the map boxes. Maps will be under cover, on tables and held in plastic trays with the course number displayed on a covering hard sheet. Maps will be face up under the covering sheet with the course number visible for checking through a cut-out. Competitors are responsible for checking that they pick up the correct map. Competitors may hold a corner of the map on the -10 seconds to go "beep" but may only pick up their map and start on the long (zero) beep from the start clock.

Pre-Start	SI Clear Units
-5 mins	Call up
-4 mins	SI Check Unit + SIAC Test Unit
-3 mins	Loose control descriptions
-2 mins	Display of essential/last minute information (if any)
-1 min	Maps (on tables with course number visible)
Pick up map and go on zero seconds (the final beep of the start clock)	
Follow tapes to the Start flag	

LATE STARTERS

It will be a TIMED START; it is the competitor's responsibility to ensure that they get to their Start on time. **Late starters will not have their start times changed.**

As a general principle, if a competitor is at the start line less than 30 seconds (90 seconds for Elite class runners) after their start time, they will be started immediately. If not, then they will be deemed to have missed their start slot. For full details of the rules that the Start officials will then follow refer to **Appendix C: Rules for Late Starters at Individual.**

No conversations/negotiations will be held at the Start. You will need to make a case for any change with the Organiser after your run. You will be required to punch at the Start so that your actual race time can be recorded.

COLOUR-CODED COURSES

ENTRY

Entry for the 3 Colour Coded courses will remain open ONLINE ONLY until 12:30 on the day for Saturday's races. There is no paper based EOD process. Start times for these courses are 10:30-13:30.

STARTS

All colour coded competitors will have been allocated a start time when they entered, which will be shown on their bib. Recognising the nature of these competitors, they do not have to strictly adhere to this start time. Instead, they will be able to start when ready, but only at a time that avoids clashing with other competitors. Nevertheless, they should stick to the allocated start time as much as possible in order to help manage queues. This means that all colour coded competitors have a punching start. There is a separate lane at the start for all colour coded competitors. Additionally, a taped off area adjacent to the entrance to the late start lane will be available to starters on the White and Yellow courses ONLY to study a sample of their map. These sample maps must not be seen by any other competitors and must not leave this area. Assisting adults (**who must have completed their competitive run**) will be asked to give their name and, if running, their start time. If this is after the current time, they will be advised not to assist anyone or they will be declared non-competitive.

SHADOWING

Shadowing or competing as a pair is not permitted except for those competing on the White, Yellow and Orange classes.

People shadowing may only do so after completing their own run.

FINISH

In the Arena. The Finish unit will be contactless enabled.

Follow tapes to Download.

MAP COLLECTION

Maps will be collected from all competitors finishing before 13:30. They can be retrieved by a club rep after 13:30.

PRIZEGIVING & COURSE CLOSING

We aim to have Prize giving at around 15:30

Courses close at 16:00.

EVENT FOR CHILDREN (OF ALL AGES)

STRING COURSE

200m from the Arena. Marshalled crossing point across the approach road on the route to and from the course.

Start times 10:00-15:00

Course length 500m, winding through terrain (not suitable for buggies).

Free entry. Turn up and Go.

SI punching: free dibber hire if required

RELAY CHAMPIONSHIPS: IRON HILL & PARKGATE ROUGH

TIMETABLE

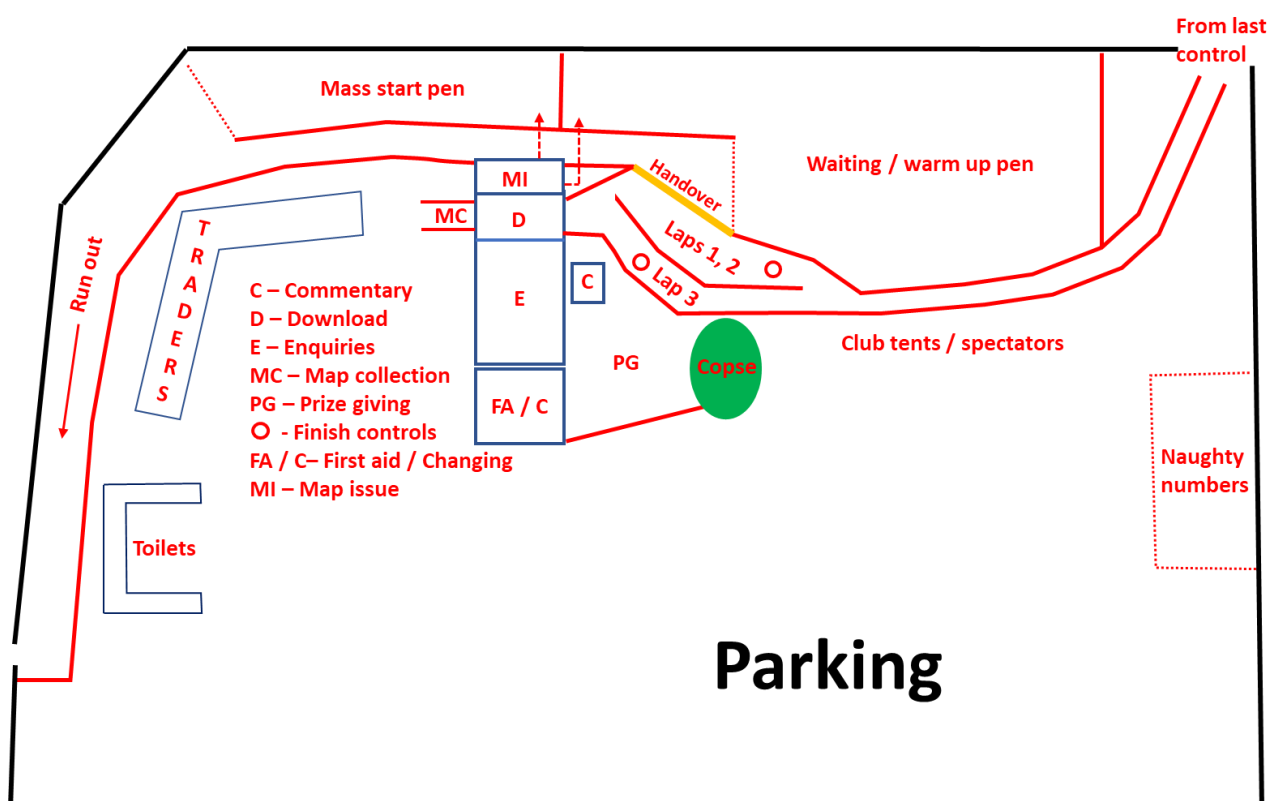
Remember that clocks go forward one hour overnight!

- 08:15 Car park open
- 09:45 Last entry for cars to car park
- 10:00 First start (call-up at 09:50)
- 11:30 Last start (call-up at 11:20)
- 12:45 Mini mass start for remaining runners + Map return to clubs
- 12:50 Earliest exit of cars from car park (subject to timing of mini mass starts)
- 13:30 Prize-giving for BOC 2022 Relays
- 14:15 Courses close

ARENA

No vehicles will be allowed to enter the Arena after 9:45 or leave before 12:50, if you have a reason for needing to leave earlier than this please contact paulws.718@btinternet.com who can issue with you a permit to park away from the Arena.

The Arena will be set up in a similar fashion to the individual day. Clubs that erected tents south of the run in on the Saturday can leave them up overnight. Any tents placed north of the run in will have to be removed overnight.



MAP

Scale: 1:10,000 except for the TD2 courses (Mini Relay and middle lap of Junior Ad Hoc) which will have a blown-up 1:7500 scale map. 5m contour interval.

Special Symbols

- ▲ (Brown) Earth Platform
- X (Black) Seat (only on 1:7,500 map)

CONTROL DESCRIPTIONS

Only on the front of the map, there will be no loose control descriptions.

- The Mini Relay & Junior Ad Hoc have both IOF symbols and text descriptions.
- All other courses have IOF symbols descriptions.

COURSES & CLASSES

CALL UP	START TIME	CLASS	TITLE	ORDER	TD	DISTANCE km	CLIMB m	MAP	BIB NOS
9:50	10:00	R	Mini Relay		2	2.3	80	1:7500	1201+
10:00	10:10	A	Men's Premier		5	6.5	265	1:10000	1+
10:10	10:20	E	M40		5	5.4	215	1:10000	4001+
		B	Women's Premier					1:10000	101+
10:20	10:30	D	Women's Short		5	3.8	185	1:10000	301+
		N	W18					1:10000	1851+
10:30	10:40	H	W50		5	3.8	185	1:10000	5051+
		K	W60			3.3	150	1:10000	6051+
		L	M/W70*	L/M/L		3.8/3.3	185/150	1:10000	7001+
10:40	10:50	P	M14		3	3.2	145	1:10000	1401+
		Q	W14					1:10000	1451+
		T	Junior Ad Hoc*	M/S/L		3/2/5	3.1/2.3/3.7	145/80/185	501+
10:50	11:00	S	Mixed Ad Hoc*	M/S/L	5/3/5	3.5/3.2/5.0	185/145/200	1:10000	401+
11:00	11:10	G	M50		5	4.9	200	1:10000	5001+
11:10	11:20	F	W40		5	4.4	190	1:10000	4051+
		J	M60					1:10000	6001+
11:20	11:30	C	Men's Short		5	4.4	190	1:10000	201+
		M	M18					1:10000	1801+

- All teams on the Junior Ad Hoc, Mixed Ad Hoc and M/W70 classes will run in the order stated.
- To be competitive, runners in the Mini relay must be M/W12 or under.
- To be competitive, runners in the Junior Ad Hoc relay must be M/W18 or under.
- Teams in the M/W70 Class must contain at least one W70+.

TERRAIN & PLANNER'S NOTES

See general terrain comments from the Long race. All courses (except the TD2 courses which will only use Lynchmere Commons) will visit Iron Hill and many will overlap with the individual day courses here and on Parkgate Rough. Soon after starting, all TD3+ courses will cross a 1metre high fence. **This fence must not be crossed other than at the five designated crossing points.** There will be a purple overprint on the map to show this. The crossing points will comprise straw bales on the ground and their locations will be marked on the map.

TEAM DECLARATIONS & BIBS

Team declarations should be made online by 23:59 on Sunday, 20th March.

Team captains can collect a pack containing bibs, safety pins and team details for all their club teams at the relay desk between 12:00 and 15:00 on Saturday in the main marquee. Team captains should check the details they are given to make sure that runner names, SI cards and eligibility are shown correctly.

Club captains will be able to make changes to teams online up until 20:00 on the Saturday. Any last-minute changes after that will need to be done in person at the relay desk on the Sunday morning.

All competitors must wear bibs, which must not be folded or trimmed. Bib number sequences are given in the table of age classes and courses above. Team race number bibs have coloured bands – Red; Lap 1, White; Lap 2, Blue; Lap 3.

START/CHANGEVER/FINISH PROCESS

SI CARD CHECKS AND MAP ISSUE

The controls will be enabled for SIAC use. Clear and battery check stations will be located outside the map issue tent. As you enter the tent your SI-card will be checked to make sure that it matches your bib – so please make sure that your bib is visible to the official here. Map issue will be split by lap, so make sure that you head to the correct table. After collecting your map and exiting the tent you should use the check unit to i) ensure that you have cleared your SI card and ii) activated your SIAC - if you have one. As you leave the map issue tent you have to cross the runout lane, please look right and give way to any outgoing runners.

MAPS

Team and lap numbers will be visible on the folded map. It is the competitors' responsibility to ensure they receive the correct map – check against your bib! The map is sealed with tape and competitors must not open their sealed map until, for lap 1, the race start signal has been given or, for laps 2 and 3, until physical contact has been made with their incoming runner. Anyone observed opening their map early risks being disqualified.

CALL UP FOR FIRST LAP RUNNERS

Call up is 10 minutes before your start time. Listen to announcements and only come forward when your relay class has been announced. Please be on time to ensure a smooth process. There will be a timed mass start, no unit has to be punched at the start.

CALL UP FOR 2ND & 3RD LAP RUNNERS

Lap 2 and 3 runners can proceed to the map issue tent and enter the waiting pen at a time of their choice.

CHANGEVER AND FINISH

The numbers of incoming runners will NOT be announced. Runners may enter the waiting pen at a time of their choosing. It is the competitor's responsibility to be there on time. Please allow smaller runners access to the front.

Outgoing runners will have a good view of the incoming runners from the waiting pen well before the handover point. To avoid a crush at the handover line please stay in the waiting pen until you have seen your incoming runner.

Incoming runners on Laps 1 and 2 should take the right-hand lane to the handover line and **swipe past or punch their finish control before they handover** by physical contact with the outgoing runner.

Lap 3 runners should take the left-hand lane to the Finish line and thereafter dib at the Finish unit. Results will be based on the order in which teams cross the Finish line. Competitors should punch the Finish unit in the order that they crossed the line. Marshals will be on hand to adjudicate if necessary.

The finish control will be SIAC enabled for lap 1 and 2 runners however **for lap 3 runners a 'dibbing' punch is required.**

MINI MASS STARTS

There will be a mini mass start at around 12:45 for all lap 2 and lap 3 runners who have not started.
Announcements of the timing for this will be made by the commentary team.

MAP COLLECTION

Maps will be collected from all finishers up until the mini mass start. Club representatives can pick up club bags as soon as this has taken place.

SHADOWING

Shadowing or competing as a pair is not permitted.

PRIZEGIVING & COURSE CLOSING

We aim to have Prize giving at around 13:30

Courses close at 14:15

EVENT FOR CHILDREN (OF ALL AGES)

NAUGHTY NUMBERS COURSE

In the Arena (see map for location).

Start Times 11:00-13:00.

Free entry. Turn up and Go.

SI punching: free dibber hire if required.

WEEKEND OFFICIALS:

Co-ordinator:	Helen Errington (HH) & Andrew Evans DFOK
Enquiries:	Diane Leakey SLOW
Website & Final Details:	Alan Leakey SLOW
Long Race Entries Secretary:	Nigel Saker SLOW
Relay Entries Secretary:	Simon Errington HH
Prize-giving:	Karen O'Hara Styles BAOC
Safety Officer:	Simon Ling MV
Road Crossing Coordinator:	Mike Bolton MV
Arena Manager:	Neil Crickmore SO
SI Equipment Coordinator:	Jon Darley GO
Radio Controls:	Ian & Helen Marsden HH
Parking Coordinator:	Paul Wallace-Stock SN
Treasurer	David Saunders HH
Reserve Juror	Colin Matheson, FVO, SOA

BRITISH LONG ORIENTEERING CHAMPIONSHIPS

Organiser:	Charles Spence LOK
Assistant Organiser:	Simon Errington HH
Planner:	Mike Elliot MV
Assistant Planner:	Kenny Leitch SO
Controller:	Terry Smith SOC
Assistant Controller:	Chris Huthwaite BAOC
Start Team Leaders:	Ronan and Julie Cleary LOK
Road Crossing Leader:	Mike Bolton MV
Download Manager:	Gordon Parker SLOW
String Course:	Phil Conway and Karen Mills-Hicks GO
Volunteer Coordinator:	Jean Fitzgerald SAX
Jurors:	Tony Carlyle, AIRE, YHOA Michael Chopping, RAFO, EAOA Ranald MacDonald, DVO, EMOA

BRITISH RELAY CHAMPIONSHIPS

Organisers:	Neil & Sue Crickmore SO
Planner:	Tony Burton MV
Assistant Planner:	Barbara Griessner SLOW
Controller:	Charles Daniel BOK
Assistant Controller:	Chris Huthwaite BAOC
Download Manager:	Jeremy Wilde GO
Start Team Leader:	Neil Speers DFOK
Naughty Numbers:	Tim and Sarah Scarbrough MV
Volunteer Coordinator:	Ed Forman SO
Jurors:	Ray Collins, WCH, WMOA Keith Tonkin, BL, NWOA Mike Forrest, BKO, SWOA

TRAIL O EVENTS:

TRAIL O LEAGUE EVENT

Organiser & Planner:	Tom Dobra TVOC
Course Checker:	Peter Dobra SAX

TRAIL O CHAMPIONSHIPS

Organiser & Planner:	Ian Ditchfield MV
Controller:	Colin Duckworth TVOC

APPENDIX A: SI INFORMATION

UNIT	LOCATION		FOR USE BY	COMMENT
	INDIVIDUAL	RELAY		
BATTERY TEST	At exit from Arena	Before Map Issue	SIAC Users only	TESTS SIAC BATTERY POWER <u>Dib</u> SIAC and remove it immediately – if it doesn't beep or if it beeps 10 times in quick succession, the battery needs replacing
CLEAR	In pre-Start area	Before Map Issue	All Competitors	CLEARs DIBBER MEMORY
CHECK	In Start lanes	In funnel after Map Issue	All Competitors	CHECKS DIBBER HAS BEEN CLEARED ACTIVATES SIAC CARDS
SIAC TEST	In Start lanes	In funnel after Map Issue	SIAC Users only	TESTS SIAC HAS BEEN ACTIVATED <u>Swipe</u> SIAC over the box - if activated correctly it will beep and flash. If not, revisit Check unit.
START	Only Helper Starts etc.	Not in use	n/a	TIMED START (no punching) for mainstream competitors
CONTROLS	On course	On course	All Competitors	CONTACTLESS.
FINISH	On course	After Handover/Finish	All Competitors	Individual Race: CONTACTLESS Relay Race, Lap 1 & 2 finishers: CONTACTLESS Relay Race, Lap 3 finishers: DIBBING

Note: If your SIAC unit fails to register at a control in contactless mode you should revert to 'dibbing'. Only switch to punching your map if 'dibbing' fails to register.

How Old Is Your SIAC BATTERY?

SPORTident recommend that you get a SIAC Battery Exchange every **3 years**. However, many of you will have found that your SIAC is still working fine after that, and in general you have the option of carrying on using your SIAC until the battery is exhausted. It would not be wise to wait until your SIAC fails on a run, so if your SIAC fails a battery test or you get a warning message on your download printout at an event, it is time to get it replaced.

However, these events will be using radio controls to give intermediate times. These controls demand more battery power from the SIAC and therefore increase the risk of failure of units that are over 3 years old, even if the battery check says it is OK. Of course, even if a SIAC battery fails during an event, the data already recorded in your SIAC at earlier controls is safe but as you continue round the course, you will need to dib at each control in the traditional way.

There is now insufficient time before the event to get a battery replacement from SPORTident, but if you have a warning that your battery status is poor, or your SIAC is over 3 years old and you want to be sure that you don't have to revert to dibbing during your run, then there is still time to hire a SIAC.

[You can check the age of your SIAC Battery here](#)

APPENDIX B: EMERGENCY HOSPITAL SERVICES

URGENT CARE CENTRE

Petersfield Hospital Tel: 02382 319000

Swan Street, Petersfield

Hampshire, GU32 3LB

7.8 miles west from Arena. Opening Hours: Monday to Sunday: 8am - 5:45pm

A & E

Royal Surrey County Hospital (01483 571122)

Egerton Road

Guildford, Surrey

GU2 7XX

14.7 miles north from Arena. Open 24 hours

St Richards Hospital Tel: (01243 788122)

Spitalfield Lane

Chichester, West Sussex

PO19 6SE

15.0 miles south from Arena. Open 24 hours

APPENDIX C: RULES FOR LATE STARTERS @ INDIVIDUAL

Rules 27.6.1 and 27.6.2 apply to all competitors: elite and non-elite. *"If the competitor is at the start line less than half the start interval after their start time, they shall start immediately. If the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval."*

Late starters will not have their start times changed. No conversations/negotiations will be held at the start. You will need to make a case for any change after your run with the Organiser. You will be required to punch at the start so that your actual race time can be recorded.

ELITE LATE STARTERS

Elite late starters can start anytime up to and including 90 seconds after their allocated start time. If they have missed their start time by over 90 seconds, they will be deemed to have missed their start slot and started 90 seconds after the next Elite start time, whether occupied or not.

NON-ELITE LATE STARTERS

Non-elite late starters can start anytime up to and including 30 seconds after their allocated start time. If they have missed their start time by over 30 seconds, they will be deemed to have missed their start slot and the following rules will apply:

For seeded runners, the 4-minute separation of seeded runners will not be applied (Following a waiver granted by E&CC) in order to be consistent with elite runners. Instead, they will start at the next available 30 seconds that is 90 seconds or more from another seed.

Non-seeded runners will be started on the next available half start interval (ie 30 seconds after a start time, whether that time is occupied or not).

HELPERS

Will follow the non-Elite Late Starters rules, except that a punching start will be used to record their times. The one exception is helpers in M/W 35L/40L who share a course with elite runners who will get the next available half start interval that is outside the elite block, but these helpers will also have a punching start to record their times.