



**Jan Kjellström
International Festival of Orienteering
April 4-6, 2015
Bulletin 3**



Welcome

The North-West Orienteering Association and British Orienteering Federation welcome elite orienteers to three IOF World Ranking Event sprint, middle distance and long distance races, all part of the JK International Festival of Orienteering in Lancaster and the Southern Lake District.

Organisation

Event Coordinator: Dick Towler - coordinator2015@thejk.org.uk

Elite Course Planners: Sprint Race - David & Miriam Rosen
Middle Distance Race - Martin Bagness
Long Distance Race - Chris Heppenstall

IOF Event Advisors: Sprint Race - Mike Forrest
Middle Distance Race - Simon Thompson
Long Distance Race - Mike Forrest

National Controllers: Sprint Race - Mike Richardson
Middle Distance Race - Tony Carlyle
Long Distance Race - Dick Carmichael

Event Information

A full JK Event Details Booklet is available to download on the Event Details page of the JK website, <http://www.thejk.org.uk/jk2015/index.php?pg=273>

This document contains the information required for WRE Bulletins 1, 2 and 3 and highlights other information from the JK Event Details Booklet that is specific to competitors entered in the WRE courses.

On Day 1 M/W18E and M/W20E competitors are running on the WRE courses. On Days 2 and 3 M/W18E and M/W20E competitors run different courses to the WRE M/W21E but the Elite requirements included in this document also apply to them.

Event Programme

| | | |
|-------------------------------------|---|---------------------|
| Sunday 28 March - Sunday 5 April | Training at 3 locations open to all JK competitors – details at event website. Other training areas also available for international squads, please contact enquiries2015@thejk.org.uk | |
| Wednesday 1 April | Informal evening training | Late afternoon |
| Friday 3 April | JK Day 1 WRE Sprint Race University of Lancaster | Starts 12:00-16:00 |
| Saturday 4 April | JK Day 2 WRE Middle Distance Race Ulpha Park & Barrow Fell | Starts: 09:30-14:30 |

| | | |
|----------------|---|---|
| Sunday 5 April | JK Day 3 WRE Long Distance Race: Bigland | Starts: 09:30-14:00 In reverse order of Day 2 finish |
| Monday 6 April | JK Day 4 Relays: Graythwaite | Starts: 10:00-11:00 |

Venue

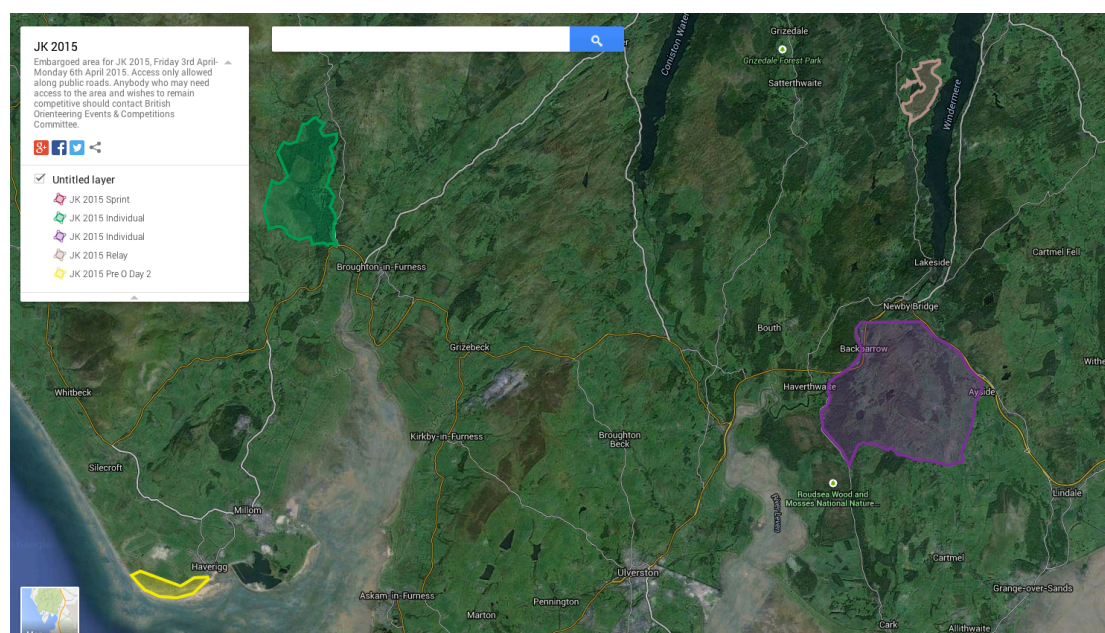
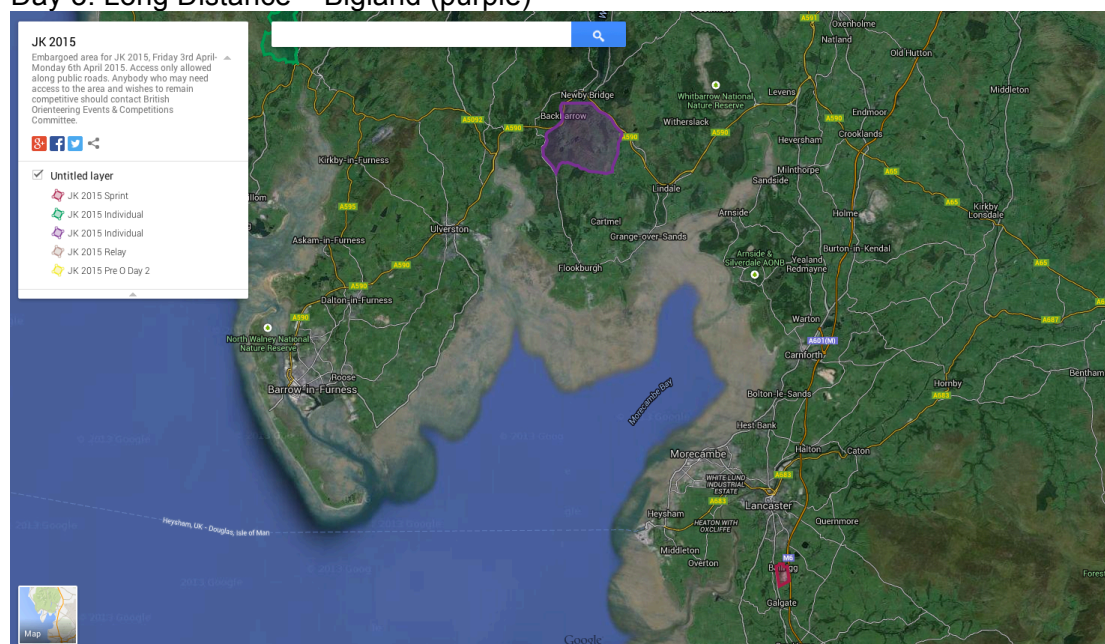
There is no formal Event Centre for the JK2015. There is an Enquiries point located in the Arena on each day.

Location Maps & Embargoed Areas

Day 1: Sprint – University of Lancaster (red)

Day 2: Middle Distance – Ulpha Park & Barrow Fell (green)

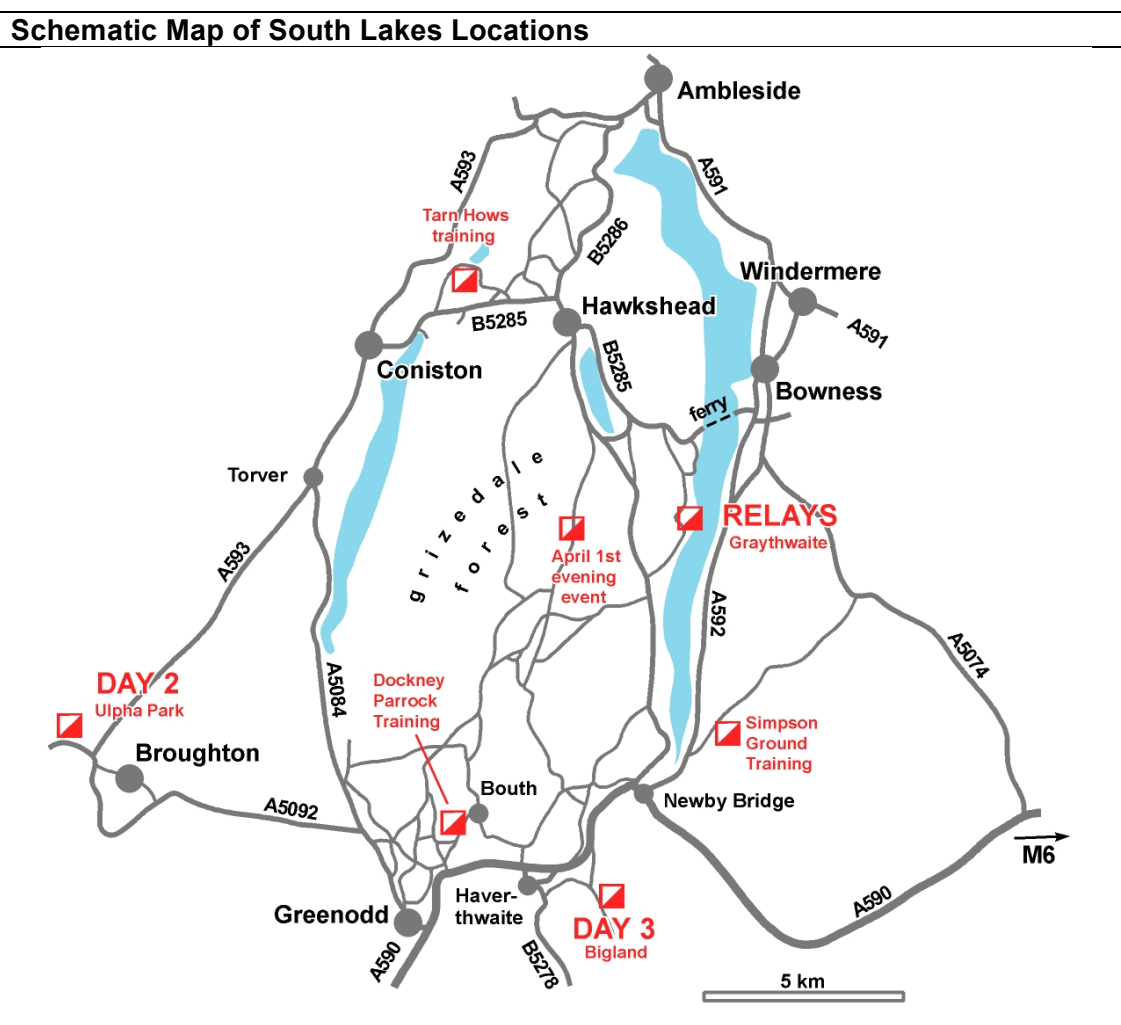
Day 3: Long Distance – Bigland (purple)



For better resolution please see:

http://www.britishorienteering.org.uk/page/embargoed_areas

The embargo extends to all WRE and JK competitors and anyone who through their knowledge of the terrain or the events could influence the WRE results.



Entries

In accordance with the IOF Guideline for World Ranking Events, all runners on the M/W21 elite courses will be ranked as a result of their performance in the race. All entrants must provide a World Ranking ID on entry. To find an existing athlete ID or to apply for one, go to <http://eventor.orienteering.org/athletes>.

Entry is now only available in exceptional circumstances. Please contact the Entries Secretary at entries2015@thejk.org.uk

Day 1 Sprint - £15 (£7.50 for Juniors or full time students)

Days 2 & 3 - £25 per day (£12.50 per day for Juniors or full time students)

Summary of WRE Entries Received

| | Day 1, Sprint | | Day 2, Middle Distance | | Day 3, Long Distance | |
|----------------|---------------|------------|------------------------|------------|----------------------|------------|
| | M | W | M | W | M | W |
| Australia | 2 | 3 | 2 | 3 | 2 | 2 |
| Belgium | | | 2 | | 11 | |
| Canada | 2 | 1 | 2 | 1 | 2 | 1 |
| Czech Republic | 15 | 15 | 13 | 13 | 13 | 13 |
| Denmark | 7 | 3 | 8 | 5 | 6 | 4 |
| Estonia | | 2 | 3 | 2 | 3 | 2 |
| Finland | 3 | 2 | 3 | 5 | 3 | 5 |
| France | 3 | 1 | 4 | 1 | 3 | 1 |
| Germany | 1 | 2 | 1 | | 1 | |
| Great Britain | 145 | 92 | 72 | 47 | 64 | 45 |
| Hong Kong | 5 | 1 | 3 | | | |
| Hungary | | 1 | | | | |
| Ireland | 24 | 14 | 18 | 8 | 17 | 6 |
| Italy | 3 | 1 | 2 | 1 | 2 | 1 |
| Latvia | 1 | | | | | |
| New Zealand | 3 | | 1 | | | |
| Norway | 5 | 8 | 2 | 1 | 2 | 1 |
| Poland | 6 | 6 | 5 | 6 | 5 | 6 |
| Russia | | | 1 | 2 | 1 | 2 |
| Sweden | 11 | 14 | 4 | 8 | 4 | 9 |
| Switzerland | 9 | 14 | 7 | 14 | 9 | 12 |
| USA | 1 | 2 | 1 | 3 | 1 | 3 |
| TOTAL | 246 | 182 | 154 | 120 | 149 | 113 |

Maps & Terrain**Day 1 Sprint: Lancaster University**

The central area, within the perimeter road, is largely pedestrianised and affords a complex mix of walkways, courtyards and grassed areas with a few surprisingly narrow and convoluted passageways.

Day 2 Middle Distance: Ulpha Park & Barrow Fell

Competitors will encounter several distinctly different types of terrain, all of them typical of the Lake District. There are large areas of broadleaf woodland, mostly on slopes of varying degrees of steepness, with plenty of rock and contour detail. The slopes are slippery, especially after rain. The area also includes two areas of open fell, Barrow Fell and Penn, featuring knolly contour detail. There are also some small plantation areas.

Day 3 Long Distance: Bigland

The area is a superb and varied mix of Lake District terrain with almost no green on the map. As for Day 2, the most testing part of the area in terms of both running and navigation is an area of broadleaf woodland on a slope. This includes many knolls, re-entrants and rock features. Above the wooded slope lies a plateau divided by walls into enclosures of open and semi-open fell and woodland. These all contain intricate contour, rock and marsh detail.

Please refer to the detailed map and terrain notes for each day in the Event Details Booklet at <http://www.thejk.org.uk/jk2015/index.php?pg=273>

Map & Course Information

| | Day 1 Sprint | Day 2 Middle Distance | Day 3 Long Distance |
|------------------------------|-----------------|-------------------------------|------------------------------|
| Map Scale | 1:4,000 | 1:10,000 | 1:15,000 |
| Contour Interval | 2.5m | 5m | 5m |
| Map dimensions | 210mm x 297mm | 225mm x315mm | 270m x 265mm |
| Winning time | 12-15 min | 30-35 min | 90-100 min |
| Distance from Arena to Start | 1k | Red Start 1.4k, 115m climb | Red Start 0.8k, 85m climb |
| Start times | 12:00-16:00 | 09:30-14:30 | 09:00-14:00 |
| Course closing time | 16:45 | 16:00 | 16:30 |

| | Course Number * = WRE | Class | Length,k **course length is shortest feasible route | Climb, m | Controls | Refreshment Points | WRE Control Description Dimensions, cm |
|---------------|--------------------------|------------------|--|----------|----------|--------------------|--|
| Day 1, Sprint | 1* | M21E, M20E, M18E | 4.1** | 20 | 26 | - | 20 x 5 |
| | 2* | W21E, W20E, W18E | 3.7** | 20 | 23 | - | 18 x 5 |
| Day 2, Middle | 1* | M21E | 5.7 | 190 | 23 | 1 | 18 x 5 |
| | 2 | M20E, M18E | 5.3 | 170 | 21 | 1 | |
| | 3* | W21E | 4.8 | 170 | 23 | 1 | 18 x 5 |
| | 4 | W20E, W18E | 4.4 | 160 | 18 | 1 | |
| Day 3, Long | 1* | M21E | 15.4 | 720 | 31 | 3 | 20 x 5 |
| | 2 | M20E, M18E | 10.5 | 475 | 22 | 3 | |
| | 3* | W21E | 10.2 | 425 | 24 | 3 | 17 x 5 |
| | 4 | W20E, W18E | 6.9 | 265 | 17 | 3 | |

Previous Maps of the Competition Areas

A link to previous maps of all the competition areas can be found on the JK website at <http://www.thejk.org.uk/jk2015/index.php?pg=249>
Maps will be on display on the Results boards in the Arena on each day.

Permitted Deviations from the Rules

For Day 1 and Day 2, the elite course seeding has been based on world ranking. In some cases it has been agreed with the IOF Adviser to vary the order of the start groups in order to benefit the overall staging of the elite race. However, in all cases, the top ranked athletes will be starting in the later part of the start list.

Day 1: The map has been printed digitally, not by offset litho

Day 2: There is no model map due to there being no suitably representative area available.

Day 3: All Elite courses (M/W21E and M/W18/20E) have start times allocated in reverse order of finishing time of the Day 2 Middle Distance races.

Day 3 start times will be published:

- in the Day 2 Arena after the final finisher
- on the JK website on Saturday evening (and the SIEntries website)
- in the Day 3 Arena.

Day 3: The interval between starters is 2 minutes

Competition Clothing & Equipment

Day 1: Shorts are permitted. Spiked shoes and dobs are not permitted.

Days 2 & 3: Torso and legs must be fully covered. Organisers may require a lightweight hooded waterproof jacket or waterproof jacket & hat to be worn or carried if the weather is bad. If so, notices will be displayed in the car parking areas, Arena and on the route to starts and a check will be made at the start.

Whistles are compulsory on Days 2 and 3. A check will be made.

Race numbers must be worn unfolded & visible on the chest at all races.

No race number, no start.

Damaged or lost race numbers can be replaced at Enquiries (no charge).

IMPORTANT: Please provide emergency contact and relevant medical information on the back of the race number.

Elite competitors will be provided with new race numbers each Day.

On Day 1 and 2, race numbers will be at Enquiries in the Arena

On Day 3 race numbers will be at the Elite courses start (Red Start).

Safety pins will be available on each Day.

Competitors are reminded of IOF Foot Orienteering Competition Rule 21.4:

Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used.

A check will be made in the start lane and any devices found will be taken and placed in a labelled bag for collection at Enquiries after the race.

The SportIdent punching system will be used. For the Day 3 long distance race, M21E competitors will require an SI card with a capacity greater than 30 controls. Competitors with version 5 or 8 SI cards will be issued with a high capacity SI card (no charge) for use at all the WRE races – collect from Enquiries.

Other Information

To allow competitors to concentrate on racing, starts will be as silent as possible.

Competitors will be asked to be silent in the start boxes and officials will avoid speaking unless necessary. The usual standard instructions given on the start line 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 him under the map box and should check that it is the correct map for his course.

On all 3 days a separate elite start lane for all Elite classes will be set up.

On Day 1, the Elite Start Lane will be to the left of the main Start. Elite competitors will pick up their maps from a table at the end of their lane. All Elites will have a timed start.

On all 3 Days, Elite Late Starters who arrive at the start line less than half the start interval after their start time will be allowed to start immediately. 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.

Late Starters runs will be timed from their allocated start time but they will be asked to punch a start box, only to record their actual start time.

Water will not normally be provided to any competitors on any day at the finish, but an emergency supply will be available on request.

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 Enquiries.

Biosecurity

Much of the woodland area being used for the Day 2 Middle Distance race comprises part of a Site of Special Scientific Interest (SSSI). We have been fortunate to obtain permission from Natural England to use this area for a major orienteering event. A condition of the permission is that all competitors must follow a number of actions before and during the competition. These are detailed in a Biosecurity Policy on the JK website at <http://www.thejk.org.uk/jk2015/index.php?pg=271>
Please read it.

Specifically:

Competitors must not relieve themselves in the competition area on Day 2; any competitors found doing so will be disqualified. Plentiful toilets will be provided in the car park, Arena area and on the way to the starts.

It is vital that all competitors use the disinfectant footbaths on the route to the start and at the finish on Day 2.

Also on Day 2, all Elite competitors will have a compulsory control/crossing point/footbath on leaving an area of open fell. **This disinfectant footbath is compulsory. Anyone seen avoiding it will be disqualified.**

Complaints

Any complaint should initially be discussed as soon as possible after the problem is identified with the Event Organiser – contactable via Event Enquiries in the Arena.

If this does not resolve the issue then a formal written Complaint should be made using the complaints/protest form to be submitted to the Day Organiser via Enquiries. The time limit for making a complaint is 1 hour after the competitor has finished their run.

The Organiser will provide a written decision on the Complaint.

In the case of a World Ranking Event, Protests must be made to the IOF Event Adviser or a Jury member within 15 minutes of the Complaint adjudication. Complaint/Protest forms are available at Enquiries.

IOF Jury Members

The IOF advisor (Mike Forrest, Days 1 and 3; Simon Thompson, Day 2) is the non-voting Chairman of each Jury. Other Jury members are:

Day 1, Sprint

Steve McKinley (SN), Ted Finch (FVO), Alan Rosen (HH), Tim Sands (BASOC, reserve)

Day 2, Middle Distance

David Rosen (SROC), Philip Gristwood (MV), Brian Bullen (FVO), Graeme Ackland (INT, reserve)

Day 3, Long Distance

Eric Hully (ALTAIR), Tony Thornley (AIRE), David May (SLOW), Rob Hickling (GRAMP, reserve)

Eric Hully is a member of the Belgian Orienteering Federation. All other IOF Jurors are members of the British Orienteering Federation.

Prize Giving

Scheduled to take place in the Arena on Day 3 at 16:00

Day 1 WRE Sprint Flower & Medal Ceremony

Day 2 WRE Middle Distance Race Flower Ceremony

Day 3 WRE Long Distance Race Flower Ceremony

Day 2 & 3 Combined Age Classes (including Elite)

Weather

Average temperatures for early April are 4C (low) – 10C (high). Rainfall can vary by location & is unpredictable!

Forecasts can be found at www.lakedistrictweatherline.co.uk

Accommodation

The Lake District has a wide range of accommodation available to suit every budget. It is a popular place for tourists over the Easter holidays so we recommend that you book quickly.

Go to <http://www.thejk.org.uk/jk2015/index.php?pg=250> for links to view and book accommodation.

Transport

No transport will be offered for this event. The Day 1 sprint race is accessible by public transport (train to Lancaster and then bus to the University). It will not be practical to access the Day 2 and 3 competition areas by public transport. Please refer to the detailed travel directions for each day in the JK Event Details Booklet.

The Lake District is a popular tourist area at Easter so competitors are advised to allow plenty of time to get to the events. The access route via the M6 motorway can be extremely busy.

Visas

Go to the UK Government website <https://www.gov.uk/government/organisations/uk-visas-and-immigration> to check visa requirements.