

## Competition Rule I: Area Long Distance Orienteering Championships

CHANGE SHEET			
TITLE: <b>Competition Rule I: Area Long Distance Orienteering Championships</b>			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
2.5	5/2/2018	7.2 Class Combinations	Class combinations table has been revised and extended to include a range of Colour Classes. The basis for course length calculations has been clarified.
2.6	01/01/2020	1.3 Administration  2.6 Embargo 3 Safety 4 Officials 6.2 Map 6.3 Map Scales 6.4 Map Printing General 7.2 Class combinations	Deleted 1.3.3 (c) as a Partnership Agreement may not be in place. 1.3.3 Area Championships now to be registered as Level B events. The previous exception from Level A for Northern Ireland, Scotland and Wales is now redundant and has been removed. 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 Various clause modified or deleted to be consistent with the change to Level B. Deleted the Scale columns to avoid conflict with Appendix D
2.7	01/01/2024	5.1 Courses  5.2 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
2.8	01/01/2025	1.1.1 Purpose 5.2 Courses	Classes extended up to M/W95+. Updated table for M/W95+.
2.9	01/01/2026	5.2 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 I: Area 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 Area Champion in each age class from M/W 10 to M/W 95(+).
- 1.1.2 To provide a high standard of domestic competition through a high-quality event.
- 1.1.3 These events may be used as part of other competitions.

#### 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 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/>.
- 1.2.4 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.
- 1.2.5 The non-Championship courses are not subject to all of the requirements of a level A or B event or these Competition Rules.

#### 1.3 Administration

- 1.3.1 The Area Long Distance Orienteering Championships are organised by constituent Associations
- 1.3.2 The Organising Body must take financial responsibility.
- 1.3.3 The Area Orienteering Championships must be registered as either a level A or a level B event. The Areas concerned are (in England): South, Midlands, North along with Northern Ireland, Scotland and Wales.
- 1.3.4 Applications to request variation to the Competition Rules must be made to Rules Group under delegation from Events and Competitions Committee.
- 1.3.5 Constituent Associations are responsible for monitoring the progress of Area Championship Events held in their region.
- 1.3.6 The Organiser 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 female competitors - see British Orienteering Trans Competition policy.
- 2.1.2 Eligibility for the English Area Orienteering Championship titles is defined by the Association they are a member of:
- Southern = SWOA, SCOA, SEOA
  - Midland = WMOA, EMOA, EAOA
  - Northern = NEOA, YHOA, NWOA
- 2.1.3 Eligibility criteria for the Scottish, Welsh and Northern Irish Orienteering Championships are as defined by the relevant National Association.

#### 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 Area Championship Trophies are to be presented to the winners of the highest category (Elite, Long or A) in each age class. Area 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 Area 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 Gold, Silver and Bronze 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.

#### 2.6 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 12 months before the date of the event will be taken into account.

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### 3 Organisation

#### 3.1 General

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

#### 3.2 Additional requirements

- 3.2.1 Unless otherwise agreed by the Organiser the total start period will be 3 hours.
- 3.2.2 Seeding must be carried out as specified in Appendix A: Event systems section 3.
- 3.2.3 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 61.
- 3.2.4 The start interval for non-Elite class competitors must be 1 minute.
- 3.2.5 A timed start must be used for all Championship course competitors.
- 3.2.6 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.
- 3.2.7 It is good practice for drinks points to be identified and agreed by the Planner and Organiser early in the planning process.

### 4 Map and terrain

#### 4.1 Quality of terrain:

- 4.1.1 The terrain for the Area Long Distance Championships must be generally runnable and of good technical quality.
- 4.1.2 A Grade A or B Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.
- 4.1.3 The Controller's report should confirm that all of the requirements of a level B event can be met.
- 4.1.4 As a guide, an area for an Area Championships should meet the following requirements:
- The area should allow an M21E course with a winning time of 90 minutes without undue repetition (although either criterion might be reduced for an area of exceptional technical merit).
  - At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable, and at least 75% for the shorter courses (i.e. the majority of the competition should avoid the need for long track runs).
  - The area should not be so steep that the total climb on any course is more than 5% of the course length. (i.e. not more than an average of 50m climb per km of course length).
  - Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.
- 4.1.5 The area should usually not have been used for an open orienteering competition in the 12 months preceding the event.

#### 4.2 Map

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

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### 5 Course planning

#### 5.1 Courses

5.1.1 Table 5.2 gives suggested course/class combinations. This table has been drawn up on the assumption that there are 1,000 competitors taking part, with a three hour start span. Class combinations may be varied where circumstances dictate this.

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

5.1.3 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

#### 5.2 Table for Area Championships Long Distance Courses

course no.	CLR	TD										
1	1.00	5	M21E									
2	0.82	5								W21E		
3	0.68	5	M20E	M18E	M21L	M35L	M40L					
4	0.61	5	M45L									
5	0.54	5	M50L	M20L					W18E	W20E	W21L	W35L W40L
6	0.48	5	M16A	M55L	M18L	M21S	M35S	W45L				
7	0.43	5	M60L	M40S	M45S				W50L	W20L		
8	0.39	5	M65L	M20S	M50S				W16A	W18L	W21S	W35S W40S
9	0.35	5	M70L						W55L			
10	0.32	5	M75L	M18S	M55S				W60L	W45S		
11	0.28	5	M60S	M65S					W65L	W20S	W50S	
12	0.23	5	M80L	M70S					W70L	W18S	W55S	W60S
13	0.18	5	M85	M75S	M80S				W75L	W80L	W65S	W70S
14	0.11	5	M90	M95					W85	W90	W95	W75S W80S
15	0.36	4	M14A	M16B								
16	0.29	4							W14A	W16B		
17	4.5km	3	M12A	M14B					W12A	W14B		
18	3.5km	2	M10A	M12B					W10A	W12B		
19	2.5km	1	M10B						W10B			

5.2.1 Course lengths are based on the M21E course being planned such that a top elite- standard competitor would win it in 90 minutes.

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### 5.3 Notes on the courses table

- 5.3.1 Any proposed change to the approach for the requirement for Elite classes for M/W18, M/W20 and M/W21 at an individual Area Championship event must be agreed with the British Orienteering Performance Pathway Director.
- 5.3.2 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.
- 5.3.3 The table also provides guidance on the CLR likely to be appropriate to achieve the estimated winning time for each (premier) course.
- 5.3.4 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).
- 5.3.5 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 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.
- 5.3.6 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.
- 5.3.7 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.
- 5.3.8 The Short course must be of the same technical difficulty as the Long course 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.
- 5.3.9 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).
- 5.3.10 Where possible the Elite classes should have separate start blocks from non-Elite classes to avoid interference.
- 5.3.11 Course 14 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.
- 5.3.12 Non-Championship colour-coded courses must be provided. White, Yellow, Orange and Light Green, plus Red if the terrain is suitable.
- 5.3.13 The combining of junior classes must take into account the course lengths and their TD.
- 5.3.14 For the courses of TD1-3 (courses 17 - 19) 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.
- 5.3.15 On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.