

## Competition Rule A: British Long Distance Orienteering Championships

<b>CHANGE SHEET</b>			
<b>TITLE: Competition Rule A: British Long Distance Orienteering Championships</b>			
<b>DESCRIPTION OF CHANGE</b>			
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
2.9	01/01/2025	1.1.1 Purpose 7.1 & 7.2 Courses	Classes extended up to M/W95+. Updated for M/W95+.
2.10	01/01/2026	7.1 Courses	Section updated with revised (reduced) EWTs for older age classes. M/W21L and S courses have also been shortened and now align with M/W35. A new course table is therefore provided and accompanying paragraphs amended where relevant.

## 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 the 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](mailto: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 95(+).
- 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.
- 1.1.4 The Championships are usually held on the same weekend as, and the day before, the British Relay Championships.

#### 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 class/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 M/W21 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, Orange, Light Green, Red (if the terrain is suitable), 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 Foot Orienteering and are supplemented by these Competition Rules.
- 1.3.4 Applications to request variation to these 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 female competitors - see British Orienteering Trans Competition 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 premier 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 S on the British Orienteering website: <https://www.britishorienteering.org.uk/rules> .

## Competition Rule A: British Long Distance Orienteering Championships

2.5.3 It should be noted that for a World Ranking Event results for the M/W21 Elite classes must also be submitted separately to the IOF. Full details can be found in the World Ranking Scheme Rules on the IOF web site at: <https://orienteering.sport/orienteering/competition-rules/>. 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. through significant large-scale route choices and 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. 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 full range of age classes: M/W 10 to M/W 95(+).
- 7.1.3 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).
- 7.1.4 Long (L) and Short (S) courses must be offered for all M/W18 to M/W80 classes. Only a Long course is to be offered for M/W85,90,95.
- 7.1.5 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 70% of the E length. CLRs have been set in order to achieve this.
- 7.1.6 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.
- 7.1.7 The Estimated Winning Time in minutes for each premier age class is as follows:

EWT	Classes
90	M/W21E
70	M/W18E, M/W20E, M/W35L, M/W40L
65	M/W45L
60	M/W50L
55	M/W55L to M/W75L
50	M/W16A, M/W80L, M/W85
45	M/W90
40	M/W14A
30	M/W12A
22	M/W10A

## Competition Rule A: British Long Distance Orienteering Championships

7.1.8 Course lengths are based on the M21E course being planned such that a top elite-standard competitor would win it in 90 minutes, and Appendix B7 Running Speed Ratios.

7.1.9 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.

7.1.10 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.

course no.	CLR	TD										
1	1.00	5	M21E									
2	0.82	5	W21E									
3	0.72	5	M20E M18E									
4	0.68	5	M21L M35L M40L									
5	0.61	5	M45L									
6	0.55	5	W18E W20E									
7	0.54	5	M50L M20L W35L W40L W21L									
8	0.48	5	M16A M55L M18L M21S M35S W45L									
9	0.43	5	M60L M40S M45S W50L W20L									
10	0.39	5	M65L M20S M50S W16A W18L W21S W35S W40S									
11	0.35	5	M70L W55L									
12	0.32	5	M75L M18S M55S W60L W45S									
13	0.28	5	M60S M65S W65L W20S W50S									
14	0.23	5	M80L M70S W70L W18S W55S W60S									
15	0.18	5	M85 M75S M80S W75L W80L W65S W70S									
16	0.11	5	M90 M95 W85 W90 W95 W75S W80S									
17	0.36	4	M14A M16B W14A W16B									
18	0.29	4	W12A W14B									
19	4.5km	3	M12A M14B W10A W12B									
20	3.5km	2	W10B									
21	2.5km	1										

7.1.11 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).

7.1.12 Estimated Winning Times (EWT) are provided as guidance 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.

7.1.13 Note that course 16 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.

7.1.14 Non-Championship colour-coded courses must be provided. Appropriate colours are White, Yellow, Orange and Light Green, plus Red if the terrain is suitable.

## **Competition Rule A: British Long Distance Orienteering Championships**

- 7.1.15 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.
- 7.1.16 The combining of junior classes must take into account the course lengths and their TD. On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.
- 7.1.17 For the courses of TD1-3 (courses 19 - 21) 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.