

World Ranking Event



# Jan Kjellström

# International Festival of Orienteering

## Yorkshire

Friday 25th March - Sunday 28th March 2016



[www.thejk.org.uk](http://www.thejk.org.uk)

**Bulletin 2**  
March 2016



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# Jan Kjellström International Festival of Orienteering 2016 Yorkshire, United Kingdom

The 50<sup>th</sup> Jan Kjellström International Festival of Orienteering will take place in Yorkshire from **Friday 25<sup>th</sup> March 2016** to **Monday 28<sup>th</sup> March 2016**. It comprises four events, the first and third of which have World Ranking Event status.

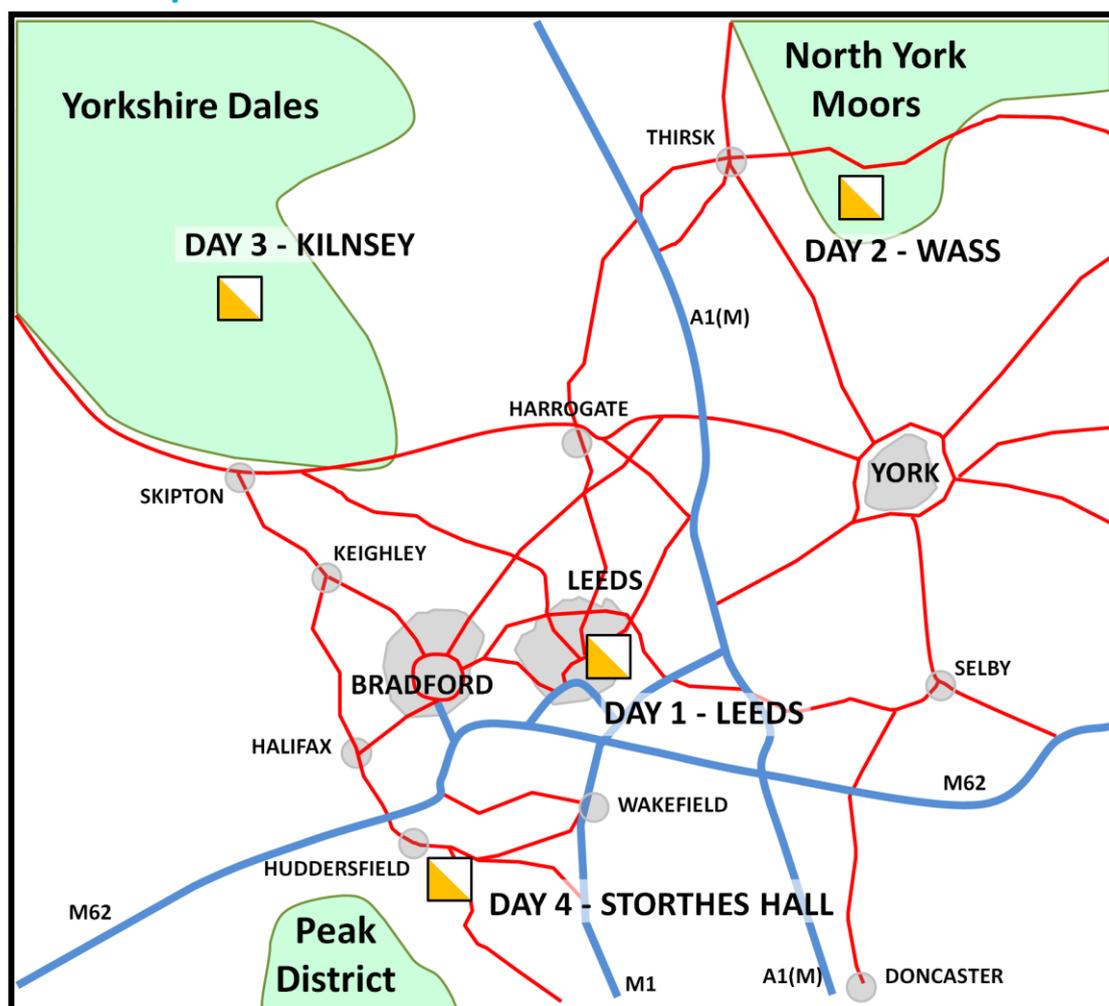
This Bulletin contains details for the World Ranking Events (Days 1 and 3) for Elite competitors only. For the remainder of the competitions, details are online at [www.thejk.org.uk](http://www.thejk.org.uk).

## Bulletin Status

This bulletin is correct as at Friday 18 March. Any subsequent updates (before or during the event) will be posted as news items on the JK website ([www.thejk.org.uk](http://www.thejk.org.uk)), on Twitter as @thejk2016 and on Facebook at [www.bit.ly/JKfacebook](http://www.bit.ly/JKfacebook).

## General Information

### Location Map



## Event Office

The event office can be contacted via [enquiries2016@thejk.org.uk](mailto:enquiries2016@thejk.org.uk).

## Entries Received

When entries closed on 3 March 2016, the overall number of competitors for all classes were:

- Day 1 - 2,114
- Day 2 - 2,512
- Day 3 - 2,578

Number of Elite entries:

	M18E	M20E	M21E	W18E	W20E	W21E
Day 1	55	47	118	33	30	73
Day 3	41	36	91	29	26	54

These were made up from 22 countries as shown in the table below:

Country	M18E	M20E	M21E	W18E	W20E	W21E	Total
GBR (Great Britain)	44	31	83	25	19	49	251
IRL (Ireland)	5	4	14	3	3	7	36
NOR (Norway)	4	9	7	4	3	4	31
SWE (Sweden)			11		1	11	23
HKG (Hong Kong)	2	2	2				6
FIN (Finland)			2	1		1	4
LAT (Latvia)			2		2		4
NZL (New Zealand)			2			2	4
AUS (Australia)					1	2	3
GER (Germany)		1	1				2
RUS (Russia)			1			1	2
SUI (Switzerland)			2				2
BEL (Belgium)					1		1
CAN (Canada)			1				1
DEN (Denmark)			1				1
ESP (Spain)			1				1
EST (Estonia)						1	1
FRA (France)			1				1
HUN (Hungary)						1	1
RSA (South Africa)			1				1
SOM (Somalia)			1				1
USA (United States)						1	1

Full start lists and start times are available on SI Entries ([www.sientries.co.uk](http://www.sientries.co.uk)) as follows:

Day 1 - [www.sientries.co.uk/list.php?event\\_id=2390&page=1&id=M21](http://www.sientries.co.uk/list.php?event_id=2390&page=1&id=M21)

The Long start list is based on the reverse order of the Middle race results, with any competitors who do not complete the Middle starting first for the Long.

## Climate

The average temperature in March is 5°C. Average High is 8°C and low 2°C. On average there are 5 hours of sunshine per day, rain on 13 days of the month and an average monthly rainfall of 81mm.

## British Summer Time

The UK will change from Greenwich Mean Time (GMT) to British Summer Time (BST) overnight from Sat 26th March (Day 2) to Sun 27th March 2016 (Day 3). Days 1 will operate in GMT and Day 3 will operate in BST (GMT+1). Competitors are advised to ensure they adjust their clocks to avoid being 1 hour late on Day 3.

## Travel and Parking

Travel and parking details are under each day section. Wherever possible, please share transport on all days. The recent wet weather has forced changes to our original plans and we have less space for parking on some days.

Those coming in the minibuses as indicated on the entry forms will get special instructions for parking emailed to them.

Owners of 4x4 vehicles will be emailed a notice to print and display in their windscreen as they may be directed to more challenging spots for parking, although no further away.

## Dogs

Dogs are allowed on leads in the car parks on Days 1, 2 and 4. They are not allowed in the arenas or on the courses. There is a strict 'No Dogs' policy for priority parking, helper and minibus parking on Day 3 because this parking and the arena are close to where sheep will be starting to lamb. Dogs can be on leads at Threshfield Quarry car park on Day 3 but owners will have to decide if it is wise to leave them there for such a long time. They cannot be taken on the buses.

## Biosecurity

Please come to JK 2016 with clean orienteering shoes and make every effort to clean them after each race.

## Clothing and Equipment

No spikes are allowed on Day 1 and competitors are requested to keep dirty footwear outside the buildings on Day 1.

Full leg and torso cover is compulsory on Day 3. There is no clothing transfer. Whistles are compulsory on Day 3 and, along with leg and torso cover, will be checked on the route to the start. Goggles (waterproof jackets) may be compulsory on Day 3, and if so, notices in the car parks and in the arena will indicate this.

## Safety

Competitors are responsible for their own personal safety and for assessing their own abilities to complete their chosen course.

Competitors:

- must not run if unwell and should ensure that proper preparations are undertaken in the event of adverse weather conditions, particularly on Day 3;
- are strongly advised to complete the reverse side of their race number with contact details and relevant medical information;

- must carry a whistle on day 3;
- must have available a waterproof, hooded top/Cagoule as these may be mandatory for any of the events depending on weather conditions;
- should report any concerns about missing competitors to Enquiries or any Event Official.

Parents and adults in charge of young people under the age of 18 years are responsible for their safety and ensuring that youngsters are fit and clothed for the conditions. They should check that the reverse side of the young person's race number is completed properly. Take great care in car parks and alongside or crossing roads. Lost children should be brought to Enquiries. Concerns about missing children should be reported to Enquiries or any Event Official.

Lone travellers are advised to leave their car keys in an envelope with emergency contact details written on the outside at Enquiries (anyone else who wishes to may also use this facility). Envelopes and pens will be provided.

First Aid is available at the Arena on all days. A member of the First Aid Team will go out to any injured competitors unable to make their own way to the finish.

Competitors needing to contact the event organisers in an emergency should call 07843 766900. This number is for emergencies only and must not be used for general event enquiries.

## Club Tent Transport Service

A van will be available to transport club tents between venues. It will be in the car park at Leeds (where club tents cannot be used) and near the arenas on other days. Club tents must be clearly labelled with club name and contact details. Times for dropping off and picking up tents are:

Friday 1100 to 1730

Saturday 0800 to 1730

Sunday 0800 to 1730

Monday 0800 until empty

## TrailO

At JK2016 there are competitions in both disciplines of TrailO; TempO and PreO. You can find a description of the disciplines here and rules and useful tips here.

On Day 1, TempO is at Leeds University campus. The TempO course is a short walk from the main arena. It will be feasible to do the course before or after a sprint run. The route is flat and on paved or tarmac surfaces. Starts are from 12.00 to 15.00. On Day 2, the PreO course will be at Ampleforth Abbey, which is a short drive from Wass Forest. Starts are from 12.00 to 16.00. Competitors taking part at Wass should ask for fairly early starts. Expect the time allowed for the Elite PreO course to be about 2 hours, and about 80 mins for the Standard course. The route slopes down on the outward leg. It climbs 35m over 600m on the return. It is entirely on tarmac paths and hard standing areas.

There are medals for the first three in the Junior and Open classes for the Day 1 TempO. There are medals for the first three in the Junior, Open & Paralympic classes for the Day 2 PreO.

## Arenas

Information, enquiries, equipment traders, caterers, toilets, space for club tents, First Aid, download, start lists and results display will be in the arenas. There will be a variety of catering suppliers. Day 1 is slightly different because most facilities will be indoors, and there will be no space for club tents. A good variety of catering will be provided by Leeds University Union outlets. Please support our caterers as much as you can.

## Toilets

Toilets will be located in all the arenas. They will be indoors at Leeds University. On Day 3 very limited toilets will be located at the starts for elites, emergencies and helpers. On Day 3, there will be limited toilets in the main car park.

## Rubbish and Litter

Rubbish skips will be available on Day 3 but please help us by taking as much rubbish as possible home. There will be rubbish sacks at the starts on Day 3 for items such as squashed plastic water bottles – no glass please.

## JK Merchandise

Pre-ordered O tops and Giraffes will be available for collection near Enquiries in the Arena each day. There will be a limited supply of both for sale, and some JK water bottles for sale at the events. Opening times will be open as for Age Class enquiries whilst stocks last.

## Enquiries

This will be open well before the first start time on each day, but check the timings under each day. As well as a General Enquiries point, there will be each of the following sections on most days.

**Bib collection** for collection of bibs and pins. Bibs will be in numerical order and there will be an alphabetical list available for those who do not know their number. Anyone who has requested an alteration since entries closed on 3rd March, hired an SI card, or needs a replacement SI card must collect their bib and make any payment due at **Age Class Course Enquiries** or **Colour Coded/Novice Entries**.

**Age Class Course Enquiries** for collection of any hired or replacement SI cards, any changes to entries, collection of any bib where there has been a change of details since 3rd March, replacement of any lost or damaged bibs, or any other queries connected with age class entries.

**General Enquiries.** As well as any general enquiries to point people in the right direction, car keys can be left, any trophies can be returned, lost or found can be reported. Maps for non-starters will be available from here the day after each event. Complaints and protests can be made here; please ask for a complaint/protest form.

## Entry on the Day Information, Changes to Start Times, Charges.

Entries for TempO and Standard PreO cost £6 for seniors and £3 for juniors. The elite PreO costs £12 for seniors and £6 for juniors. Entry for these courses should be made at the start of the TempO and PreO courses and not in the Arena.

Daily SI card hire is £1 for seniors and 50p for juniors. The charge for a lost standard SI card is £30. Hired SI cards must be left at Download on the last day of use.

Competitors on the elite courses cannot request a start time change.

## Cancellation Policy

This event is covered by the standard British Orienteering Major Events Cancellation Policy and Procedure and Cancellation, Curtailment and Refund Policy. Both are available on the British Orienteering website.

## Race Bibs

Race bibs must be worn unfolded & visible on the chest by all competitors including those on colour coded and novice courses. All competitors including elites will use the same bib for Days 1, 2 and 3. Competitors without a bib will not be allowed to start. Safety pins will be provided. Badly damaged or lost race bibs must be replaced at Age Class Enquiries or Colour Coded/Novice Entries.

**For your own safety**, please provide emergency contact and relevant medical information on the back of the race bib including the new one issued for the relays.

## Maps

Previous maps of the areas will be on display in the arena on the day of each event, and on the day before each event (except for Day 1 at Leeds). After leaving the car parks on the day of each event, except for looking at the official display of these old maps, competitors are not permitted to look at any other old paper or electronic orienteering maps of the area until after they have competed.

Competition maps for all days are printed on waterproof paper. They are not bagged. Those who prefer to use a map bag should bring their own. The map dimensions are given in the course tables for each day. Day 3 maps are offset litho printed on 150gsm Coated Pretex paper. Day 1 maps are digitally printed on 120gsm Pretex paper. This is an agreed permitted deviation from the rules.

## Control Description Sheets

All course maps have pictorial descriptions printed on the front. Pictorial loose descriptions will be available in the start lanes on Days 1 and 3 for all courses. Dimensions of the sheets are shown under the details for each day.

## GPS Data Loggers

IOF Competition Rules forbid the use of GPS devices unless there is “no display or audible feedback”. Anyone found breaking these rules will be disqualified

## Electronic Punching

The SportIdent system will be used for all classes.

SportIdent AIR will be in use for elite competitors on Day 1. Except for the last control and the finish, elite competitors have separate controls on this day. SportIdent have kindly agreed to loan a SIAC card to elite competitors who do not have their own. Bibs for such competitors will be retained at Age Class Enquiries and the loaned SIAC cards can be collected when bibs are collected.

Course 1 (M21E) on Day 3 has more than 30 controls. Competitors with version 5 (number 1-499,999) or version 8 (numbers 2,000,000-2,999,999) SI Cards **MUST** borrow a high capacity SI card. Bibs for such competitors will be retained at Age Class Enquiries and the replacement high capacity cards can be collected when bibs are collected. The high capacity card must be used for every race during the weekend except for M21E competitors who need a SIAC card on Day 1 and a high capacity card for other days.

Those needing SIAC cards on Day 1 and/or high capacity cards have been identified and their bibs retained, but please check at Age Class Enquiries if you think you have been missed.

The loaned SIAC cards must be returned at Download on Day 1. Other replacement and hired SI cards must be returned at download after their last use. A charge of £30 will be made for lost or non-returned standard SI cards. The charge will be £38 for high capacity cards and £57 for SIAC cards.

If an SI unit fails to flash and beep, use the backup pin punch to punch along an edge of the map.

## Start Lists

These will be displayed with the Results boards in the Arena on each day (indoors on Day 1 at Leeds). Full start lists and start times are available on SI Entries ([www.sientries.co.uk](http://www.sientries.co.uk)) as follows:

Day 1 - [www.sientries.co.uk/list.php?event\\_id=2390&page=1&id=M21](http://www.sientries.co.uk/list.php?event_id=2390&page=1&id=M21)

The Long start list is based on the reverse order of the Middle race results, with any competitors who do not complete the Middle starting first for the Long.

## Starts - General Information

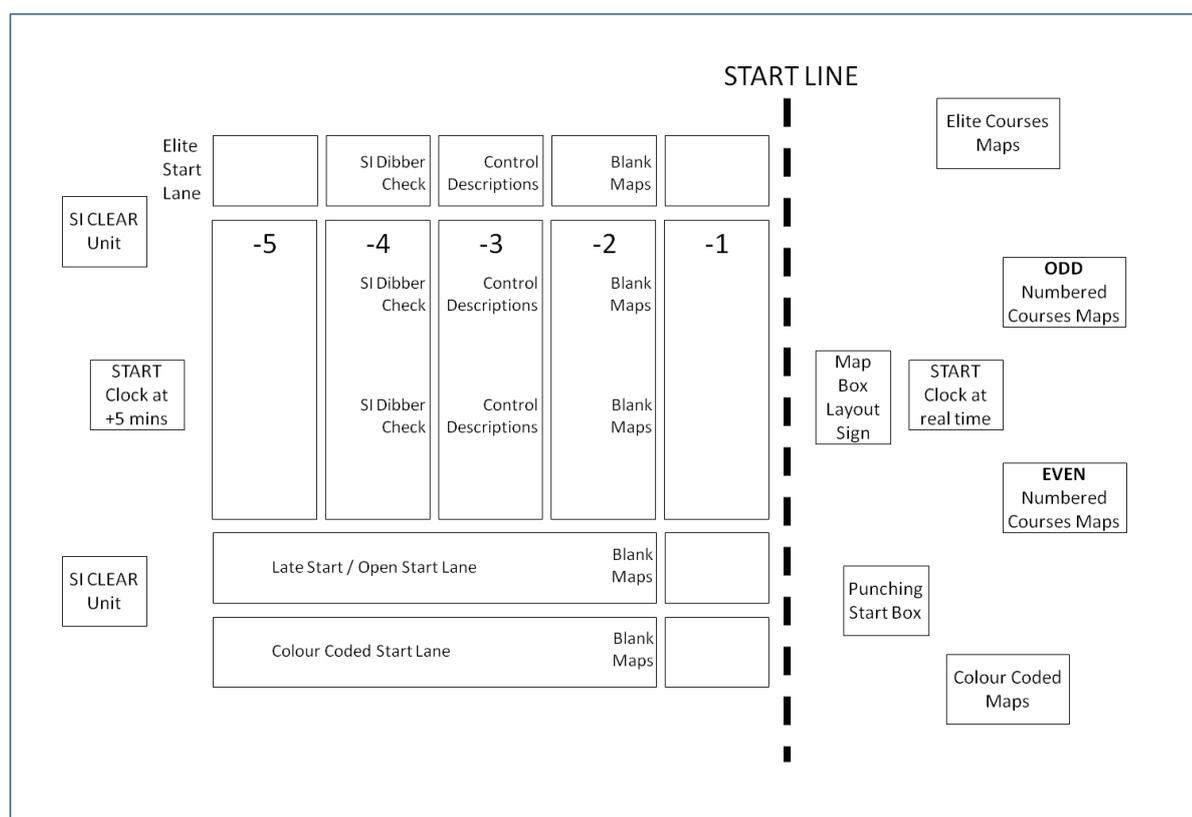
Day 1 - There is a single start for Day 1.

Day 3 – There are two starts; **North Start** and **South Start**. All Elite classes use the North Start. This is also shown on the course table for each day and also on your bib.

Elites will have a timed start on all 3 days.

## Start procedures

The basic start layout for Days 1, 2 and 3 is shown in the diagram below.



At the pre-start there will be a notice showing the allocation of age classes to each course, a sample control and clear stations. There will be no start lists for competitor viewing at the starts, but these will be on display in the Arenas.

To allow competitors to concentrate on racing, starts will be as silent as possible. Competitors are asked to be quiet in the start boxes and officials will avoid speaking unless necessary. The usual standard instructions given on the start line will not be given, but they are summarised here.

1. The Start Kite will either be visible from the start line or there will be a taped route to it.
2. There will be a sign on the start line showing the layout of the map boxes.
3. Competitors may step over the start line 10 seconds before their start time, but **must not** start until they hear the long beep from the start clock.
4. The competitor **must** take the map placed for them under the map box and should check that it is the correct map for their course.

The start intervals are 1 minute on Day 1 (Sprint), 2 minutes on Day 2 (Middle distance) and 3 minutes on Day 3 (Classic long). Hence the half start intervals are 30s, 60s and 90s

## Elite Starts

On all days a separate elite start lane for all Elite classes will be set up. All Elites will have a timed start on all three days.

Elite start times for Days 1 and 2 will be printed on bibs. Elite start times for Day 3 will be available on Saturday evening via the website, and displayed in the arena and at the start on Sunday morning. It would help if elites could write these Day 3 start times on their bibs.

## Elite Late Starters

Elites who arrive at the start line less than half the start interval after their start time will be allowed to start at that half start interval. Elite Late Starters who arrive at the start line more than half the start interval after their start time will be allowed to start at the next available half start interval. Elite start times will not be changed. Elite late starters should not use the late start lane.

## Water

Water will be available for the longer courses on Day 3. There will be 4 points on the M21E course and 2 points on the W21E course. Water points will be marked on maps.

## Crossing Points

There are a number of crossing points on courses. At some there are tall ladder stiles which can take time for slower runners to cross. Slower runners have been asked to consider allowing faster competitors to pass. Day 3 has tall ladder stiles.

## Coloured Tapes

Red and white tape is used in arenas, car parks, and on courses to mark out of bounds, boundaries, and lines not to be crossed. Blue and white streamers are used for marked routes on courses, and other routes that competitors should follow e.g. to starts, or to the arena from car parks. Black and yellow tape is used for danger areas. Except where it is on the ground to indicate a trip hazard, it must not be crossed.

## Finish

All competitors must report to the finish and download even if they retire. Download is a safety check so that we know that competitors have completed their course and returned to the arena. If you do not download we must instigate emergency procedures and all that that entails.

## Map Collection

All Elite maps will be collected on Days 1, 2 and 3, until the time of the last start. These maps will then be available for collection from General Enquiries. In the interests of fairness, please do not show maps to any competitor yet to start.

## Results

Results will be displayed in the Event Arenas during the competition and posted to [www.thejk.org.uk](http://www.thejk.org.uk) as soon as possible after each race. Routegadget 2 will be available via the JK 2016 website or directly at [www.jk.routegadget.co.uk](http://www.jk.routegadget.co.uk) as soon as possible after the results are available. The previous day's results will be posted in the Arena on the next day.

## Local Wireless Network

SPORTident will erect a Wireless Access Point with a range of up to 400m near to the download tent. Those who bring a suitably enabled device with web access should be able to connect to our wireless network "SPORTident" and view provisional results. Your device will automatically locate our Live Results when you go to any web address. There will be no cost, as this will be provided through a local intranet.

## Complaints and Protests

Any complaint should be made on a complaint/protest form available from General Enquiries. This should be as soon as possible after the problem has been identified and in any case within 2 hours of the latest starting time on each day. The Organiser will provide a written decision on the complaint. A written protest can be made against the Organiser's decision to the Controller who will, if necessary, convene a Jury.

World Ranking Event protests must be made at General Enquiries on the complaint/protest form within 15 minutes of the complaint adjudication.

## Prizes and Prize Giving.

Medals will be awarded to first, second and third in the premier classes for the Day 1 Sprint, and Days 2 and 3 combined. The premier classes are the E classes for 18, 20 and 21 and the A or L classes for other age groups.

Vouchers or similar prizes will be given to the Elite classes for the Day 1 Sprint, Days 2 and 3 combined, the JK Trophy Relay and Women's Trophy Relay.

Special JK 2016 Giraffes will be given to winners, seconds and thirds for the Day 1 Sprint, and Days 2 and 3 combined in all the premier classes.

Prize giving for Day 1 will be in the Terrace Bar inside the Leeds University Union Building at 1615. There will be a flower ceremony for the WRE event, and medals and prizes for age class winners. Presentations on this day will be made by Elizabet Barnes, a niece of Jan Kjellström, and an OMM representative. Elizabet Barnes will also give a talk after the prize giving.

Prize giving for Days 2 and 3 will be in the Arena on Day 3 at 1530 or as soon as possible after results are known.

There will be a flower ceremony for the WRE Long Distance Race, and medals and prizes for age class winners for the combined Day 2 and 3 results.

## Photography

Photography is encouraged at JK2016. There will be official photographers taking pictures at the event, including in the competition areas, and there will be a Photos page on the JK website with links to the various sites, including professional images available to purchase. To avoid photographs of juniors or at-risk adults being published please email the relevant name and bib number to photos@claro-orienteering.org.uk before the event.

Any person wishing to take photos or video showing children should register their details with the day organisers (contactable via General Enquiries) before taking any such photos or videos. The organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police. Photographers should read and comply with section 4.8 of British Orienteering's O Safe Policy. It can be found on the British Orienteering website.

## Details of opportunities for training

We will be providing access to maps of some local areas for use in the days before the event

## JK Day 1: Sprint Event at Leeds University

### Friday 25th March 2016

The **Sprint Race** is in the classic urban campus environment of Leeds University, with complex buildings, steps and levels. The campus is not far from Leeds City Centre. The race arena includes the start, finish and elite spectator controls. There will be indoor facilities available, including a variety of catering outlets. TempoO and a string course will be a short walk from the arena with start times similar to the main event.

## Location

Leeds University, Leeds

The car park entrances are on Rampart Road.  
Lat/Long 53.81283, -1.55875, Grid ref SE 291353, nearest postcode LS6 2RE.

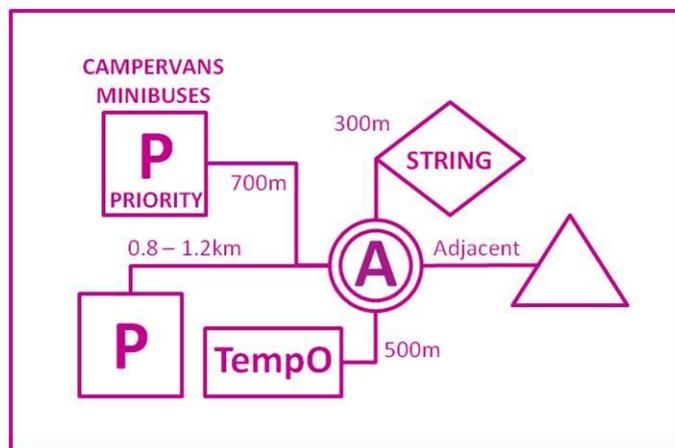
The Arena is at Lat/Long 53.80689, -1.55579,  
Grid ref SE 293346, nearest postcode LS2 9JZ.

## Travel Directions

All competitors should access the main car parking area from the A660 (Woodhouse Lane) onto Rampart Road. Woodhouse Lane is a dual carriageway and competitors turning right from the direction of the city centre should take special care.

From the North the A660 (also known as Otley Road) can be accessed from the Leeds Ring Road (A6120). From the east the A660 Woodhouse Lane can be best accessed from the A64M (follow brown signs towards Universities). From the west the A660 Woodhouse Lane can be best accessed from the A58M (follow brown signs to Headingley Stadium). From the South, use the M1, then M621, then A643, then A58M exiting the A58M onto the A660 (at the same point as competitors from the west).

Priority parkers, campervans and minibuses will receive special instructions to park in the University orange zone car parks. The easiest way to get there once drivers get near is to follow signs for Leeds General Infirmary Accident and Emergency Dept – red H and A&E signs. The orange zone car parks must NOT be accessed through the main entrance on Woodhouse Lane or competitors risk disqualification.



Competitors are advised to follow the major roads rather than attempt to navigate through Leeds City Centre.

## Public Transport

The University is a 20 minute walk (approx. 1.6km) from Leeds railway station. Exit the station by the City Square and walk north.

Several buses from the bus station (numbers 6, 56 and 97) serve the University alighting on Woodhouse Lane outside of the University. From the railway station the nearest bus stop for these services is on Albion Street (10 minute walk)

The Leeds City Bus (50p per journey) runs between the rail and bus stations and travels near to the University. If using this service alight at stop 10 (Leeds Becket University), walk NE to Woodhouse Lane, then NW along Woodhouse Lane.

If walking from the rail station or travelling to the event by bus, competitors must use the main entrance to the University from Woodhouse Lane joining the walking route used by those coming from the car parks. Competitors must not walk through any part of the University campus except via the designated route in to the arena. Any competitor found using any other route in will be disqualified.

## Parking

Parking is on Monument and Cinder Moors. Officials will direct cars left or right into the car parks from Rampart Road. Most of the parking is on hard surfaces though grass has grown through in places.

See above under Travel Directions and special instructions sent by email for priority parking, campervans, minibuses and blue badge holders.

## Directions from Car Parking to Arena

From the main car parking, competitors must walk to the south end of Monument car park to get to the route to the arena. It will be safer to walk along the adjacent footpath on Woodhouse Lane. Woodhouse Lane and then Clarendon Road should be crossed at the controlled crossings. Competitors should then continue on the footpath along Woodhouse Lane to the main University entrance following the signed route to the arena.

From the orange zone car parking, competitors must walk east towards Woodhouse Lane and then north to join competitors coming from the main car parking.

## Timings

0900	Car parks open
0930	Leeds University Union spaces/toilets open to competitors
1000	General Enquiries, Trophy Collection, Bib Collection open
1000	Shop and Café open for drinks
1030	Age Class Entry Enquiries, Novice Course Entries open
1100	Other eating places in the Leeds University Union open
1130	First start time, String course
1200	TempO open
1500	TempO close

1530	Last start time, String course closes
1600	All enquiries etc. except General Enquiries close
1600	Shops and eating places closed except for Terrace Bar
1615	Courses close
1615	Prizegiving in Terrace Bar
1700	Terrace Bar and all enquiries closed
1700	Talk by Elizabet Barnes in Meeting Room 6 followed by British Orienteering AGM
1930	Leeds University Union building closed
1945	Car parks closed

## Map

A4 size and 1:4,000 with 2.5m contours. Elite courses will have a doubled sided map. Part 1 of the course will be uppermost when it is picked up. The last control of Part 1, which must be punched, is in the same place as the start triangle for Part 2.

Two rows of black dots indicate an underpass. This means you can go under the uncrossable walls or bridge symbols marked at either end of the underpass.

Where the underpass is beneath a building, it has been supplemented by the ISSOM Crossing Section symbol to make it more obvious. You can cross this symbol, for example to go east-west on the tarmac at the North end of the first underpass shown below.

Where the underpass is beneath a canopy, the Crossing Section symbol has not been used as it makes the map hard to read, and the underpass symbol is more obvious. For clarity the edges of the canopy have been omitted where they might confuse the underpass symbol, as in the second example below.

There are four underpasses on the map. All four are shown below (two are on the first example).



The olive green forbidden access symbol is used for flower beds and shrubbery areas. Some olive green forbidden access areas will be taped and marshalled to deter access. Any competitor seen attempting to cross these will be disqualified.

## Terrain

Leeds University is a classic urban campus environment with complex buildings, steps and levels. Subtle urban sprint route choices abound and seconds can be gained and lost by using (or not!) the best route choices. All courses are mostly on hard surfaces, but there are grassed areas, some of which have steep banks and will be slippery if wet! Please take care as you might well encounter competitors running in the opposite direction.

## Model Event

The Model Event area is on the route to the string course. Maps will be in a box. Please take one, use it, and then return it to the box.

## Start

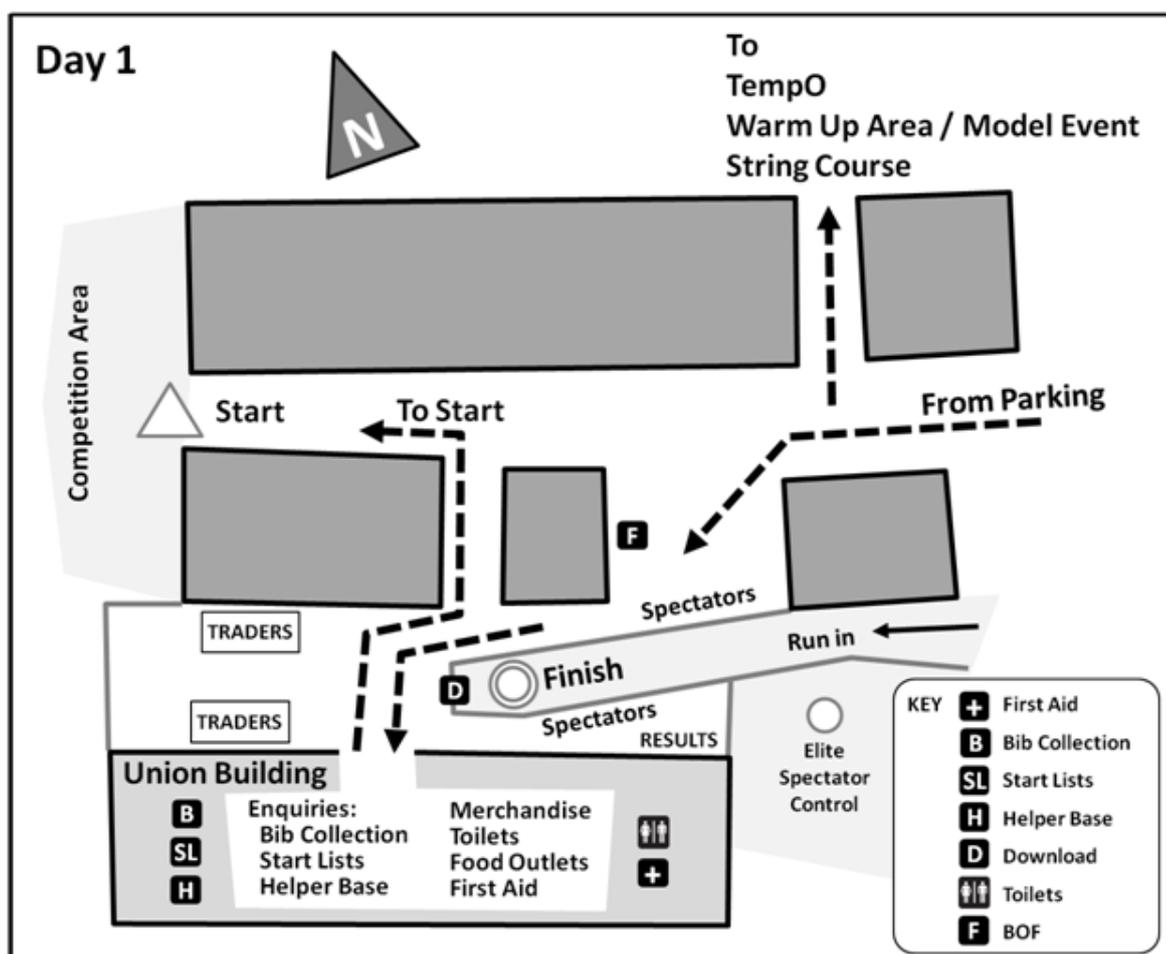
The start is on the edge of the arena.

On Day 1, all competitors except elites will punch an SI Start Box to start. There will be no separate “Late start lane”. Instead a tent will be erected in the Pre-start area, signed ‘Late Starts, Open Start Times’. If you are late for your allocated start time, then report to this tent where you will be allocated to an available start time. This will be written on your race bib. Then proceed through the Start in the normal way. (Note that late starters will **not** be called up).

## Finish

The finish is in the arena.

## Arena Layout



## Courses

M21E competitors will be on course 1, and W21E competitors on course 2. M/W 18/20E will also run on the same courses. The map scale will be 1:4,000 with 2.5m contours. Starts will be between 11:30 to 15:30 and courses close at 16:15.

The expected winning time for both courses in Leeds will be 12-15 minutes.

## Clothing

No spiked shoes are permitted for the Sprint Race, but otherwise there are no clothing restrictions.

## Electronic Punching

SportIdent Air will be used on the elite courses for Day 1 only.

## Course Table

Course	Classes	Map scale	Length	Optimum length	Climb	Controls	Map size
1	M18E M20E M21E	1:4,000	3.0 km	3.9km	45m	22	A4 double sided
2	W18E W20E W21E	1:4,000	2.8 km	3.7km	45m	21	A4 double sided

## IOF Jury

- Stephen McKinley (SN)
- Alan Rosen (HH)
- Allan Williams (WCH)
- Reserve: Roger Hargreaves (KERNO)

## Event Officials

- Organiser: Neil Harvatt (HALO)
- Assistant Organiser: Ken Hutson (HALO)
- Planner: Brian Ward (HALO)
- Controller: Mark Garside (WCH)
- IOF Adviser: Mike Forrest (BOK)
- Event Coordinator: Mike Cope (CLARO)

## JK Day 3: Long Distance at Kilnsey Sunday 27th March 2016

**PLEASE REMEMBER THAT THE UK CHANGES FROM GREENWICH MEAN TIME TO BRITISH SUMMER TIME (GMT+1) OVERNIGHT 26TH/27TH MARCH, SO CLOCKS GO FORWARD DURING THE NIGHT. DO NOT BE 1 HOUR LATE FOR YOUR START TIME!!**

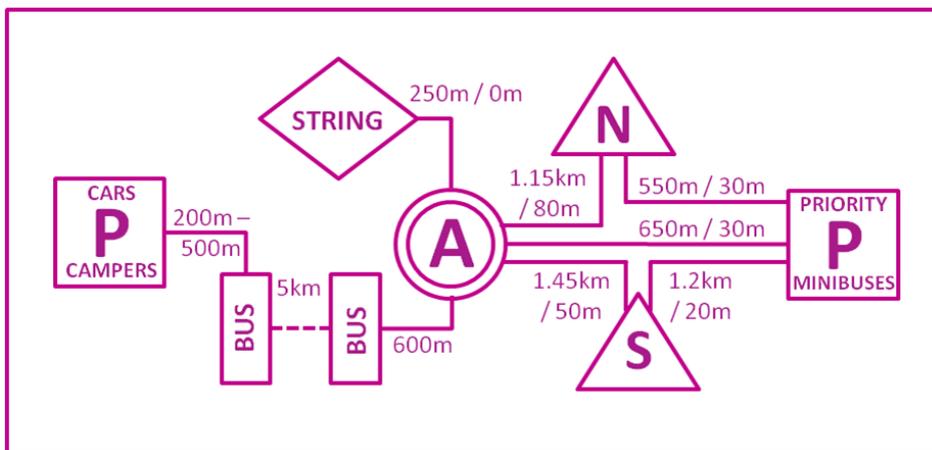
Day 3's Long Distance Race is in the heart of the Yorkshire Dales National Park on lightning fast, runnable Yorkshire limestone moorland, with a wealth of contour detail. The arena will provide excellent views of the stunning scenery of Upper Wharfedale as well as good viewing of the finish and an elite spectator control.

## Location

Main Car Park: Threshfield Quarry, Grid Ref: SD 979642, nearest post code: BD23 5NX.

Priority / Minibus Parking: Cool Scar Quarry, Grid Ref SD 969676, nearest post code: BD23 5PW.

Arena - Lat/Long 54.10171, - 2.04156, Grid ref SD 974673.



## Directions

Most competitors will approach from the south on the B6265 from Skipton or south east on the B6265 via Grassington to meet the B6160 at Threshfield. The B6160 is also the approach for the few who might come to Kilnsey from the north. Parking will be signed on the B6160.

## Parking

The main car park is located at Threshfield Quarry, 1.4km north west of the Threshfield and Grassington junction (B6160/B6265). All cars and campervans must use this car park.

Those approaching from the south should continue north from the B6160/B6265 junction for 200m, take the left turn left into Skirethorns Lane and then turn right after 600m (before the lane narrows) into the quarry approach road. Vehicles should then continue past the bus pickup/drop off point into the quarry.

Priority parking permit holders and minibuses will use Cool Scar Quarry. They should continue northwards on the B6160 for 4.5km to Kilnsey village and turn left into Mastiles Lane. Continue up Mastiles Lane for 800m and turn right into Cool Scar Quarry.

For any vehicles approaching from the north, those with priority permits and minibuses should take the right turn in Kilnsey village. All other cars and campervans should continue south for 4.5km and turn right into Skirethorns Lane.

Routes will be signed. Specific parking instructions will be sent separately to Blue badge holders.

## Directions from Car Parks to Arena

For competitors in the main car park (Threshfield Quarry) a bus shuttle service will operate from a terminus (200 to 500m from the car park) on the quarry approach road to a field west of Conistone village. Competitors must then walk back towards the B6160 as directed, cross it and follow it for a few metres before turning left into a field to follow a taped route to the Arena (total distance – 600m). The route to the Arena will pass farm buildings on the right where sheep will be lambing. Please keep noise to an absolute minimum.

The bus service will start at 0800 (from Threshfield Quarry) with the last departure from Conistone at 1740. Buses will depart at approx 5min intervals during peak times (0900 to 1200 from Threshfield Quarry and 1400 to 1700 from Conistone).

You will need to allow 30-40 minutes from boarding the bus to arrival in the Arena.

Competitors who wish to cycle from Threshfield Quarry car park should return to the B6160 along Skirethorns Lane, cycle north for 4km and turn left (signed) onto a farm track that leads to the Arena. Please dismount after 80m where competitors from the bus terminus join the track. The B6160 is a busy narrow road and on the day of the event at peak times, our buses will be travelling along it every 5 minutes. Great care is needed when cycling.

There will be no direct walking route from Threshfield Quarry to the Event Arena.

For competitors in the Cool Scar Quarry car park (Priority permit holders and minibuses), the Arena is a signposted 650m downhill walk. Both starts are nearer from this car park than they are from the Arena.

## Timings

0800	Car parks open
0830	General Enquiries open
0900	Age Class Entry Enquiries, Colour Coded Entries open
1000	Relay enquiries open
1000	First start time, String course open
1300	Colour Coded Entries close
1330	All enquiries etc. except General Enquiries and Relay Enquiries close
1400	Last start time, String course close
1530	(or as soon as possible after this) Prizegiving in the arena
1600	Relay Enquiries and General Enquiries close
1630	Courses close

## Map

The map scale is 1:15,000. Map sizes are shown in the courses table. The contour interval is 5m. Courses 1 and 3 for M/W21E have a map exchange, picking up the A5 map for the last part of their courses.

## Terrain

Kilnsey is classic limestone terrain overlooking Wharfedale, one of the main dales in the Yorkshire Dales National Park. Rising like an amphitheatre to north, west and south of the arena, most of the competition area lies between 350m and 515m above sea level, divided in half by the west-east line of Mastiles Lane, an ancient, walled drove road that links Wharfedale to Airedale. Being mostly limestone, the area drains well and has remained mainly fast and firm throughout the wettest winter in living memory.

The area is grazed, resulting in very open, generally fast terrain. There could be livestock in some fields – please be aware and take care. On the highest ground, reached only by the longest courses, the grass is slightly more tussocky. Interspersed throughout the grassy terrain are areas of limestone pavement and loose stones. In addition, there are extensive networks of rabbit burrows. The last part of all courses passes through a network of mostly ruined old field boundaries, before a fast, final descent into the arena.

Contour detail, manmade and natural, is very varied, and includes several extensive, intricate areas.

## Course Notes

Field boundaries are mostly dry stone walls that can be up to 3m high. They are likely to collapse if climbed. Boundaries that MUST be crossed at crossing points are marked with a broad purple line. The crossing points are mostly wooden ladder stiles. Use with care, as it is not possible to fasten them to the ground! Compulsory crossing points are indicated on the control descriptions for course 28 but not for other courses.

Most tracks and paths have not been mapped as they appear and disappear regularly, offer little or no aid to running and can often be crossed without noticing.

Solid limestone paving is marked as bare rock. Loose stones and intermittent paving are marked as stony ground. The boundary between the two is of necessity fairly arbitrary at times.

Only the most significant boulders and trees are mapped individually. A green circle is used for the latter. A blue cross indicates a water trough.

## Route to Starts

Elite courses use the North Start. Both starts (North and South) initially follow a common route from the Arena. The route exits from the west side of the Arena and follows a good path in the valley. The route then bears right crossing a stream and goes uphill across a field by the string course to a good track (Mastiles Lane). At this point turn right for the North start. Elite competitors must NOT turn left at this point. From this point, the remainder of the route to the south start is strictly out of bounds to elites until after they have run.

The route to the North start passes the Cool Scar Quarry parking area and continues around the west side of Cool Scar Quarry. There is a warm up area for Elites only at the North Start.

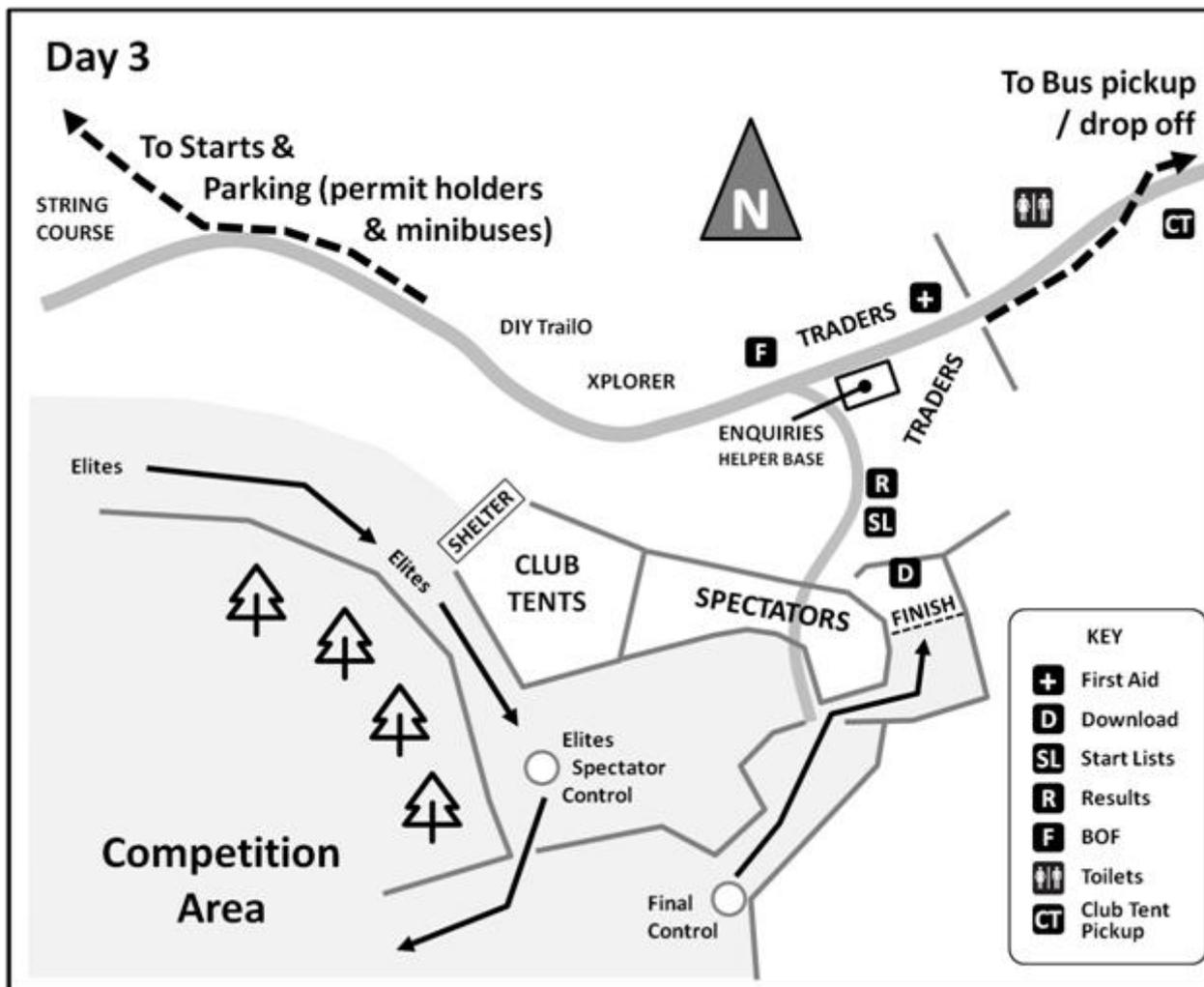
Both starts are also signed from the Cool Scar Quarry parking area. Distances are shorter from here than from the Arena.

The starts are about 1.65km apart mostly downhill from the North to the South start.

## Finish

The finish is in the arena. Take care on the downhill run with a tight turn near the end.

## Arena Layout



Streams run through the arena. Normally these have very little water in them, but please take care if there has been recent heavy rain, and they are in full flow.

### Courses

M21E competitors will be on course 1, and W21E competitors on course 3. The map scale will be 1:15,000 with 5m contours. Starts will be between 10:00 to 14:00 and courses close at 16:30.

The expected winning times for Kilnsey will be 90-100 minutes for M21E and 70-80 minutes for W21E

### Electronic Punching

SportIdent timing will be used.

### Clothing

Full leg cover and torso cover is required. Short sleeves are acceptable. Whistles are compulsory. If there is poor weather the organisers might declare that waterproof jackets are compulsory. If so, this will be clearly stated at the arena on the day.

## Course Table

Course	Class	Length (km)	Climb (m)	Controls	Start	Scale	Map size (approx)	Control descriptions
1	M21E	20.1	645	36	North	1:15,000	A3+A5 (exchange)	198 x 37
2	M18E, M20E	13.7	485	24	North	1:15,000	A3	174 x 48
3	W21E	13.3	495	25	North	1:15,000	A3+A5 (exchange)	192 x 48
4	W18E, W20E	9.3	315	19	North	1:15,000	A3	144 x 48

## IOF and British Orienteering Jury

- David Brook (NN)
- Patrick Smyth (NN)
- Richard Towler (LOC)
- Reserve: Peter Nicholls (GO)

## Event Officials

- Organiser: Dave Shelley (AIRE)
- Asst Organiser: Natasha Conway (AIRE)
- Planner: Andrew Kelly (AIRE)
- Controller: Ray Barnes (NOC)
- Assistant local controller: Peter Jones (AIRE)
- IOF Adviser: David Rosen (SROC)
- Event Coordinator: Mike Cope (CLARO)