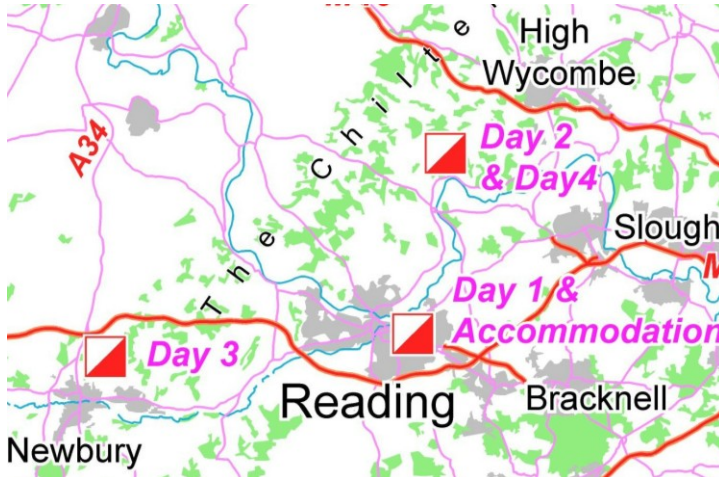




Jan Kjellström Weekend
29th March – 1st April 2013
Event Programme
and World Ranking Event
Bulletin 2



Day 1	Sprint	Whiteknights, Reading	WRE, UKOL
Day 2	Middle (Elite) /Long (all others)	Hambleden, Henley	UKOL
Day 3	Long	Cold Ash, Newbury	WRE, UKOL
Day 4	Relay	Hambleden, Henley	

TrailO

Entry on the day TrailO courses will be available on Days 1 and 2.

Pre-booked Accommodation

Leighton Park School, Shinfield Road, Reading, RG2 7ED, adjacent to the Sprint area.

British Orienteering Federation AGM

This will take place on Friday 29th March at Leighton Park School starting at 5pm. Competitors may stay in their allocated car park at Whiteknights and walk to the AGM which is approximately 10 minutes direct walk from the Sprint Assembly area (after 4:15pm only).

Statistics

Total individual pre-entries are over 2930 from 22 IOF countries. Sprint pre-entries over 2130, 555 Relay teams, 196 men and 143 women in the WRE Elite Sprint and 85 men and 56 women in the WRE Long race.

Start lists are available on <https://www.sientries.co.uk/index.php>

Note that major engineering work is taking place at Reading Station this Easter. The lines to London Paddington and Didcot Parkway (main routes) will be closed and bus replacement services will run. The lines to Waterloo, London Gatwick and Basingstoke will be open.

GENERAL INFORMATION FOR ALL DAYS INCLUDING WREs

Parking permits

All campervans, minibuses and coaches should have parking permits in advance. Cars without parking permits will be charged £2 per day. Permits must be clearly on display during the event. If you believe you have paid for a parking permit and have not received one by email (or post for postal entries) by 22nd March please contact the Entries Secretary.

Dogs

Dogs are **ONLY** permitted on leads in the car park and assembly areas on all days. They must not be taken to the Starts or into the competition areas.

Courses

No entry on the day is available for age class courses. No changes to start times or courses can be made on the day. Any requests must be made to the Entries Secretary Christine Vince at orienteer999@btinternet.com or via telephone on +44 (0)1935 863429 between 7pm and 9pm, up to midnight Tuesday 26th March.

Yellow and Novice courses are available for entry on the day at the Sprint (Day 1) at £6 senior/£3 junior/student. White, Yellow, Orange and Light Green courses are available for entry on the day on Days 2 and 3 at £11 senior, non BOF/IOF, £9 senior BOF/IOF and £4.50 junior/student. Entry on the day is subject to the availability of maps.

String Courses

String courses will be provided free of charge on Days 1-3. They will be open from 12pm to 4pm on Day 1 and 10am to 2pm on Days 2 and 3. The String Courses this year are linked by children's books loosely associated with the 3 venues. Day 1 - Paddington Bear; Day 2 - The Wind in The Willows and Day 3 - Watership Down.

Shadowing Children

Shadowing is not allowed on Championship (age class) courses. If competitors require shadowing, they must enter the colour coded courses. No shadowing will be allowed before your own run. The shadower must not pick up a map at the start.

Bibs

All competitors must wear numbers and will not be allowed to start without them. These can be picked up from close to Enquiries **except** for Elite competitors who will collect different bibs for each day in the pre-start area. Any competitor who owes money or is due a refund must go to Enquiries where they will be able to collect their bib on payment/refund.

Enquiries

Will include EOD & hired Emit card collection and be open from 10am Day 1, 8:45am Days 2 – 4.

Maps

Maps will be printed on waterproof paper, plastic bags will not be provided. Blank maps will not be displayed in Start Lanes unless required for last minute competition information. Previous versions of maps of the competition areas for the following days will be displayed in assembly on Day 1 and Day 2. They are also available to view before the event on the JK website. Elite competitors' maps will be collected at the Finish on Days 1 and 3; they may be picked up from Enquiries after the last start. Other competitors are requested to comply with the spirit of the event and not show their competition maps to runners yet to start.

	Scale	Contour	Size	Courses (see table page 6 for course/class)
Day 1	1:4,000	2.5m	A4	All
Day 2	1:15,000	5m	A4	5-12
	1:10,000	5m	A3	1-4, 13-30
Day 3	1:15,000	5m	A3	1, 2, 3, 5
			A4	4, 6, 7, 8, 9, 10, 11, 12
	1:10,000	5m	A3	13, 14, 15, 16, 17, 18, 19, 20, 21, 29, 30
			A4	22, 23, 24, 25, 26, 27, 28
Relay	1:10,000	5m	A4	All

The following special symbols are being used and will be shown on the competition maps:

	Feature	Map symbol		Pictorial description
Days 2,3 & 4	Rootstock	brown cross	X	IOF
	Distinctive tree	green circle	O	IOF
	Small shooting tower	black T	T	IOF T
Days 2 & 4 only	Log pile	green cross	X	n/a
	Horse jump	black	⊥	X
	Manmade feature - water tank	black cross	X	IOF
Day 3 only	Water tank	blue circle	O	n/a
	Manmade feature – scrap metal	black circle	O	O

Maps do not have a full legend, only non ISSOM/ISOM and special symbols are shown.

All competitors must make sure they understand ISSOM 2007 symbols used on Sprint maps to show impassable features (which it is forbidden to cross, even if they appear to be passable) and areas with forbidden access.

Mappers

Whiteknights – Rod Postlethwaite (Wrekin); Hambleden – John Farren and Mark Thompson (TVOC); Cold Ash – Nick Nourse (NWO).

Control Description Sheets

All age class and colour coded courses will have pictorial descriptions on the map, the Junior and Mini relays will also have text descriptions. Loose copies will be available in the start lanes on Days 1-3. Loose text control descriptions will be available on Day 1 for courses 13 and 14 and on Days 2 and 3 for courses 26, 27 and 28. See table above for special control descriptions.

Start Times

Start Times for competitors on Days 1, 2 and 3 are allocated in accordance with Appendices L and M of BOF Rules, subject to compliance with IOF requirements in relation to World Ranking Events (WREs) for Day 1 Elite competitors.

If you are unable to start at your allocated time: It is your responsibility to arrive at the start on time. If you arrive late you will be directed to a separate late start lane. Although you will punch a start unit, your total time will still be based on your allocated start time unless a Complaint is submitted and accepted at Enquiries after the run. The only reason start time changes will be accepted will be if the late arrival was the fault of the organisation or otherwise exceptional.

Electronic Punching

EMIT electronic punching system will be used, demonstration EMIT controls will be available in assembly or on the way to the Starts on Days 1-3. It is the competitor's responsibility to check that their EMIT card has been registered, including on the back-up card, at each control and the Finish. Reinstatement for missing electronic punches will only be made on visible evidence of the correct pin punch on the back-up card. Hire cards will have a named back-up card on collection. You must use a new back-up card for each day of use, please write your name and course on the card. Spare back-up cards will be available at both Enquiries and at the Starts. Day 1 will use stands for control sites.

Hired EMIT cards will be used for all days of competition, including the relays.

It is essential that all competitors visit Download whether or not they have finished their course.

Clothing and Safety Equipment

The torso and legs must be covered, although shorts may be worn on Day 1. Spiked shoes (including dob spikes) must not be used on Day 1. The Day Organiser may require a waterproof jacket to be worn or carried if the weather is bad - if so, notices will be displayed in Assembly and on the route to the starts. For safety reasons we recommend you carry a whistle (though it is not obligatory). The distress signal is six short blasts, wait one minute, then repeat.

Water

Water will not be provided at the finish on any day except for WRE courses. Water will be provided on the course on Day 2 for all courses except 26, 27 & 28 and Day 3 for courses 1-7.

Rubbish

Bin-liners will be available at the Pre-Starts for drinks bottles etc. In all other parts of the Assembly and Parking areas we will not be providing rubbish collection. Please take it away with you.

Traders

Traders will attend the events, supplying JK merchandise and outdoor clothing (The Kitman), orienteering gear (Compass Point, Ultrasport), sports massage (Pinnacle Health). Caterers will be present on Days 2 to 4 (O Nosh, Podium Catering and Tom's Burgers).

Toilets

Toilets will be in Assembly on all days, there are no toilets at the starts. There are no showers.

Results

Results will be displayed in Assembly on all days. Intermediate results will also be available during the events at www.live-o.org both on-line and in the arena on WiFi "liveo". Final results will be posted to the JK website at www.thejk.org.uk/jk2013 during the evening of each event.

Prize Giving

Day 1 *Elite Sprint - 4.30pm. Day 2 Elite Middle distance flower ceremony - 3pm, Sprint - 4pm.*
Day 3 *Individual - 4pm. Day 4 Relays - 1.45pm.*

Complaints, Protests and Appeals

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser, dependent on the problem. If this does not resolve the issue then Complaints should be made to the Day Organiser in writing via Enquiries. A Complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The Organiser is the adjudicator. A Protest can only be made against the Organiser's decision, in writing to the Controller (or IOF Event Advisor or other Jury member in the case of WRE), again via Enquiries. Protests and appeals will be handled under Rule 9 and Appendix G of the 2013 British Orienteering Rules or under IOF Rules where applicable to World Ranking Event courses (Day 1 and Day 3 only).

Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close range photography should make themselves aware of British Orienteering policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should raise them with the relevant Day Organiser.

Safety

BOF Rule 1.7.1:—All competitors take part entirely at their own risk. Competitors shall take into account their own ability to compete safely.

- Livestock is kept in both parking and assembly fields on Days 2-4, we recommend you wash your hands before eating.
- There have been ticks reported in all areas. Check for them after your run.
- Lone travellers are encouraged to leave car keys with Enquiries.
- Black and Yellow tape will be used to mark dangerous features

First Aid is being supplied on site on all four days by St John Ambulance.

The nearest hospitals with Accident and Emergency departments are as follows:

- Royal Berkshire Hospital, Craven Road, Reading, RG1 5AN, telephone +44 (0)118 3225111, approx 5 minutes drive north of the Day 1 Sprint area and closest to Days 2/4
- Minor Injuries Unit, Wycombe hospital, High Wycombe, HP11 2TT, tel +44 (0)1494 526161
- Great Western Hospital, Swindon, SN3 6BB, tel +44 (0)1793 604020, signposted from Junction 15 M4 motorway.
- Minor Injuries Unit, West Berkshire Community Hospital, Thatcham, RG18 3AS, open 8am to 10pm, tel +44 (0)1635 273300.

Ash Dieback precautions

Please arrive at each day of the JK 2013 with all of your kit, especially footwear, fully cleaned since its last outing. After your run, please place all your kit in a plastic bag to prevent spreading fungal spores. Full details of Ash Dieback precautions can be found at British Orienteering's website at:

http://www.britishorienteering.org.uk/images/uploaded/downloads/governance_ash_dieback_FAQ_s.pdf

SPECIFIC INFORMATION FOR WORLD RANKING EVENT COMPETITORS

This information applies to ALL competitors in classes M18E, M20E, M21E, W18E, W20E and W21E on Day 1 and W21E and M21E on Day 3. All competitors in the above classes qualify for WRE points.

Start times

Start times of Elite competitors on Day 3 will be allocated, in reverse order, based on finishing times of Day 2 (Middle Distance event) of the competition, not following the World Ranking Event (WRE) Guideline of reverse IOF Ranking order. Day 3 start times for Elite competitors will be available in assembly as soon as possible after the last finisher on Day 2 and also on Day 3. They will also be available on www.cix.co.uk/~neper/jk2013/elite2.htm and we hope to SMS all Elite runners with their Day 3 start time via the entries database. All Elite competitors should check that they have entered an up to date mobile telephone number into the SI Entries system.

Pre-start

The 'call-up' clock at the entry to the start system will show race time plus four minutes.

Model Areas

On Days 1 and 3 there are maps available to competitors on the Elite courses of small model areas. On Day 1 maps will be at the entrance to the model area, which is located between Elite parking ('Earley') and Assembly. This will operate on an honesty system, please do not take more than one map per competitor and return when you are finished with it. On Day 3 maps may be collected and returned to Enquiries.

Maps

Elite competitors are reminded of IOF Rule 15.6: On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organiser. As non-WRE competitors will be allowed retain their maps at the Finish and/or may have previous versions of the map, it is the WRE competitor's responsibility to ensure compliance with this rule at all times (both before and after they run) until the last WRE start. Elite competitors' maps will be collected at the Finish on Days 1 and 3; they may be picked up from Enquiries after the last start.

Control Descriptions

The largest size of control descriptions on Day 1 is 120mm by 45mm, on Day 3 it is 240mm by 45mm with 5mm boxes. Due to the large size of the descriptions for M21E on Day 3 with 5mm boxes, loose descriptions will be available with box sizes 4mm and 5mm in the start lane.

GPS

Competitors on M/W21E, 20E and 18E courses on Day 1 and M/W21E courses on Day 3 will not be allowed to start with GPS data loggers with a display or audible feedback. Disallowed GPS units may be left at the Start in labelled bags, which will be taken to Enquiries after the last start time.

Course lengths

As per WRE guidelines the quoted course lengths for Elite courses on Day 1 are for the shortest feasible route, not the straight line route.

Water

Water will be available at the finish on days 1 and 3 for WRE Elite competitors.

START PERIOD

Day 1 12pm – 4pm

Courses close 4:45pm

Days 2 / 3 10am – 2pm

Courses close 4pm

Relay call up 9:45am – 10:45am

Starts 10am – 11am

Courses close 2:30pm

**DON'T FORGET CLOCKS
GO FORWARD 1 HOUR at 1am
on Sun 31st March.**

**DON'T MISS YOUR START TIME
on Day 3!!**

COURSES

Day 1, Sprint

	Classes Men, Women, Novice	Length km	Climb m	Control
1	M21E, M20E, M18E	3.6	15	19
2	W21E, W20E, W18E	3.0	15	17
3	M Open, M35, M40	2.2	15	19
4	M45	2.0	15	16
5	M14, M16, Novice	2.0	10	16
6	M50	1.9	15	16
7	M55, W35	1.8	15	15
8	W14, W16	1.7	15	15
9	M60, W Open	1.7	10	14
10	W40, W45	1.6	15	14
11	M65, W50	1.6	10	15
12	M70, W55, W60	1.5	10	14
13	M12, W12, M75, M80, M85, W65, W70, W75, W80, W85	1.4	10	13
14	M10, W10, Yellow	1.5	10	14

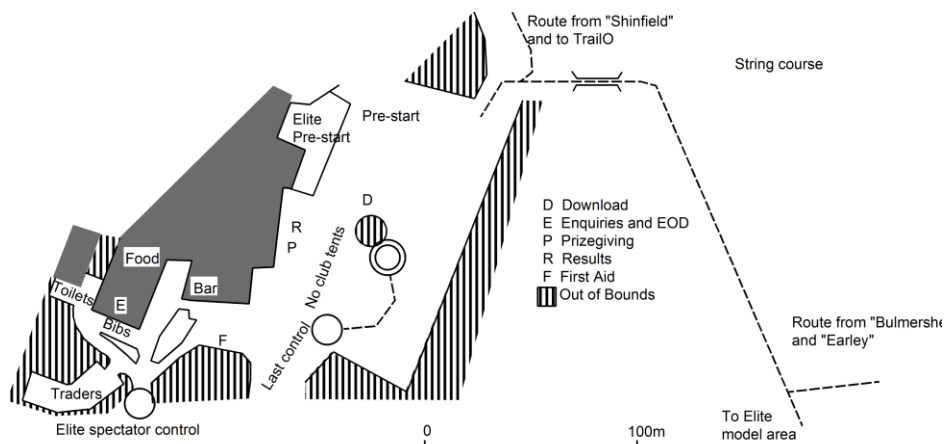
Days 2/3, Individual

No.	Start	Classes – Men, Women, Colour-coded	Day 2			Day 3		
			Length km	Climb m	Control	Length km	Climb m	Control
1	Red	M21E	6.5	310	20	17.9	410	38
2	Red	M20E, M18E	6.3	310	18	12.3	270	25
3	Red	W21E, (Day 2 also W20E, W18E)	5.6	240	16	11.5	250	25
4	Red	W20E, W18E (Day 3 only)	n/a	n/a	n/a	8.3	215	20
5	Red	M21L	13.4	610	28	12.8	280	24
6	Red	M35L	11.9	500	24	11.0	300	26
7	Red	M40L	11.3	495	25	10.5	275	25
8	Red	M20L, M18L, M21S, W21L	8.5	425	19	8.2	225	22
9	Red	M35S, W35L	7.8	350	21	7.4	210	17
10	Red	M40S, W40L	7.4	290	20	7.0	195	17
11	Red	M20S, M18S, M21V, W20L, W18L, W21S	5.8	180	17	5.3	140	16
12	Red	W35S, W40S	5.3	165	16	5.0	140	15
13	Red	M45L	10	425	21	9.5	210	23
14	Red	M50L	9.4	390	19	9.0	230	23
15	Red	M55L	8.7	380	17	8.4	200	21
16	Red	M60L	8.3	360	20	7.8	225	20
17	Red	M16A	8	295	17	7.3	150	19
18	Red	M45S, W45L	7.1	290	16	6.9	190	17
19	Red	M50S, W50L	6.8	270	15	6.6	140	15
20	Red	M55S, W55L	6.8	220	18	5.9	175	18
21	Red	M70L, M60S, W65L, W16A	6.2	170	20	5.5	135	14
22	Red	M75L, M80, M85, M65S, W70L, W20S, W18S, W21V, W45S, W50S	5.4	160	18	4.7	105	13
23	Red	M70S, M75S, W75, W80, W85, W55S, W60S, W65S, W70S	4.6	90	16	3.2	105	9
24	Blue	M14A, M16B	6.2	210	11	5.4	150	16
25	Blue	W14A, W16B, Light Green	4.4	150	10	3.9	100	11
26	Blue	M12A, M14B, W12A, W14B, Orange	4.1	125	12	3.5	70	11
27	Blue	M10A, M12B, W10A, W12B, Yellow	3.3	85	13	2.9	45	12
28	Blue	M10B, W10B, White	2.5	55	13	1.9	30	12
29	Red	M65L	6.7	270	16	6.6	140	15
30	Red	W60L	6.4	160	20	5.2	175	14

Note: map scales per course are in General Information

Travel directions and parking

From the M4 junction 11, follow normal road signs for the University of Reading (UoR). Parking space will be very tight and competitors who have stayed overnight at Leighton Park School are requested to leave their car at the school and follow marked route to assembly (total distance approx 2.5km) Your parking permit will be labelled “Shinfield”, “Earley” or “Bulmershe”, these are the west and east gates to the campus and a satellite site respectively. You must use the allocated gate in order that the right numbers of vehicles enter at each gate. You must not enter via the gate on Pepper Lane. When approaching from the south along the A327 at the traffic lights (grid ref SU733705, postcode RG2 7ER) cars for Shinfield Gate continue straight on into Reading along the A327 while Earley Gate and Bulmershe cars should bear right along the B3350. Earley Gate is the first opportunity to park; Bulmershe is around 1.5km further. It is recommended that club tents arrive with those holding “Earley” passes. All competitors who have not purchased a parking permit in advance must go to the Bulmershe site.



Assembly area

Assembly is between 500m and 2.0km flat walk, mainly on tarmac paths from the various parking locations. You must stay on the marked routes and not try to take a short cut. Assembly contains the finish area and pre-start; please respect the elite quiet area/pre-start. Equipment traders and toilets are located next to the restaurant, which will be serving a range of food and drinks between 10am and 4:30pm. There is also a licensed bar in the adjacent Park House open 12pm to 4:30pm. Enquiries and registration will be inside the southern end of the restaurant; a one-way system will be in place. There is an accessible toilet located within the restaurant. No dirty shoes inside please.

Please do not “take over” tables in the restaurant or bar as we want the maximum number of competitors to benefit from the facilities. You may leave bags in an area adjacent to Enquiries. Club tents and banners are welcome at assembly in the designated areas but, because of underground cables, pegs must not be longer than 6” (15cm).

Terrain

Typical campus buildings, modern and traditional, lie within a network of open fast areas.

Safety Information

The campus is divided by a lake which is not bounded by a fence. All routes from car parks to assembly pass by, over or near it. Please take care. The campus is not a vehicle-free zone and it is possible that some staff will be working on the day. Please be aware that cars and vehicles may be passing along any of the campus roads, the speed limit is 20mph.

The campus has constant building works taking place, so you may encounter scaffolding/portacabins/skips in various random places.

Special Information

Assembly is compact and will contain a large number of people. We hope this contributes to maintaining the atmosphere of a major sporting event. The top-seeded Elite runners start in reverse order of ranking (i.e. highest ranked start last) and the best times to watch the action are between 3:15pm and 4pm. The Elite spectator control is located with about one third of the courses remaining.

The campus is heavily used by members of the public, including dog walkers. We ask orienteers to keep their own dogs on a lead, under control and away from the pre-start areas.

The Elite controls will be marshalled and anyone seen crossing Out-of-Bounds areas or hedges will have their bib number recorded and may be disqualified.

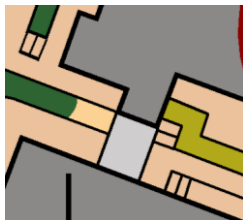
Map

There is a wealth of detail in the area, not all of which is possible to put onto the map, even at a scale of 1:4,000. In particular, most physically passable walls and fences surrounding areas with forbidden access or between different paved areas have not been shown. All hedges which are mapped with the impassable vegetation symbol as well as some newly coppiced and newly seeded grass areas shown on the map with purple (out of bounds) stripes must not be crossed. Some areas may be taped off with red and white tape, these must not be crossed.



Spiral fire escape, not to be climbed

Low walls not mapped

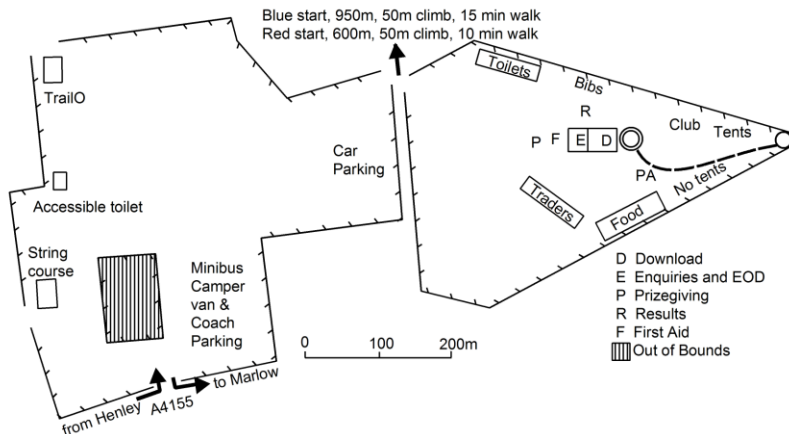


There is one very low canopy which is less than head height that may be encountered on longer Senior courses.

Note that the metal railings are not mapped and may be crossed.

Travel directions and parking

Parking is 2 miles NNE of Henley on Thames, signed off the A4155 Marlow road. Nearest postcode RG9 3AN, OS grid reference SU772855, Lat/Long 51.563461, -0.887460. From the M40 Junction 4 or M4 Junction 8/9 use the A404/A4130 via Henley to avoid delays in Marlow. To avoid delay, please display your parking pass clearly or have correct money to hand. The String course and TrailO are based in the car park field. Please drive with care.



Assembly

Although assembly and parking are in adjacent grassy fields, please note that the straight line distance from East - West exceeds 1km, see map above for distances to the starts from car park/assembly exits.

Dogs

They are allowed at the event, but strictly under the following conditions. They must remain on a lead at all times and are restricted to parking and assembly areas and routes in between. Owners must clear up after their dogs. At no time may a dog be off a lead, or in any part of the competition area.

Starts

Both routes are challenging for buggies being steep & muddy in places. There is no clothing transfer, but there is a dump near the Red start, which is passed on the way to the Blue start; bring your own bag.

Terrain

The area is classic Chiltern-style undulating slopes covered in mature beech or mixed deciduous and conifer. Brushings and undergrowth are limited. Where limited bramble patches exist, they are mainly in open areas in the north (visited only by the longer courses).

Map

There are many unmapped dot knolls and rootstocks associated with wind-blown trees around 1m in height. Often these occur in clusters in areas where trees have been blown over in storms. Generally, only rootstocks 2m (or higher) have been mapped unless they are particularly distinct. Dot knolls are only mapped where they are distinct. All depressions smaller than 10m in diameter are indicated by the "small depression" symbol.

Important note: At the time of finalising the map, the estate was in the process of dismantling and moving the northern-most pheasant enclosure. The map reflects what we think the Out of Bounds will be on the day of the event. Currently there is no fence in place. Any changes or late instructions will be shown in the start lanes.

All other areas on the map not shown with Out of Bounds or settlement (olive green) screen are *in-bounds* and may be crossed. This includes grass fields and rough open. Rough open includes maize planted as pheasant cover and also may be crossed.

All fences not overprinted with a "forbidden-to-cross" purple line may be crossed unless they border an area marked as out of bounds.

EOC AGM

The English Orienteering Council AGM will be held in the field, in a marquee near the String course at 4pm. Please inform the secretary (secretary@orienteeringengland.org.uk) who will be attending to represent your region. Other English orienteers are welcome to attend as observers.

Additional safety warning/information

Piles of logs in the vicinity of the String course and TrailO are unstable and must not be climbed on. The horse jumps near the String course / TrailO must also not be climbed on.

There is a deep pond near the String course. Young children must be supervised.

Horse riders and dog walkers may be on public paths in the forest and in assembly. Please be aware and courteous.



**Day 3, Sunday 31st March, Cold Ash,
Long, World Ranking Event
UK Orienteering League**



Travel directions and parking

Please note: allow extra time for your journey as there may be on-going road works/traffic lights around Hermitage plus activities including slow horse boxes using Newbury Showground. Get to the roundabout at the M4 A34 junction (M4 Junction 13, OS grid reference SU480728). On exiting the roundabout north towards the A34, keep left. Before joined the A34 fork left at the slip road, signed to Chieveley, Hermitage and Beedon. At the top of the slip road, turn right, signed to Hermitage. The event will be O signed from there. Nearest postcode RG18 9XP, OS grid reference SU520737, Lat/Long 51.460410, -1.253231.

If coming from the South be careful not to stay on the A34 as you will by-pass the junction!

The car parking area is extremely muddy in parts so please follow directions of the marshals & keep moving. Your fee, if needing to be paid, will be collected once you have stopped - please have it ready.

Pre-booked coaches must arrive by 9am and follow the marshals' directions. They will be directed down a firm bridleway. No other coaches are allowed. **No EXIT** for cars until 12.30pm; **no EXIT** for coaches and other vehicles using the coach parking until 2.30pm.

Long wheel-based motor homes who have not already been contacted, must contact the Entries Secretary without delay regarding parking on Day 3.

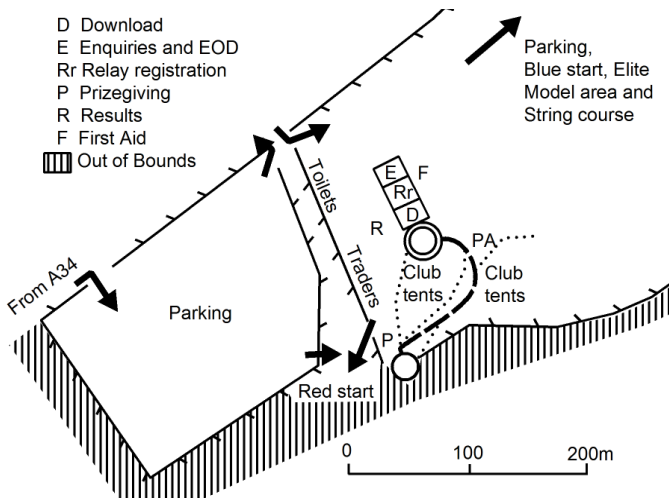
Due to the recent very wet weather it is possible that we will not be able to use the parking fields and we will have to bus most competitors from parking a distance away from the event. If this is the case we will have notices on the JK website, we will email all competitors and we will circulate revised travel instructions at Days 1 and 2.

Terrain

Mixed, mainly deciduous, woodland with generally good runnability except where forest thinning has taken place in the last couple of years which has resulted in localised patches of brushings. The area has several gently sloping hills and a fairly extensive path network.

The longest courses enter Bucklebury Common which offers a different challenge consisting of very vague terrain with patches of open and runnable wood, which also contains extensive areas of holly.

If it has been wet in the weeks before the event, depressions may be full of water and rides very muddy. In general, the forest and small paths offer better running than larger paths and rides. Some of the courses cross a field close to the Finish which has a 3 stranded barbed-wire fence around it. The fence may be crossed anywhere with care, but there are marked crossing points on the map, at which points there will be protection from the barbed-wire. The fence will be taped either side of the protection.



Starts

There are 2 Starts: the Red Start is no more than 150m west of Assembly. The Blue Start is 600m across the large field east of Assembly, through the north gate. Please follow the Blue streamers and signs. There is no clothing transfer or dump.

String course

The String course is en route to the Blue Start.

Additional safety warning/information

Courses 1 – 21, 29 and 30 cross minor roads these will not be manned, please be alert to local traffic which can be fast at times.

Horse riders, cyclists and dog walkers may be on public paths in the forest although they have been alerted to the event. A public footpath goes up the middle of the Assembly field.



www.woa.org.uk



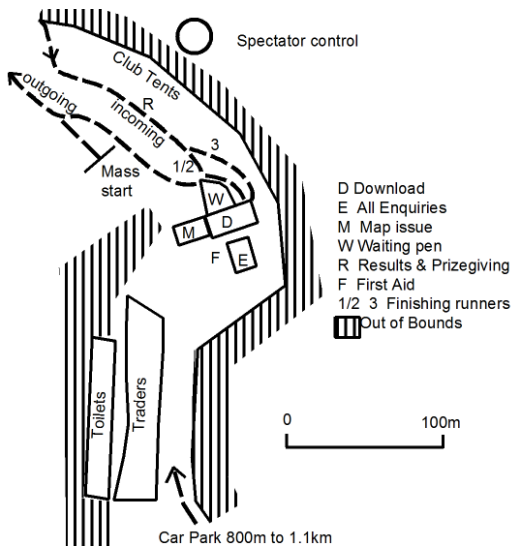
www.thejk.org.uk

The Welsh Orienteering Association invites orienteers to visit South Wales in April for the JK Festival of Orienteering 2014.

It is hoped that there will be a programme of trainings and events in the week leading up to the Easter weekend where the 4 days of orienteering start as usual with the sprint on Good Friday. This will be at Swansea University and Singleton Park. Swansea Bay Orienteering club will be taking the lead on this day

Days 2 and 3 will share an assembly area and parking and for both days British Orienteering have applied to the IOF to be World Ranking Events. The areas are Merthyr Common and Llangynidr, Merthyr Tydfil. South Wales Orienteering club are hosting day 2 and Leicester Orienteering club are leading on day 3.

Finally for Day 4, the relays are being held on Pwll Du, Blaenavon and Bristol Orienteering Klubb are leading that day.



Travel directions

Travel directions and parking are the same as Day 2

Assembly area

The assembly area is between 800m and 1.1km flat walk from the parking field.

Traders

Refreshment and equipment traders and sports massage are located in the assembly area.

Starts

Start times are listed in the course table. Call-up will be 15 minutes before each mass start. A mini-mass start for all runners who have not yet started will be held at 12:45.

Team Declaration and Bib Collection

Please declare your team members on-line by midnight Tuesday 26th March if at all possible. The running order for Ad Hoc relay teams will be available both on-line and on the team declaration forms.

Team declaration forms will be available to collect at Enquiries on Day 2. Team declaration forms including EMIT card numbers, must be completed and signed by Team Captains and returned to Relay Registration on Day 3 where teams will be issued with bibs and any last minute information. Relay Registration will be open from 11:00 to 14:00 on Day 3.

Any changes to team declarations must be entered on a team Change Form by Team Captains and returned to either Relay Registration on Day 3 or to Enquiries between 9:00 and 10:00 on Day 4 (Relay). Team captains are reminded of the following:

- To be competitive in classes A to M and O all runners must be in the same club (UK or overseas), except in classes A and B where the UK Relay League Neighbouring Clubs Alliances guideline applies.
- Class N, Mixed Ad Hoc, is open to teams (M and/or W) made up from members of the same or different clubs.
- For age-restricted relay classes E to L the total of the British Orienteering age classes (not the actual ages) of the entrants counts. Added together these must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes J, K, L) the number stipulated for the class.
- For class O, the trial Ultra-Veteran class, the total of the British Orienteering age classes (not the actual ages) of the entrants counts. The ages shall be added together with the addition of 10 for each female competitor and this total must be equal to or greater than 210. This class will run the same courses as class H.
- For Junior Relay classes J, K, and L all competitors must be M/W20 or below.
- For the senior classes E, F, G, H and O any junior will be counted as an M/W21.
- For class M, the Mini Relay, all entrants must be M/W12 or below.

Map Issue and Changeover

All competitors will have their EMIT card checked against their bib number before they collect their maps. Please allow enough time to pick up your map, there may be queues at some points, especially when first lap runners are expected. There will be shelter available at the rear of the changeover pen for waiting lap 2 and 3 runners.

Maps will be labelled with team and lap number, it is the competitor's responsibility to check that they have been issued with the correct map (as labelled). Maps will be sealed, and waiting competitors must not attempt to look at their map until they have been tagged by their incoming runner.

Incoming runners on laps 1 and 2 should fork to the right at the end of the run-in and tag their outgoing runner before punching the finish control and proceeding to download.

Incoming runners on lap 3 should fork to the left at the end of the run-in. The finishing order on lap 3 will be the order in which runners cross the finish line. The finish control will be a short distance beyond the finish line, and competitors must punch the finish control in the same order in which they cross the line.

Maps will be collected from all finishers. Club map bags will be released after the mini-mass start at 12:45.

Spectator Control

There will be a spectator control on Courses 1 (JK Trophy, M120+) and 2 (Women's Trophy, M165+). The distance from this control to the end of each lap will be as set out below.

Course	Laps	Start to spectator control (km)	Spectator control to end (km)
1 – JK Trophy, M120+	1 & 3	3.3	3.3
	2	3.3	1.9
2 – W Trophy, M165+	1 & 3	2.9	2.2
	2	2.9	1.6

Relay Classes

Class	Bib nos.	Start	Lap 1 & Lap 3		Lap 2	
			Length (km)	Climb (m)	Length (km)	Climb (m)
A JK Trophy	1001-1099	10:10	6.6	290	5.1	240
B Women's Trophy	2001-2099	10:20	5.1	245	4.4	200
C Men's Short	3001-3099	10:50	4.5	155	3.6	140
D Women's Short	4001-4099	11:00	3.8	120	2.8	100
E Senior Men (M120+)	1101+	10:10	6.6	290	5.1	240
F Senior Women (W120+)	3101+	10:50	4.5	155	3.6	140
G Veteran Men (M165+)	2101+	10:20	5.1	245	4.4	200
H Veteran Women (W165+)	4101-4199	11:00	3.8	120	2.8	100
J Intermediate Men (M48-)	5001+	10:40	4.5	170	2.1*	90
K Intermediate Women (W48-)	6001+	10:40	3.7	155	2.1*	90
L Junior Relay (M/W40-)	7001+	10:30	2.1*	90	1.7**	75
M Mini Relay (M/W12 and under)	8001+	10:00	1.7**	75	1.7**	75
N Mixed Ad Hoc	9001+	10:40	4.9km/170m, 3.9km/150m, 2.1km/90m* Order as per declaration			
O Ultra-Veterans (M/W210+)	4201+	11:00	3.8	120	2.8	100

* Technical difficulty 3 (Orange standard)

** Technical difficulty 2 (Yellow standard) also

these courses have red and white taped routes both on the course and to the last control.

Bibs will be coloured to signify each lap as follows:

Lap 1 - RED

Lap 2- WHITE

Lap 3 - BLUE

Additional safety warning/information:

There is a deep pond near the walk from parking to assembly. Young children must be supervised on the walk. The horse jumps in and around the assembly area must not be climbed on.

Horse riders and dog walkers may be on public paths in the forest.

One steep crag will be taped at the top with Yellow and Black tape.



29th and 30th March, TrailO Whiteknights and Hambleden



Acknowledgements

TrailO

There are TrailO courses on Days 1 & 2 only. Each day there are two courses on offer, one at Elite standard and an easier course for TrailO novices. Entry is on the day only on each day. The Entry fee is £9 senior / £4.50 junior each day. On each day the courses are about 2km in length with up to 30m climb, subject to final controlling. The time allowance for the Elite course will be about 100 minutes. The TrailO competition is timed so that competitors can walk round their course either before or after their run at Whiteknights on Day 1 and after their run on Day 2.

On Day 1, registration is situated on the marked route between the Shinfield Car Parks and the main Assembly area, near the W. tip of the lake, and about 5 minutes walk from Assembly. Registration opens at 12pm, with starts between 12:15pm & 3:30pm. There is also a small car park set aside for competitors in TrailO who are not also running in the Sprint event: to gain access to this parking you must notify the Organisers before the day of the competition. All other competitors must use the main car parking.

On Day 2, TrailO registration will be found near the NW corner of the main car parking field. Registration opens at 12:45pm with starts between 1pm & 3pm, course closing is 4:30pm.

On each day, the course is suitable with care for competitors using wheelchairs. As we are very short of helpers, such competitors are requested to provide their own escort if possible. Please contact the organisers if you are unable to do so.

The map for Day 1 is A4 at 1:2,000, the map for Day 2 is A4 at 1:4,000, both waterproof. Day 2 is a TrailO Ranking event.

TrailO is an individual sport and consultation or discussion is not allowed on the course, nor are decisions to be communicated to any other competitor. Competitors in TrailO are not allowed to go into the terrain but must stay on the paths or marked routes.

Acknowledgements

Whiteknights: We would like to thank the University of Reading for the use of the campus area; in particular Chris Rayner of VenueReading for his support and help.

Hambleden: We are very grateful for the support of the landowner, Mr Urs Schwarzenbach, along with the management and staff of the Hambleden estate. Particular thanks go to Lisa Hughes, Alex Dick, Brad Smith and Oliver Bowden, who have gone out of their way to support this event. We are also grateful to all householders on the estate for their understanding.

Cold Ash: Many thanks go to the main Landowners of the Cold Ash Woods and their staff members who have given us great support in staging this event - the Eling Estate, the Marlston Estate, Westrop Woods and Bucklebury Woods. In particular, our thanks go to the farmer, Brian Goodenough, who has allowed us to use his fields for Assembly & Parking, despite the dreadful weather conditions of recent months & his own farming needs.

Finally, this event would not be happening without the vast amount of work done by many volunteers from SCOA clubs, BADO, BAOC, BKO, SARUM, SN, SOC and TVOC and family/friends from AIRE, CUOC, FVO, HH, HOC, KERNO, NWO, OD, RAFO, RMOC, SBOC, SLOW, SWOC, SYO, WAOC and WIM.

Accommodation at Leighton Park School



Event Officials

Accommodation

Accommodation is at Leighton Park School, Shinfield Road (A327), Reading, RG2 7DE (satnav). You may register at the school from 5pm to 8pm on Thursday 28th March and from 4pm to 7pm on Friday 29th March. When you enter the school grounds turn immediately right signposted reception then left. JK personnel will be in the foyer of the main hall. Arrivals on Saturday 30th March will need to collect a joining pack from Enquiries at the event on Day 2.

Meal times are as follows

	Thur 28 th	Fri 29 th	Sat 30 th	Sun 31 st	Mon 1 st
Breakfast		8am – 9am	6:30am – 8am	6:30am – 8am	6:30am – 8am
Dinner	7pm – 8pm	7pm – 8pm	6pm – 7pm	6pm – 7pm	
Snack			9pm	9pm	

All bookings should have been confirmed by email by Sunday 17th March, if you have not received confirmation, please contact the Accommodation Officers, Di and Glenn Wass by email at wassworld@btinternet.com

Officials

Event coordinator, Katy Stubbs, tel. +44 (0)7801 710641, email coordinator2013@thejk.org.uk.
British Orienteering National Office, 8a Stancliffe House, Whitworth Road, Darley dale, Matlock, Derbyshire, DE4 2HJ.

Treasurer Jocelyn Andersson, BKO; Entries Christine Vince, Kerno; Safety Officer Dave Rogers, BKO; Publicity Alun Jones, TVOC; Equipment Tom Murphy, BAOC; Starts Roger Thetford & Dave Kingham; TVOC; Download Ian & Caroline Moran, SOC; Enquiries Andrew Graham & Ian Hudson, BKO; String coordinator Lyn Blackie, TVOC, Accommodation; Di and Glenn Wass, BKO	
Day 1	Planner Neville Baker, TVOC; Organiser Luke McNeill, TVOC; Controller Alan Rosen, HH; String, Bryce & Janet Gibson, BKO; TrailO planner Philip Cooper, WIM; TrailO organiser Anne Braggins, WAOC; TrailO controller, Dick Keighley, WIM
Day 2	Planners Colin Duckworth & James Cunnane, TVOC; Organisers Glynis & Jon Wheatcroft, TVOC; Controller Peter Nicholls, GO; String Mark & Blanka Collis, TVOC; TrailO planner Charles Bromley-Gardner, BAOC; TrailO organiser Anne Braggins, WAOC; TrailO controller Dick Keighley, WIM; Hambleden estate liaison John Dalton, TVOC
Day 3	Planners Eric & Denise Harper, BKO; Organiser Liz Yeadon, Sarum; Deputy organiser Alain Wilkes, BKO; Controller Arthur Vince, Kerno; String Jeffries family, BKO
Day 4	Planner Steve Long, TVOC; Planner's assistant Andrew Southwood, BKO; Organiser Scott Collier, Kerno; Controller Neil Crickmore, SO
	Day 1 IOF Advisors - Ronan & Julie Cleary, LOK Day 3 IOF Advisor:- Philip Gristwood, MV
Jury (GBR)	Day 1 Philip Gristwood, David May, Tim Sands, reserve Mark Garside Day 2 Simon Errington, Tim Pribul, Richard Payne, reserve Dick Towler Day 3 Ray Collins, David Rosen, Tony Thornley, reserve Paul Taylor Relay Hedley Calderbank, Roger Hargreaves, John Warren, reserve Tony Carlyle
WRE	Day 1 Petter Fure (NOR), Philip Gristwood, David May
Jury	Day 3 Eric Hully (BEL), David Rosen, Tony Thornley

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