

Competition Rule A: British Long Distance Orienteering Championships

CHANGE SHEET			
TITLE: Competition Rule A: British Long Distance Orienteering Championships			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
2.7	01/01/2020	1.3 Administration 2.6 Embargo 3 Safety 4 Officials 6.2 Map 6.3 Map Scales 6.4 Map Printing 7.1 Courses	Deleted 1.3.3 (c) as a Partnership Agreement may not be in place. Embargo requirements are covered in the Rules of Orienteering Safety requirements are covered in the Rules of Orienteering Officials requirements are covered in the Rules of Orienteering Deleted 6.2.2, which replicates requirements set out in Appendix D Deleted 6.3, which replicates requirements set out in Appendix D Deleted 6.4, which replicates requirements set out in Appendix D Deleted the Scale column to avoid conflict with Appendix D
2.8	01/01/2024	7.1 Courses 7.2 Table	General re-ordering of text which used to be in italics. Removal of boxes round text in order to ease formatting. Courses table restructured to take into account equalisation of men's and women's premier class winning times. Reorganisation of the accompanying notes into a more logical order – some removal of duplication too. New table added which gives the CLRs for each age class

Competition Rule A: British Long Distance Orienteering Championships

These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement British Orienteering Rules of Orienteering, then this Competition Rule will take precedence. Any questions regarding these Rules should be emailed to: rules@britishorienteering.org.uk

1 General information

1.1 Purpose

- 1.1.1 To find the British Long Distance Orienteering Champion in each age class from M/W 10 to M/W 85 (also M/W90 and above when specifically requested).
- 1.1.2 For the Elite classes, the Championships are intended to provide an equivalent type of competition to that held at the World Orienteering Championships.
- 1.1.3 To provide the highest standard of competition for all members of British Orienteering through a high-quality event.

1.2 Format

- 1.2.1 Single day, long distance, forest terrain competition held in daylight. Runners must compete as individuals in age classes.
- 1.2.2 A list of suggested Championship age classes/course combinations is set out in these Rules.
- 1.2.3 Application for WRE status for the Championships is made by Events and Competitions Committee.
- 1.2.4 If the Championships are designated as a World Ranking Event (WRE) by the IOF, then IOF Rules will apply, but only to the Elite classes involved. The IOF Rules are to be found on the IOF website at <https://orienteering.sport/iof/rules/>.
- 1.2.5 Pre-entry and entry on the day non-championship courses must be provided. Appropriate courses may be White, Yellow and Orange (and String/ Off String)
- 1.2.6 The non-championship courses are not subject to all of the requirements of a level A event or these Competition Rules.

1.3 Administration

- 1.3.1 The British Long Distance Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.
- 1.3.2 The British Long Distance Orienteering Championships must be registered as a level A event.
- 1.3.3 Full details of all the requirements of a level A event are contained the British Orienteering Rules of Orienteering and are supplemented by these rules.
- 1.3.4 The Championships are usually held on the same weekend as, and the day before, the British Relay Championships.
- 1.3.5 Applications to request variation to the Competition Rules must be made to Rules Group as delegated by Events and Competitions Committee.

Competition Rule A: British Long Distance Orienteering Championships

2 Competition and eligibility

2.1 Eligibility

- 2.1.1 The Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations. M classes are open to all genders, W classes are restricted to females - see British Orienteering Trans policy.
- 2.1.2 To be eligible to be a British Champion, an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and:
- *Either be a British citizen;*
 - *Or have been a member of British Orienteering in each of the three membership years preceding the year of the competition.*
- 2.1.3 For Juniors who are not British citizens, the membership criteria will be as specified below:

Age on 31st December in year of competition	British Orienteering membership criterion
10 or under	Member on day before the day of competition and in previous 6 months.
11	Member on day before the day of competition and in previous year
12	Member on day before the day of competition and in previous two years
13 and over	As in 2.1.2 above

2.2 Shadowing

- 2.2.1 The shadowing of any competitor on a Championship course is not permitted.

2.3 Trophies and/or medals

- 2.3.1 British Championship Trophies are to be presented to the winners of the highest category (Elite, Long or A) in each age class. British Championship medals may also be awarded to the first, second and third placed competitors in these classes.
- 2.3.2 Competitors are only eligible for British Championship medals and trophies in the age class they have entered and if they satisfy the Eligibility requirement above.

2.4 Badge Scheme

- 2.4.1 Championship Badge times must be calculated and included in the published results.

2.5 Ranking Scheme

- 2.5.1 Results must be submitted to the British Orienteering results database as soon as possible after the event, and at most within one week of the event.
- 2.5.2 Full details of the Ranking scheme are in a separate Competition Rule on the British Orienteering website.

Competition Rule A: British Long Distance Orienteering Championships

- 2.5.3 It should be noted that for a World Ranking Event results for the Elite classes must also be submitted separately to the IOF. Full details can be found on the World Ranking page of the IOF web site. As these results will include IOF runner ID information, it is important that Elite runners are asked for their IOF IDs beforehand, via the entry process if practicable.

2.6 Embargo

- 2.6.1 For Championship classes, competitors must declare themselves non-competitive if their acquaintance with the terrain would give them substantial advantage over other competitors. Nothing that occurred more than 24 months before the date of the event will be taken into account.

3 Safety

- 3.1.1 Event Officials must refer to British Orienteering Rules of Orienteering and Appendix E: Event safety for detailed information on the required and recommended safety and risk management procedures.

4 Officials

- 4.1.1 Co-ordinator: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.2 Organiser and Planner: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.3 Controller: Grade A Controller to be appointed by Events and Competitions Committee
- 4.1.4 If the event is a WRE, an IOF Licensed Adviser must be appointed by the Federation. They will usually be a different person from the British Orienteering Controller, even if they are qualified for this role.
- 4.1.5 British Orienteering Rules of Orienteering and Appendix C: Event officials contain full details of the requirements for Event Officials at level A events.
- 4.1.6 Other Advisers are to be appointed as appropriate. This may include Mapping, Elite, Environment: appointment is to be made by Events and Competitions Committee.

5 Organisation

5.1 General

- 5.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Foot Orienteering.

5.2 Additional requirements

- 5.2.1 Unless otherwise agreed by the Organiser the total start period will be 4 hours.
- 5.2.2 Seeding and selection must be carried out as specified in Appendix A: Event systems.
- 5.2.3 The start interval for Elite class competitors must be 3 minutes. Unless the Organiser extends the total start period, the maximum size of any Elite class will therefore be 81.
- 5.2.4 A timed start must be used for all Championship course competitors.
- 5.2.5 Drinks points/ refreshment: Any course with a winning time over 75 minutes must have water provision at least once (ideally at between 50-70% of the course distance). Water should be provided in pre-poured cups. Other refreshments (such as sports drink) can be provided at the organiser's discretion.

Competition Rule A: British Long Distance Orienteering Championships

- 5.2.6 It is good practice for drinks points to be identified and agreed by the Planner and Organiser early in the planning process.

6 Map and terrain

6.1 Quality of terrain:

- 6.1.1 The terrain for the British Long Distance Championships must be generally runnable and of good technical quality.
- 6.1.2 Technical merit is of major importance for the British Championships. Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area.
- 6.1.3 A Grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.
- 6.1.4 The Controller's report should confirm that all of the requirements for a level A event can be met.

6.2 Map

- 6.2.1 The map must comply with all the relevant requirements in the British Orienteering Rules of Orienteering and Appendix D: Mapping.

7 Course planning

7.1 Courses

- 7.1.1 These notes should be read in conjunction with Appendix B: Course planning.
- 7.1.2 Courses must be provided for the following range of age classes: M/W 10 to M/W 85 (also M/W90 and above when specifically requested).
- 7.1.3 See table below for suggested course/class combinations. This table has been drawn up on the assumption that there are 1500 competitors competing in a four hour start span. Class combinations may be varied where circumstances dictate this. 7.2 may assist with any amendment of class combinations.
- 7.1.4 Course lengths are based on the M21E course being planned such that a top elite-standard competitor would win it in 90 minutes.
- 7.1.5 For each age class and course (E/L/S/A/B) the course length ratio (CLR) should, and the technical difficulty of the course must, be as specified in the table.
- 7.1.6 The table also provides guidance on the CLR likely to be appropriate to achieve the estimated winning time for each (premier) course.

Competition Rule A: British Long Distance Orienteering Championships

	EWT	CLR	TD	Men's classes					Women's classes				
1	90	1.00	5	M21E									
2	90	0.82	5						W21E				
3	n/a	0.80	5	M21L									
4	70	0.72	5	M20E	M18E								
5	70	0.71	5	M35L	M40L				W21L				
6	65/60	0.61	5	M18E*	M45L	M50L							
7	70/65	0.56	5	M55L	M20L				W35L				
8	70	0.55	5						W18E	W20E			
9	70/65	0.53	5	M60L	M21S				W40L				
10	65/50	0.47	5	M16A	M18L	M35S	M40S		W18E*	W45L	W50L		
11	65/60	0.43	5	M65L	M45S				W55L	W20L	W21S		
12	65/60/50	0.38	5	M70L	M20S	M55S	M50S	M21V	W16A	W60L	W18L	W35S	
13	60	0.32	5	M75L	M60S	M18S			W65L	W40S	W45S		
14	60	0.28	5	M80	M65S				W70L	W20S	W50S	W55S	W21V
15	60	0.23	5	M70S	M75S				W75	W18S	W60S		
16	60	0.20	5	M85					W80	W65S	W70S		
17	60	0.13	5	M90					W85	W90			
18	40	0.36	4	M14A	M16B								
19	40	0.29	4						W14A	W16B			
20	30	4.5km	3	M12A	M14B				W12A	W14B			
21	22	3.5km	2	M10A	M12B				W10A	W12B			
22		2.5km	1	M10B					W10B				

7.1.7 Planners should note that course length ratios (CLR) refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).

7.1.8 Estimated Winning Times (EWT) are provided as guidance only in order to give some indication to competitors of the time that the fastest competitor in each premier age class should be capable of achieving. Where several age classes run on a single course there may be some variation in the EWT. These are indicated by appropriate colour coding in the table.

7.1.9 Men's and women's winning times are the same for a given (premier) age class.

7.1.10 A and B courses must be offered for M/W10, M/W12, M/W14, and M/W16 classes. In each class the B course must be technically easier than the A course.

7.1.11 Long (L) and Short (S) courses must be offered for all M/W18 to M75 and W70 classes. Only a Long course is to be offered for M80/85/90/95 and W75/80/85/90/95.

7.1.12 Short courses must be of the same technical difficulty as the Long courses and about 2/3rds the length of the Long course. Where there is also an Elite course, the Long course is about 4/5ths of the E length. CLRs have been set in order to achieve this.

7.1.13 Elite classes must be offered for M/W18, M/W20 and M/W21. M/W18E normally have an EWT of 70 minutes (to be in line with JWOC Long) but 60 minutes may occasionally be specified, in which case they appear above with an asterisk, e.g. M18E*

Competition Rule A: British Long Distance Orienteering Championships

- 7.1.14 Where possible the Elite classes should have separate start blocks from non-Elite classes to avoid interference.
- 7.1.15 Note that course 17 need only be provided if there are entries for the classes concerned. The shortness of this course means that it may not be possible to plan it from the competition Start(s), in which case an extra Simple start should be planned, manned by one official, and lasting for a very short period of time.
- 7.1.16 Non-Championship colour-coded courses must be provided. Appropriate colours are White, Yellow and Orange.
- 7.1.17 The Championship courses must not be compromised by any colour-coded courses. It is recommended that these are not the same courses as those used for the main event. If the same courses are used, then set the groups off in separate start blocks.
- 7.1.18 The combining of junior classes must take into account the course lengths and their TD.
- 7.1.19 For the courses of TD1-3 (particularly courses 18 - 20) it is important that the course is of the correct Technical Difficulty. It will often be the case that the nature of the terrain means the use of course length ratios is inappropriate (competitors are mostly on paths and not in the terrain) so course lengths "corrected" for height climb are given instead.
- 7.1.20 On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

7.2 Course length ratios for all TD5 courses at the British Long Distance Championships

M21E	1.00	W40L	0.54	W60L	0.38	W21V	0.29
W21E	0.82	M21S	0.53	M20S	0.38	W55S	0.28
M21L	0.80	M60L	0.51	M70L	0.38	M65S	0.28
M35L	0.72	W45L	0.48	M55S	0.37	W70L	0.28
M20E	0.72	M18L	0.48	W16A	0.37	M80	0.27
M18E	0.70	M35S	0.48	W18L	0.37	W60S	0.26
M40L	0.69	M16A	0.47	W35S	0.37	M70S	0.25
W21L	0.66	W18E	0.47	M21V	0.36	W18S	0.25
M45L	0.62	M40S	0.46	W40S	0.36	W75	0.23
M18E	0.60	W50L	0.46	M60S	0.34	M75S	0.22
M50L	0.59	W20L	0.44	M75L	0.33	W65S	0.21
M20L	0.57	W21S	0.44	W45S	0.32	M85	0.21
M55L	0.56	M65L	0.43	M18S	0.32	W70S	0.19
W20E	0.55	W55L	0.42	W65L	0.32	W80	0.19
W35L	0.55	M45S	0.41	W50S	0.30	M90	0.15
W18E	0.54	M50S	0.39	W20S	0.29	W85	0.13
						W90	0.10