

## 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.

### 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 (M/W90 when specifically requested).

- a) *For the elite classes, the Championships are intended to provide an equivalent type of competition to that held at the World Orienteering Championships.*
- b) *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 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.

1.2.3 Pre-entry and entry on the day non-championship courses must be provided.

- a) *A list of suggested Championship age classes/course combinations is set out in these Rules.*
- b) *Application for WRE status for the Championships is made by Events and Competitions Committee.*
- c) *The IOF Rules are to be found on the IOF website at [www.orienteering.org](http://www.orienteering.org).*
- d) *Appropriate courses may be String, off String, White, Yellow and Orange.*
- e) *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 Applications to request variation to the Competition Rules must be made to Events and Competitions Committee.

- a) *Full details of all the requirements of a level A event are contained the British*

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*Orienteering Rules of Orienteering and are supplemented by these rules.*

- b) The Championships are usually held on the same weekend as, and the day before the British Relay Championships.*
- c) The exact details of responsibility are set out in the Partnership Agreement.*
- d) The Co-ordinator/Organiser may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.*

## 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.

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:

<b>Age on 31st December in year of competition</b>	<b>British Orienteering membership criterion</b>
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 Rule 2.1.2

## 2.2 Shadowing

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

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### 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.

- a) *Full details of the Ranking scheme are in a separate Competition Rule on the British Orienteering website*
- b) *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 level A 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. They will usually be a different person from the British Orienteering Controller, even if they are qualified for this role.

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- a) *British Orienteering Rules of Orienteering and Appendix C: Event officials contain full details of the requirements for Event Officials at level A events.*
- b) *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 Orienteering and the Partnership Agreement.

#### 5.2 Additional requirements

- 5.2.1 Seeding and selection must be carried out as specified in Appendix A: Event systems.
- 5.2.2 A timed start must be used for all Championship course competitors.

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

- a) *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.*
- b) *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.
- 6.2.2 The map must be drawn to the latest IOF specification (ISOM).

#### 6.3 Map scales

- 6.3.1 The required map scales stated below are subject to the provisions in Schedule 1, Appendix D Mapping.
- 6.3.2 The map scale for age classes M/W18 to M/W40 must be 1:15,000.

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- 6.3.3 The map scale for age classes M/W45 and above, and for age classes M/W 16 and below, must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

*a) It is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 age range when this is run on the same course as the Long class of an older age group.*

### 6.4 Map printing

- 6.4.1 The map must be printed by an accredited printer.
- 6.4.2 The British Orienteering map template must be used.
- 6.4.3 All maps must be offset litho printed unless agreed otherwise.

## 7. Course planning

### 7.1 Courses

- 7.1.1 Courses must be provided for the following range of age classes: M/W 10 to M/W 85.

*a) See table below for suggested course/class combinations. This table has been drawn up*

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*on the assumption that there are 3000 competitors competing in a four hour start span and class combinations may be varied where circumstances dictate this.*

	EWT	Ratio	TD	Scale	Men	Women
1	90 – 100	1.00	5	15	M21E	
2		.81	5	15	M21L	
3	65-75	.68	5	15	M18E, M20E, M35L	
4	65-75/70-80	.65	5	15	M40L	W21E
5		.51	5	15	M18L, M20L, M21S	W21L
6	55-65	.45	5	15		W18E, W20E, W35L, W40L
7		.35	5	15	M18S, M20S, M21V	W18L, W20L, W21S
8	60-70	.59	5	10	M45L	
9	60-70	.56	5	10	M50L	
10	60-70	.53	5	10	M55L	
11	60-70	.48	5	10	M60L	
12	55-65	.43	5	10	M35S, M40S	W45L
13	45-55	.44	5	10	M16A	
14	55-65	.40	5	10	M65L	
15	55-65	.40	5	10	M45S, M50S	W50L
16	55-65	.37	5	10	M70L, M55S	W55L
17	45-55/55-65	.34	5	10	M60S	W16A, W60L
18	55-65	.31	5	10	M75L	W35S, W40S, W65L
19	55-65	.27	5	10	M65S	W70L, W45S, W50S
20	55-65	.23	5	10	M80, M70S, M75S	W18S, W20S, W21V, W55S, W60D, W65S, W75
21	55-65	.18	5	10	M85, M90	W70S, W80
22	55-65	.12	5	10		W85, W90

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23	35-45	.34	4	10	M14A, M16B	
24	30-40	.24	4	10		W14A, W16B
25	25-35	4.5km	3	10	M12A, M14B	W12A, W14B
26	20-25	3.5km	2	10	M10A, M12B	W10A, W12B
27		2.5km	1	10	M10B	W10B

7.1.2 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.

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

7.1.4 The Short course must be of the same technical difficulty as the Long course and about 2/3rds the length of the Long course.

7.1.5 Elite classes must be offered for M/W18, M/W20 and M/W21.

a) *Where possible the Elite classes should have separate start blocks from non-Elite classes to avoid interference.*

7.1.6 Non-championship colour-coded courses must be provided.

7.1.7 The Championship courses must not be compromised by any colour-coded courses.

a) *Appropriate colours are White, Yellow and Orange.*  
 b) *It is recommended that these are not the same courses as those used for the main event, or set off in separate start blocks if the same courses are used.*

7.1.8 The combining of junior classes must take into account the course lengths and the Technical Difficulty.

a) *On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.*  
 b) *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).*  
 c) *For the courses of TD1-3 (particularly courses 25 - 27) 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.*  
 d) *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.*  
 e) *Courses for M/W90 have been included from January 2014. Note that course 22 need only be provided if there are entries for the classes concerned. The shortness of this*

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*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.*

- f) *The compromise of laser printing courses 21 and 22 is acceptable and a larger scale map may be appropriate.*
- g) *These notes should be read in conjunction with Appendix B: Course planning.*