



British Orienteering Championships 2024 – Event Programme v5

On behalf of the North East Orienteering Association, welcome to the British Championships weekend!

This is v5 of the event programme published 9th April. Hopefully this will be the last version. See differences from previous versions below. This document also provides the information required by Bulletin 2 for the M/W21E World Ranking Event.

<p>Changes from v1 (17th March):</p> <ul style="list-style-type: none"> Updated long arena diagram. All legs of relay class T have both text and pictorial descriptions. Wendy Carlyle is event official photographer. Added names of jury members. <p>Changes from v2 (24th March)</p> <ul style="list-style-type: none"> Updated final course lengths / climbs. Added link to far start bus times. 	<p>Changes from v3 (29th March)</p> <ul style="list-style-type: none"> Removed GPS tracking for M/W21E Update day 1 parking details including no entry after / no exit before 12:30pm for everyone Added list of traders attending. Added map note about churned up rides in relays. Hired dibbers for far start collect at far start. Mulgrave Gardens open afterwards. <p>Changes from v4 (7th April)</p> <ul style="list-style-type: none"> Taped route on class R mini relay.
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

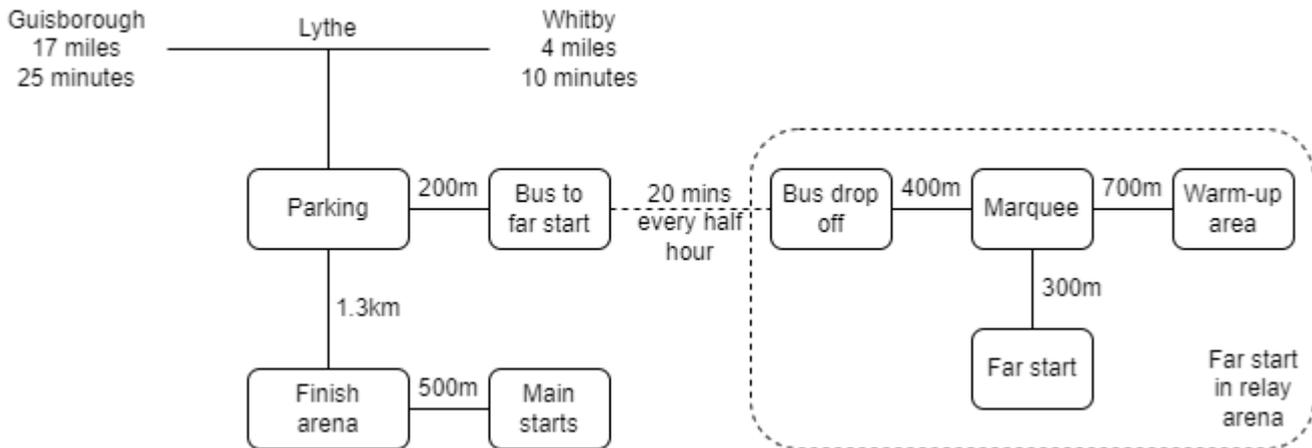
Key information

Competition	British Orienteering Championships	British Relay Championships
Date	Saturday 13 th April 2024	Sunday 14 th April 2024
Entry to parking	NZ 846 130, YO21 3RN, ///form.paintings.responses	NZ 849 089, YO21 1TN, ///hears.reservoir.smiles
Car park	Open from 08:30 No entry after / no exit before 12:30pm	Open 08:15 No entry after / no exit before 12:00pm
Distance to arena and start	1300m from parking to arena 500m from arena to main start	Parking adjacent to arena with starts / changeover / finish
Prize giving	15:30	13:15
Additional notes	Special busing arrangements for longest course starts – please leave enough time.	Left turn only into parking from A171 eastbound. If travelling westbound go beyond and turn round (see details later) If travelling via Saltburn or Guisborough please allow extra time due to road cycling race road closures
On both days	No bib, no go. Whistles compulsory.	No bib, no go. Whistles compulsory.

Long: Mulgrave Woods – Saturday 13th April

- Car park open 08:30 (no entry after 12:30, no motorhome exit before 12:30)
- Start times 10:30 – 13:30
- String course 10:30 – 14:00
- Elite / far start maps available 13:30

- Prize giving 15:30
- Courses close 16:00
- Car park close 16:30
- Relay team online declaration by 18:00



Parking

In fields on the edge of Lythe village, accessed off the A174 road from either direction, 4 miles north west of Whitby, grid reference NZ 846 130, nearest post code YO21 3RN, what3words [///form.paintings.responses](https://www.what3words.com/uk/form.paintings.responses), link to [Google maps](#). No entry after 12:30pm. No exit before 12:30pm. Most cars will be in a northern field, turning left into field straight after turning off A174 in village). Motorhomes/vans, electric vehicles (which cannot be towed if it comes to it!) and special needs parking, will continue another 200m after turning off A174 in village to a southern field. See the website for public transport options.

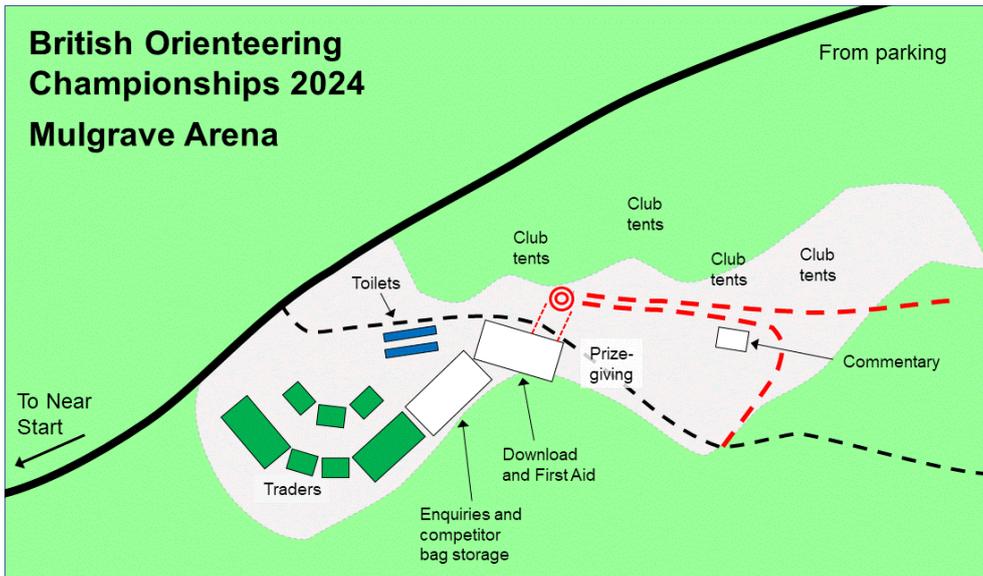
Arena

The arena is 1.3km walk from parking, gradually downhill (and uphill on the way back), mostly on good tracks apart from the first section across some fields (likely wet and muddy). Note we cannot accommodate anyone parking closer to the arena, even families with young children, our oldest competitors, or volunteers - sorry. Please bear this in mind when travelling. However, those with prams, mobility scooters, under 6s and over 80s can park in the nearest corner of the parking field, and can take a slightly shorter route to the Arena and on firm tracks the whole way (it goes via some residential buildings, so we cannot have everyone going that way).

The arena contains:

- Finish / Download
- Toilets (also small number in parking field, and far start, but none at main starts)
- Space for club tents
- Competitor bag storage tent (for those without club tents)
- Bibs for those at the main start (far start classes collect at far start)
- Traders – See general information for who is attending
- Prize Giving
- First Aid
- String course (600m back up the track from the arena)
- Enquires tent (open from 09:00) which includes
 - SI hire collection
 - Key drop and medical forms
 - Trophy return
 - Last minute entry changes (e.g. SI card number – no EOD, even for colour coded)

- Complaints/protests
- Far start clothing return
- Elite map reclaim (after 13:30; far starts part 2 map only; part 1 available on relay day)
- Relay bib collection for club captains (11:00 – 15:30)



Far Start and Busing

Classes M18E, M20E, M21E, M21L and W21E (courses 1, 2, 3, and 5) will have a remote start in Skelder Wood (from the same arena as used for the relays on Sunday). **You MUST take the organiser-provided bus transport from near to the individual day parking to the far start area. You MAY NOT get dropped off at the far start area by fellow travellers, because it risks blocking the bus stop and creating dangerous queues back onto the A171.**

Buses leave from the main road 200m from the main parking. Buses drop competitors on the road 400m walk from the far start area. Buses run every 30 minutes, and the journey takes approximately 20 minutes. See the website for suggested latest bus times for everyone, based on any desired minimum time between bus drop off and start you provided in your entry. See that document of bus times for more details on the timings. **It is YOUR RESPONSIBILITY to aim to get an early enough bus, and get to the bus departure on time. If you miss your start time because you failed to do so, your start time will NOT be adjusted.**

The far start area is 400m from the bus drop off and contains:

- Toilets
- Shelter tent
- Bag drop / clothing dump for transfer back to main arena
- Ample field space to warm up around the arena (or the model area)
- Model map/area with model controls (700m from main far start area)
- Pre-start (300m beyond the main far start area)

There is no water available at the far start area. Please take your own water bottle.

Main Starts

The start for all other courses is 500m beyond the arena along good tracks. All courses have the same pre-start, but then split after the -4 line into east and west starts with different start lines and start triangles. There are no toilets at the start – please use toilets in arena.

Competitors at the main start can warm up along the main track leading to the pre-start. Please stay on the track – the forest on either side is out of bounds to competitors.

Start Times

See [Fabian4 start list](#).

Bibs and Whistles

NO BIB, NO GO. Competitors at the far start – collect from far start area after the bus transfer. Competitors at the main starts, collect from near Enquiries in the arena. Limited supply of safety pins – please bring your own. Bibs must be worn on the torso and not folded or trimmed. You are advised to complete emergency details on the back of your bib. **WHISTLES COMPULSORY** and will be checked at both starts.

SI Hire

Hired SI cards can be collected from Enquiries (unless you are on the far start in which case collect there). Lost SI cards will be charged £20 (non-SIAC) and £60 (SIAC).

GPS tracking

We originally intended to have live GPS tracking for top competitors in M/W21E. We have since decided we will not be doing this. Sorry!

Terrain

Overview - Mulgrave Woods comprise mixed woodland in two valleys, with contour detail, as well as a good path and track network. Used previously for JK 1996 and Northern Champs 2016. See map from [2016 Northern Champs](#). The longest courses will start in Hutton Mulgrave and Skelder. See [map of embargoed area](#).

Footwear – The terrain can get very muddy and slippery in places. Good footwear grip is essential.

Streams – There are some significant streams through the area, the level of which can vary greatly depending on recent rainfall. Courses for older competitors have been planned to offer bridge crossings if desired. If the streams are looking “full” on the day there will be signs on the day advising that less confident competitors may prefer to use bridges.

Older bridges – Some streams have older wooden bridges. Some are dangerous. The dangerous ones will not be marked on the map and on the ground will be physically marked with yellow/black danger tape. **DO NOT ATTEMPT TO CROSS bridges with yellow/black tape.**

Ponies – Longer courses cross an enclosed area of semi-open via a stile. There are usually a couple of Exmoor ponies in the field, but they are quite harmless.

Recent clear felling – Some areas have been recently felled. Brash piles have not been mapped. Restocking has started with newly planted trees in tubes.

Fields OOB – Apart from the link route between the two woods for those starting at the far start, all farm fields outside of the woods are OOB (and marked as such on the maps).

Map

1:15,000, 1:10,000 or 1:7,500 scale according to class, 5m contours, updated in 2023 by Paul Taylor. 1:15,000 scale is offset litho printed, 1:10,000 and 1:7,500 are digitally printed. Special symbols on the map:

- Black X – Wooden or metal man-made objects.
- Black O - Pile of old tyres
- Green X - Large rootstocks, higher than 2.5m

Control Descriptions printed on the front of the map using IOF pictorial symbols, except for courses 24 and 25 which have both pictorial and text. Loose descriptions available in the start lanes.

Class Details

Course	Start	Scale	Size	M classes	W classes	Length	Climb	Controls
1	Far	15000	A4	M21E		14.4	550	31
2	Far	15000	A4		W21E	12.0	415	26
3	Far	15000	A4	M20E, M18E		11.1	295	25
4	West	15000	A4		W20E, W18E	7.4	285	18
5	Far	15000	A4	M21L		11.4	335	27
6	West	15000	A4	M35L, M40L		8.9	425	19
7	West	10000	A3	M45L, M50L	W21L	7.4	385	20
8	West	10000	A3	M20L, M55L	W35L	7.5	290	17
9	West	10000	A3	M60L, M21S	W40L	6.5	300	17
10	West	10000	A3	M16A, M18L, M35S, M40S	W45L, W50L	6.2	235	19
11	West	7500	A3	M65L, M45S	W20L, W55L, W21S	5.8	240	18
12	West	7500	A3	M70L, M20S, M50S	W60L	5.3	205	16
13	East	10000	A3	M55S, M21V	W16A, W18L, W35S, W40S	5.2	175	17
14	East	7500	A3	M75L, M18S, M60S	W65L, W45S	4.4	170	14
15	East	7500	A3	M80, M65S	W70L, W20S, W21V, W50S, W55S	3.8	165	10
16	East	7500	A3	M70S	W75, W18S, W60S	3.2	130	12
17	East	7500	A4	M85, M75S	W65S	2.8	120	13
18	East	7500	A4	M90	W80, W70S	2.3	100	11
19	East	7500	A4	M95	W85, W90, W95	1.7	65	10
21	East	10000	A3	M14A, M16B		4.4	205	14
22	East	10000	A3	Light Green	W14A, W16B	3.5	170	15
23	East	7500	A4	M12A, M14B, Orange	W12A, W14B	2.7	110	12
24	East	7500	A4	M10A, M12B, Yellow	W10A, W12B	2.3	75	12
25	East	7500	A4	M10B, White	W10B	1.9	60	11

Start Procedure

Officials will run quiet starts. This means they will avoid speaking unless necessary and competitors are asked to be silent in the start boxes. The standard instructions often spoken will not be given.

All competitors will have a timed start and those who start on time will not need to punch a start unit. Early starts will not be permitted. See below for the late start procedure.

- Pre-Start: SI clear, check and SIAC test units
- -5 minutes: Call up
- -4 minutes:
- (main start splits to east and west start lanes)

- -3 minutes: Loose control descriptions
- -2 minutes: Display of essential/late information (if any)
- -1 minutes: Stand by map boxes for course
- Go on the final long beep. Competitors are responsible for checking that they pick up the correct map.
- Start kite for the main start is taped up to 100m beyond the map boxes.

No blank maps in the start lanes (British Orienteering rules say they “should” be displayed, but not “must”, and IOF rules for WRE do not allow it, and we follow the IOF precedent). See previous maps on RouteGadget.

Late Starters

It is a TIMED START (not a punching start) for all competitors including helpers, split starts and colour coded. It is the competitor’s responsibility to get to the start on time. Late starters will be timed from their original start time unless they are late through the fault of the organiser. A punching start will be used in case of dispute after your run. If you believe your lateness is the fault of the organiser then please make your case after your run.

If you have missed your call-up, initially go the late start lane. If we can catch you up with your allocated start time you will be slotted in to the appropriate pre-start box and continue as normal.

If we cannot catch you up (your start time has passed), you must remain in the late start lane. An official will bring a map to you – it is your responsibility to check it is the correct course. If at this point you are only 30 or fewer seconds late (or 90 or fewer seconds late for elite classes) you will punch a start control (not contactless) and go immediately. If you are more than 30 seconds late (90 seconds for elites) you will be held until the next available half-start interval before you are allowed to punch and go. Late starting seeded runners (and on elite courses all runners are seeded) may be required to wait longer to ensure a minimum 90 second separation between seeded runners on the same course.

Far Start Road Crossing and Map Exchange

Courses from the far start have a run through at approximately one third distance from Skelder to Mulgrave Woods. Competitors must remain within the corridor along tracks/roads and through fields between OOB areas marked on the map. Along this section they will, in the following order:

- Punch a control on a farm track.
- Cross a minor road – marshalled but please take care.
- Visit map exchange – drop part 1 and pick up part 2. It is your responsibility to get the correct map.
- Drinks point.

Drinks points

There are three drinks points in the forest:

- One visited by all from the far start at approximately 30% distance, at the map exchange (see above).
- One visited by all from the far start at approximately 65% distance, and also by all on the main west start less than halfway round their courses.
- One visited by M/W21E at a control on their course at approximately 80% distance.

Finish

In the Arena. Separate finish controls and run-in lanes for elites (M/W 21E, 20E and 18E) vs. all other competitors. It is your responsibility to ensure you punch the correct last control.

All finish SI units will be contactless enabled. Follow tapes directly to download. If you have hired an SI card and are running in the relays, please keep it, otherwise please return it at download.

Courses close at 16:00. All competitors must report to download by this time, whether or not you finished your course. If you decide to retire (not finish your course) you must still report to download as soon as possible.

Map Collection

Maps will be collected from all 18/20/21 elite competitors finishing before the last starts (13:30). Elite maps for Mulgrave Woods can be reclaimed after 13:30 from Enquiries. Part 1 maps for those at the far start can be reclaimed after the relays from Enquiries (same time as relay maps).

Maps will not be collected from non-elite competitors. Please do not show your map to anyone yet to start.

String Course

In woodland halfway between the car park and arena (600m back from the arena). Open from 10:30 – 14:00. Free entry. Not suitable for most prams (only more robust off road strollers).

Relay: Hutton Mulgrave and Skelder – Sunday 14th April

- Car park open 08:15 (no entry after 12:00, no exit before 12:00)
- Mass starts 10:00 - 11:00 (first call up 09:45)
- Mini mass start for remaining runners 12:30
- String course 10:00 – 13:00
- Maps returned to club captains 12:30
- Prize giving 13:15
- Courses close 14:00
- Car park close 14:30

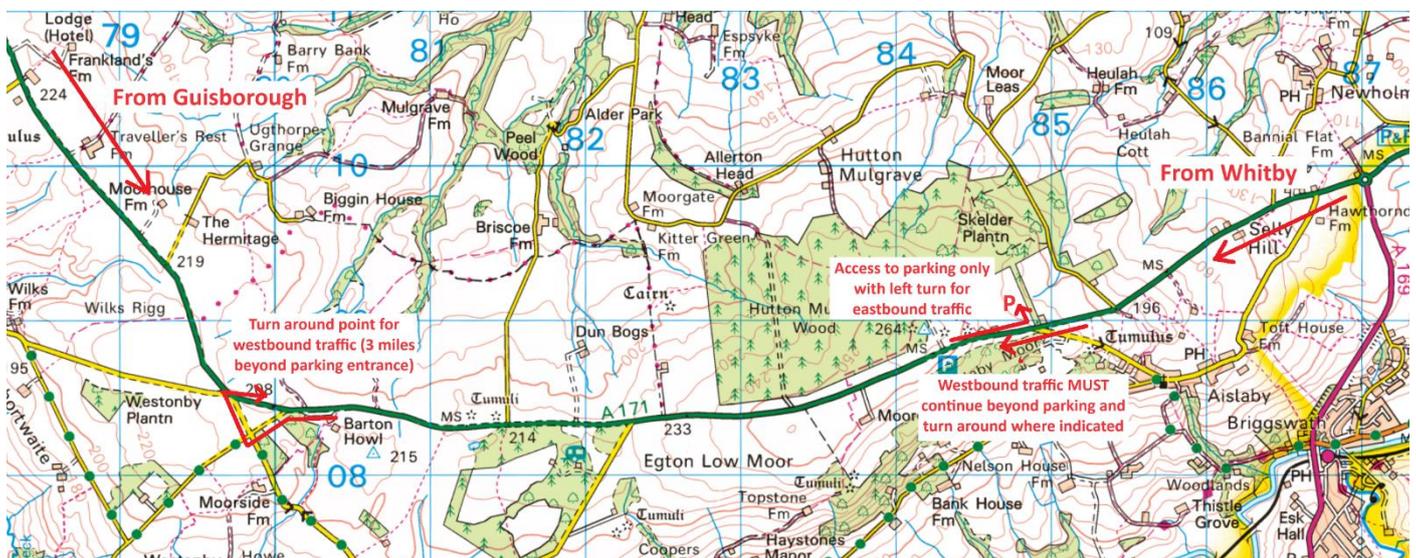
Parking

Parking will be at Skelder Hill Farm, accessed off the A171 road 3 miles west of Whitby, grid reference NZ 849 089, nearest post code YO21 1TN (note this covers quite a large area), what3words [///hears.reservoir.smiles](https://www.what3words.com/#!/hears.reservoir.smiles), link to [Google maps](https://www.google.com/maps). No entry after 12:00. No exit before 12:00. See the event website for public transport options.

The A171 is a very busy road. You **MUST ONLY** access the parking by travelling east along the A171 (from Guisborough towards Whitby) and making a left turn into the parking. You **MUST NOT** attempt to turn right into the parking when travelling west on the A171 (from Whitby towards Guisborough).

If you are approaching from Whitby you **MUST** continue beyond the parking entrance for 3 miles, make a left turn and go round the “triangle” of minor roads to easily and safely return eastbound. This turnaround point will not be signed. Please see the map below.

When leaving you **MUST** turn left as you exit into the A171. **DO NOT** turn right across the traffic. If you need to head westbound towards Guisborough please use the roundabout 2km towards Whitby to turn around.

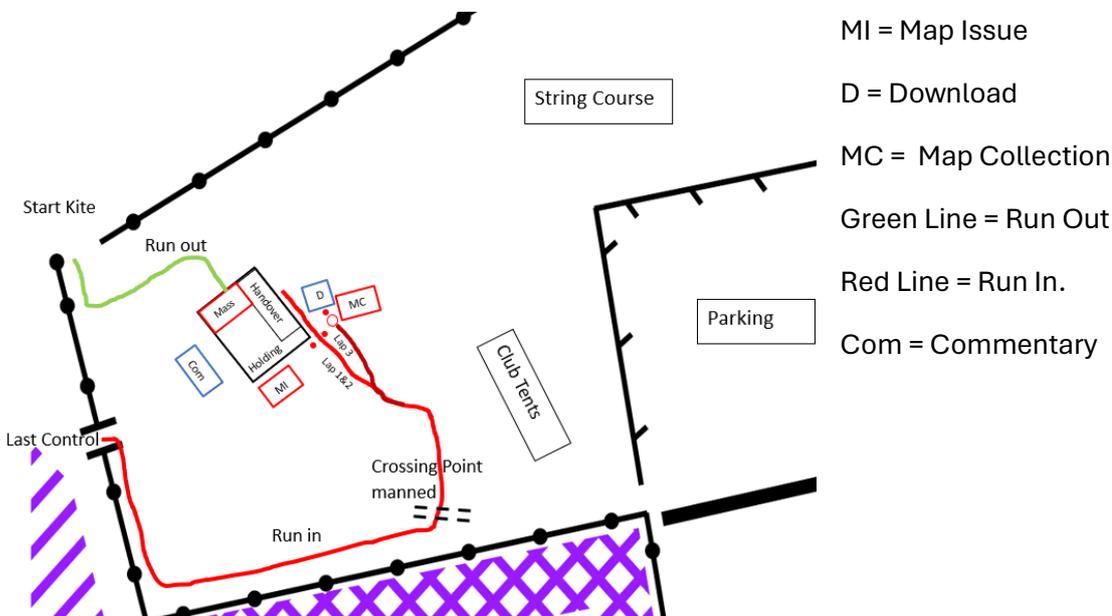


NOTE: there is a cycling event on the same day, summary details [here](#). It is a road race, starting in Saltburn, and doing 4 laps via Guisborough, with rolling road closures for about 10 minutes ahead of the cyclists. The women's race starts 09:00 and finishes about 11:45, so competitors travelling to the relays via A171 around Guisborough, or A174 around Saltburn, may see delays while roads close and traffic clears again. Please make it your responsibility to leave plenty of time to allow for this in your travel plans. The men's race is 13:15 to 16:00, so you may see some delays if heading home that way again.

Arena

The arena is adjacent to parking. The arena contains:

- Map Issue / Start / Changeover / Finish / Download / Map Collection
- Toilets
- Space for club tents
- Traders – See general information for who is attending
- Prize Giving
- First Aid
- String course
- Enquires tent (from 08:30) which includes
 - SI hire collection (unless running individual in which case keep SI card from Saturday)
 - Key drop and medical forms
 - Trophy return
 - Last minute relay entry changes
 - Map reclaim for long distance far start part 1 maps
 - Complaints/protests



Terrain

Overview – The relay will take place in Hutton Mulgrave & Skelder Woods, as intended for the cancelled JK 2020. See map from most recent [2021 regional event](#). See [map of embargoed area](#).

Badger sett – The optimal route on classes Men's Short, M18, M50, M60 and W40 may cross a very busy badger sett. This will not be marked on the map but will be marked with red/white tape on the ground. Please do not cross the tape – it is only a ~10m extra to go around.

Forestry work – Within the last few weeks forestry vehicles have recently churned up some rides. These are mapped as follows. The ground is extremely muddy, deep in places and difficult to cross. Proceed with caution.



Run-out and run-in – These cross wall foundations underfoot at the field exit/entry points. Please take care.

Class R mini relay – There is taped route (follow tapes hung at intervals) between two controls to get around the worst of the latest forestry work. Please let juniors on this course know to expect this.

Map

1:10,000 or 1:7,500 according to class, 5m contours, A4, digitally printed, updated in 2023 by Paul Taylor.

Special symbols on the map:

- Black X – Wooden or metal man-made objects.
- Black O - Pile of old tyres
- Green X - Large rootstocks, higher than 2.5m

Control Descriptions printed on the map only (no loose descriptions). Class R (Mini Relay) and class T (Junior AdHoc) have both IOF pictorial symbols and text descriptions. All other classes have just IOF pictorial symbols.

Class Details

Call Up	Mass start	Class	Title	EWT	TD	Distance	Climb	Scale	Bib nos
09:45	10:00	R	Mini Relay (M/W12-)	12	2	1.9	35	1:7,500	1201+
09:55	10:10	A	Men's Premier	32	5	4.7	90	1:10,000	1+
10:05	10:20	E	M40	32	5	4.2	80	1:10,000	4001+
		B	Women's Premier	32	5	4.2	80	1:10,000	101+
10:15	10:30	P	M14	18	3	2.7	75	1:7,500	1401+
		Q	W14	22	3	2.7	75	1:7,500	1461+
10:25	10:40	S	Mixed Ad Hoc (*)	Varies	5	3.4	65	1:10,000	401+
					5	2.3	70		
					3	2.6	75		
		T	Junior Ad Hoc (M/W 20-) (*)	Varies	5	3.3	70	1:7,500	501+
					3	2.7	75		
					2	2.0	35		
10:35	10:50	D	Women's Short	22	5	2.4	70	1:10,000	301+
		H	W50	32	5	2.4	70	1:7,500	5061+
		N	W18	25	5	2.4	70	1:10,000	1861+
		K	W60	32	5	2.0	65	1:7,500	6061+
		L	M/W70 (**)	32	5	2.4 2.0	70 65	1:7,500	7001+
10:45	11:00	C	Men's Short	22	5	3.1	80	1:10,000	201+
		F	W40	32	5	3.1	80	1:10,000	4061+
		J	M60	32	5	3.1	80	1:7,500	6001+
		M	M18	25	5	3.1	80	1:10,000	1801+
10:55	11:10	G	M50	32	5	3.4	65	1:7,500	5001+

* **Mixed Ad Hoc and Junior Ad Hoc** all teams have Long, Medium and Short legs. The order varies between teams, being pre-determined for each team number (leg order provided at time of declaration). Due to the nature of the terrain, in class S the "Medium" TD5 leg is actually slight shorter in distance than the "Short" TD3 leg – think of the latter as shorter in time/difficulty if not distance!

** **M/W70** all teams run in the order Long, Medium, Long. Teams must contain at least one woman.

Team Declaration, Bibs, and Late Changes

Team captains must make final team declarations by 18:00 on Saturday 13th April via the online Fabian entry system. Please check the details submitted to make sure runner names, SI cards and eligibility are correct.

Team captains can collect a bag containing bibs and a team list for their club at the relay desk at enquiries between 11:00 and 15:30 on Saturday in the Enquiries tent.

Bib colour is Red for Lap 1, White for Lap 2, Blue for Lap 3. Pins are not provided – please supply your own.

Any last minute changes to teams after online declaration closes, please fill in a form at Enquiries on Sunday morning as early as possible.

SI hire

Relay competitors needing to hire an SI card – If you ran in the individual, please keep your SI card for the relay. If you did not run in the individual, please collect and pay at Enquiries on Sunday (£1 per non-SIAC, £3.60 per SIAC, cash only, exact change please). Lost SI cards will be charged £20 (non-SIAC) and £60 (SIAC).

Map Issue and Start

All controls (including finish) will be enabled for contactless or manual punch. Clear and Battery Check stations will be located outside the Map Issue tent. **WHISTLES COMPULSORY** – checked as you enter map issue. Your SI card will be electronically checked as you enter Map Issue, and an official will confirm it matches your team number and lap. Map issue will be split by lap (laps 1 vs laps 2 & 3), make sure you select the correct lane. After collecting your map please Check, and SIAC users can use the SIAC Test unit to confirm activation.

Team and lap numbers will be visible on the folded map. It is the competitor's responsibility to ensure they receive the correct map – check against your bib! The map will be folded and sealed with tape. Do not open the sealed map until the race start signal has been given for lap 1, or physical contact has been made with the incoming runner for laps 2 & 3. Anyone observed opening their map early risks being disqualified.

Lap 1 call up is 15 minutes before your start time. Listen to announcements and come forward when your relay class has been announced. Please be on time. Lap 1 runners have a timed mass start on the starter's signal. The taped run out will take you to the start kite just into the forest

Lap 2 & 3 runners can proceed to Map Issue and enter the waiting pen any time after their previous runner has started. There will be no announcements for laps 2 & 3 until the mini mass start (see below).

Changeover and Finish

Incoming runners will NOT be announced. Runners may enter the changeover waiting area whenever they choose. It is the competitor's responsibility to be there on time. Outcoming runners will have a good view of incoming team-mates from the final control, which is approximately 300m to the handover point / finish.

Incoming runners on laps 1 & 2 should keep left at the split to approach the handover line, punch first, then hand over by physical contact, before moving swiftly away from the changeover to download.

Incoming runners on lap 3 should keep right at the split and head directly for the finish line/arch. Results will be based on the order in which teams cross the finish line. Competitors must then swipe/punch the finish unit beyond the finish in the order they crossed the line. Marshals will be on hand to adjudicate if necessary.

Mini Mass Start

There will be a mini mass start at 12:30 for all remaining lap 2 & 3 runners who have not started.

Map Collection

Maps will be collected from all finishers up until the mini mass start. Club representatives can reclaim club bags as soon as this has taken place. Part 1 maps from those at the far start on Saturday can also be collected at this time.

String course

In the motocross area adjacent to the arena. Open from 10:00 – 13:00. Free entry. Suitable for buggies.

Mulgrave Gardens

If you are staying in the area and want something more relaxing after a relay run, Mulgrave Estates have an open gardens day on Sunday 14th April. Access is from Lythe Village (where the individual day parking was). See details here: <https://mulgrave-estate.co.uk/the-garden/garden-open-dates>.

Officials & Acknowledgements

- Weekend Co-ordinator: Duncan Archer (LOC, formerly CLOK)
- Safety officer: Katherine Brown (NATO)
- Individual organisers: Caroline & Alastair Mackenzie (CLOK)
- Individual planner: Chris Mackenzie (CLOK)
- Individual controller: Keith Tonkin (BL)
- Individual jury: Ranald Macdonald (DVO), Colin Matheson (FVO), Andrew Yeates (WCH), backup: Tony Carlyle (AIRE)
- WRE IOF advisor: Ted Finch (FVO)
- WRE jury: Julie Cleary (LOK), Philip Gristwood (MV), David Rosen (SROC)
- Relay organiser: Boris Spence (NN)
- Relay planner: Francis Shillitoe (NATO)
- Relay controller: Graham Nilsen (DEE)
- Relay jury: Ronan Cleary (LOK), Simon Errington (HH), Tony Carlyle (AIRE), backup: Alan Rosen (HH)

Thanks to:

- Numerous team leaders and individual volunteers, including those from outside the region.
- Mulgrave Estates for all the competition terrain, and the individual day parking and arena.
- Skelder Hill Farm for the relay parking and arena.
- VJ shoes for providing elite individual prizes.
- Steve Cram, British Orienteering president, for presenting prizes on the long day.

General information

If you are a seasoned orienteer you probably won't find anything surprising in the rest of the details, and we encourage you to not waste paper printing out the following pages, but do have a read just in case!!

Parking and Coaches

Both parking areas are accessible to campervans and minibuses. If anyone is bringing a coach or larger vehicle you must notify in advance by emailing bocenquiries@britishorienteering.org.uk.

Traders

The following traders and stands will be present on both days:

- Compass Point - clothing and equipment
- VJ shoes and accessories (VJ are also sponsoring elite prizes for the individual day)
- Str8 compasses
- Compass Sport magazine
- Podium Catering
- Fortunate Son Coffee
- Blooming Dough pizzas
- Tony's Ice Cream

SI Card Hire and Collection

Please collect from Enquiries (unless you are on the far start in which case collect from there). If you are running both individual and relay, please keep your SI card after your long run for the relay. SI card hire will

mostly have been paid for as part of individual pre-entry, but those hiring for relays only will need to collect and pay £3.60 on the day.

Entries and Changes

Entry for individual competition classes closes at midnight Sunday 17th March, and relays at midnight Sunday 24th March. Very limited entry on competition classes after these dates – please contact the entries secretary BOCentries@britishorienteering.org.uk. Colour coded entries will remain open until the week before the event subject to limits on maps printed. There is no entry on the day, not even for colour coded courses.

Check your competitor info now. You can correct details such as SI/SIAC number via the Fabian4 link in your entry confirmation email until the week of the event. For other changes contact the entries secretary BOCentries@britishorienteering.org.uk before the day of the event. Last minute changes on the day go to Enquiries.

Due to pre-event seeding, no changes are permitted from non-competitive (B/S) to competitive classes (A/L/E) after the closing date. It may be possible to change to non-competitive classes (B/S), subject to map and start time availability.

For relay team declaration, see the relay day section.

Dogs

Dogs are allowed in car parks and in arenas. Dogs must be kept on a lead and under close control at all times. Please clean up after your dog. No dogs in competition areas (except registered assistance dogs).

Water

Provided on longer individual courses – see individual day information. None is provided at the finish or in arenas on either day. Please bring your own drinks and ensure adequate hydration pre and post event.

Results

Aside from your own split times, we are paperless. Live results, including intermediate splits for elites will be available online (only) at <https://liveresultat.orientering.se> with signs and QR code for the website in the Arena.

Final results, Routegadget, Winsplits and Splitsbrowser will be linked from www.theboc.org.uk as soon as possible after the event (and WRE results on IOF eventor).

Control Punching

SPORTident is used on both days. All controls, including finish controls, will be contactless enabled so competitors using a SIAC can “swipe” rather than manually “punch/dib”. If a SIAC card fails to register at a control in contactless mode, you should revert to manual punching. A SIAC card with a flat battery will still function in manual punching mode, confirmed by the beep/flash feedback from the control unit. If manual punching fails, use the backup pin punches, in the reserve boxes printed on your map.

Controls will have a SIAC-enabled box mounted horizontally on the top of the stake, which will also have the number displayed on it. There will be no separate vertically mounted number attached to the stake. A back-up pin punch will hang from the stake.

Control Unit Types

UNIT	LOCATION		FOR USE BY	COMMENT
	INDIVIDUAL	RELAY		

BATTERY TEST	Near enquiries in arena	Before map issue	SIAC Users only	TESTS SIAC BATTERY POWER <u>Dib</u> SIAC – no beep or 10 beeps in quick succession = replace battery
CLEAR	In pre-start area	Before map issue	All Competitors	CLEARs SI CARD MEMORY
CHECK	In pre-start area after Clear Additional check by start official in start lanes	In funnel after map issue	All Competitors	CHECKS SI CARD HAS BEEN CLEARED ACTIVATES SIAC CARDS
SIAC TEST	In pre-start area after Check	In funnel after map issue	SIAC Users only	TESTS SIAC HAS BEEN ACTIVATED <u>Swipe</u> SIAC - if activated it beeps
START	Late start lane	Not in use	Late starters only	TIMED START (no punching) for all competitors including colour coded and helpers
CONTROLS	On course	On course	All Competitors	CONTACTLESS (or manual punching for non SIAC users)
FINISH	At finish line	Lap 1 & 2 – before handover Lap 3 – after finish line	All Competitors	CONTACTLESS (or manual punching for non SIAC users)
DOWNLOAD	Download	Download		SWITCHES OFF SIAC CARDS

GPS Devices and Mobile Phones

Competitors are only permitted to use a GPS device to record data for post-race analysis, and are only permitted to use a mobile phone to call for assistance in the event of an emergency. Such devices must not be used to assist with navigation.

Shadowing

Shadowing of Championship competitors is not permitted. On the individual day shadowing is permitted on colour coded (White, Yellow, Orange) classes only, and only where the person offering assistance has already completed their own run. On Relay day there are no non-championship courses and therefore no shadowing.

Prizes

There will be medals and prizes for the top 3, and trophies for winners, in the main A/L/E individual class for each category, and for all relay classes (including Junior and Mixed Ad Hoc). Additional prizes for elite classes provided by VJ shoes. Individuals must indicate their eligibility for the British Championships when entering, and club captains must indicate their teams' eligibility for the British Relay Championships when declaring the team details.

The M/W21E classes will have separate results lists for the British Championships and the World Ranking Event, and if necessary (if the top 3 are different) a separate presentation. Some runners may be eligible for the WRE, but not for the British Championships.

First aid and emergency services

First aid will be provided by Cleveland Mountain Rescue who will be located in the Arena on both days.

There is a minor injuries unit at Whitby Community Hospital, Springhill, Whitby, YO21 1DP (4 miles away). See <https://www.humber.nhs.uk/Services/whitby-urgent-treatment-centre.htm> for what they can treat.

Nearest hospitals with A&E departments are:

- James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW (26 miles from events)
- Scarborough General Hospital, Woodlands Drive, Scarborough YO12 6QL (22 miles from events)

Safety and Risk

Please make sure that you download even if you do not complete your course.

You must wear full leg and body (torso) cover. You MUST carry a whistle on both days, and this will be checked at the start on day 1, and map issue at the relays.

You should complete your contact details and medical information on the reverse of race bibs (both days). This is to assist event officials in the case of an incident. In addition competitors may complete the form available from the British Orienteering website [here](#), and place in a sealed envelope with their name/club/bib number and leave at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed after the event.

Competitors travelling alone can leave car keys at Enquiries as an extra safety check. You are advised to label your key clearly!

There will be a mobile phone number printed on competitor maps for use in an emergency. This will enable you to contact an official in the arena. If any incident occurs in the arena please go to the first aid tent.

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition areas, and put in place mitigation of found risks, please be aware that competitors take part at their own risk. Each competitor is responsible for their own safety.

Rules, Complaints and Protests

These events will be run in accordance with the following rules & guidelines:

- British Orienteering Rules (revised 2024 - <https://www.britishorienteering.org.uk/rules>)
- Competition Rule A British Long Distance Orienteering Championships v2.8 (revised Jan 2024)
- Competition Rule D British Relay Orienteering Championships v2.9 (revised Jan 2024)
- IOF rules for WREs 2024 v1.11 (<https://orienteering.sport/orienteering/competition-rules/>)

For M/W21E classes, where there is conflict between the IOF and British Orienteering rules, the IOF rules take precedence. If you are not happy with something, invoke the Complaints, Protests and Appeal procedures, from British Orienteering Rules for non-M/W21E classes, and IOF rules for M/W21E WRE classes. In summary:

- Step 1: Make **Complaint** in writing to the Day Organiser (via forms at Enquiries) as soon as the problem is identified and no more than 15 minutes after last result uploaded. The Organiser is the adjudicator.
- Step 2: If you are unhappy with the Organiser's decision, make **Protest** in writing (again via forms at Enquiries). Protests should be made no more than 15 minutes after the result of the Complaint is

known, unless there are exceptional circumstances. If the Organiser and Controller reject the Protest, they convene the relevant Jury.

Photography

Anyone wishing to engage in video, zoom or close-range photography should read and comply with the Video and Photo Policy at <https://www.britishorienteering.org.uk/keydocuments> and the O-Safe Child and Safeguarding Policy at <https://www.britishorienteering.org.uk/safeguardingandsafety>. The Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography, please report via Enquiries. Official photographers please contact the Coordinator. Anyone who does not wish to have their photo taken should complete a form at Enquiries (you will be identified by your bib number). Our approved photographer Wendy Carlyle will be taking pictures throughout the weekend, including the prize givings, which will be made freely available after the event [here](#).

Personal Data and Data Protection

Personal data: Competitors agree that we may publish their personal information as part of the results of the event and pass such information to the governing body or any affiliated organisation for the purposes of insurance, safety checks or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age group.