Competition Rule B: British Middle Distance Orienteering Championships

CHANGE SHEET			
TITLE: **Competition Rule B: British Middle Distance Orienteering Championships**			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
2.9	01/01/2020	1.3 Administration 2.6 Embargo 3 Safety 4 Officials 6.2 Map 6.3 Map Scales 6.4 Map Printing	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
2.10	01/01/2024	7.1 Courses 7.4 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 confirmation of M/W20 and below 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
2.11	01/01/2025	1.1.1 Purpose 7.1 & 7.2 Courses	Classes extended up to M/W95+. Updated for M/W95+.
2.12	01/01/2026	7.2 Course Table 7.4 Course Length Ratios	Revised EWT for 18s and 20s based on request for a distance suitable as a test for JWOC. They also now have their own courses.

Competition Rule B: British Middle 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

1 General information

1.1 Purpose

1.1.1 To find the British Middle Distance Orienteering Champion in each age class from M/W 10 to M/W 95(+).

1.1.2 For the 18/20/21 classes, the Championships are intended to provide an equivalent type of competition to that held at the (Junior) 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, Middle 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 If agreed, 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 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 Middle 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 Middle 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.

1.3.5 The Coordinator/Organisers may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.

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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 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 medals if applicable are to be awarded to the first, second and third placed competitors in the Championship classes.

2.3.2 Competitors are only eligible for British Championship trophies and medals in the age class they have entered and if they satisfy the Eligibility requirement above.

2.3.3 The winners of each of the M/W21 classes must be awarded the Men's or Women's British Middle Distance Orienteering Championship Trophies.

2.3.4 The highest placed M/W20 or M/W18 must be awarded the Men's or Women's British Middle Distance Orienteering Championship Junior Trophies. For this purpose only, the 20s and 18s are treated as a combined class.

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.

2.5.3 It should be noted that for a World Ranking Event results for the M/W21 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 3 hours.

5.2.2 A timed start must be used for all Championship course competitors.

5.2.3 For M/W21, 20 and 18, the start interval must be 2 minutes. The start interval for all other classes is 1 minute.

5.2.4 Start time allocation and seeding must be in accordance with Appendix A: Event systems section 3.

5.2.5 Published start times for those running in M/W21, 20 & 18 must only be changed under exceptional circumstances.

6 Map and terrain

6.1 Quality of terrain:

6.1.1 The terrain for the British Middle Distance Championships must be generally runnable and of good technical quality.

6.1.2 Technical merit is of major importance for the British Championships, especially so for Middle Distance courses. 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. Variations between different parts of the country are inevitable.

6.1.3 As a guide, the area should meet the following requirements:

- The area should allow a Men's Open course with a winning time of 30 - 35 minutes without undue repetition
- The terrain should be technically complex, allowing small and medium route choice.

6.1.4 A Grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.

6.1.5 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 Table 7.2 gives suggested course/class combinations. This table has been drawn up on the assumption that there are 1000 competitors competing in a three hour start span. Class combinations may be varied where circumstances dictate this. 7.4 may assist with any amendment of class combinations.

7.1.2 These notes should be read in conjunction with Appendix B: Course planning.

7.1.3 The Estimated Winning Time in minutes for each age class is as follows:

EWT	Classes
30-35	All classes M/W21 and older
25-30	M/W20, M/W18
20-25	M/W16, M/W14, M/W12, M/W10

7.2 Table for British Championships Middle Distance Courses

	CLR	TD	Men's classes		Women's classes		
1	1.00	5	M21				
2	0.90	5	M35	M40			
3	0.84	5	M45	M50			
4	0.82	5			W21		
5	0.77	5	M55				
6	0.76	5	M18	M20			
7	0.70	5	M60		W35	W40	
8	0.65	5	M65		W45		
9	0.63	5			W50		
10	0.60	5			W18	W20	
11	0.57	5	M70	M16	W55	W60	
12	0.48	5	M75		W65	W16	
13	0.40	5	M80		W70	W75	
14	0.25	5	M85	M90+	W80	W85	W90+
15	0.50	4	M14		W14		
16	3-4km	3	M12		W12		
17	2-3km	2	M10		W10		
18	1.5-2km	1	White				

7.2.1 Course lengths are based on the M21 course being planned such that a top elite-standard competitor would win it in 30-35 minutes, and Appendix B7 Running Speed Ratios.

7.3 Notes on the courses table

7.3.1 Courses must be provided for the full range of age classes: M/W 10 to M/W 95(+).

7.3.2 For each age class and course the course length ratio (CLR) should, and the technical difficulty of the course must, be as specified in the table.

7.3.3 The table also provides guidance on the CLR likely to be appropriate to achieve the estimated winning time for each class.

7.3.4 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).

7.3.5 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 age class should be capable of achieving. Where several age classes run on a single course there may be some variation in the EWT between the classes.

7.3.6 Middle Distance orienteering requires fast, accurate orienteering for a moderate period of time. TD5 courses should be planned to be as consistently technically difficult as possible. Very long legs should be avoided but small and medium scale route choice is encouraged. The emphasis should be on high-speed running where competitors need to adjust their speed for the complexity of the terrain. There will be a higher density of controls than for an equivalent Long Distance race.

7.3.7 Although not labelled as such, the M/W18, M/W20 and M/W21 classes are treated as "Elite". M/W18 & M/W20 have an EWT of 25-30 minutes (based on request for a distance suitable as a test for the JWOC Middle).

7.3.8 Where possible the "Elite" classes should have separate start blocks from non-Elite classes to avoid interference.

7.3.9 Non-Championship colour-coded courses must be provided. Appropriate colours are White, Yellow and Orange.

7.3.10 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.

7.3.11 The combining of junior classes must take into account the course lengths and their TD.

7.3.12 For the courses of TD1-3 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.

7.3.13 On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

7.4 Course length ratios for all TD5 courses at the British Middle Distance Championships

M21	1.00		M70	0.57		W21	0.82		W70	0.42
M35	0.92		M75	0.50		W35	0.71		W75	0.35
M40	0.89		M80	0.41		W40	0.69		W80	0.28
M45	0.86		M85	0.32		W45	0.67		W85	0.19
M50	0.82		M90+	0.25		W50	0.63		W90+	0.15
M55	0.77		M20	0.77		W55	0.58		W20	0.60
M60	0.70		M18	0.74		W60	0.53		W18	0.59
M65	0.64		M16	0.58		W65	0.48		W16	0.46