

WELCOME!

OUR START TIMES

Name	Day 1	Day 2	Day 3

Name	Day 1	Day 2	Day 3



JAN KJELLSTRÖM INTERNATIONAL FESTIVAL 2019

EVENT PROGRAMME

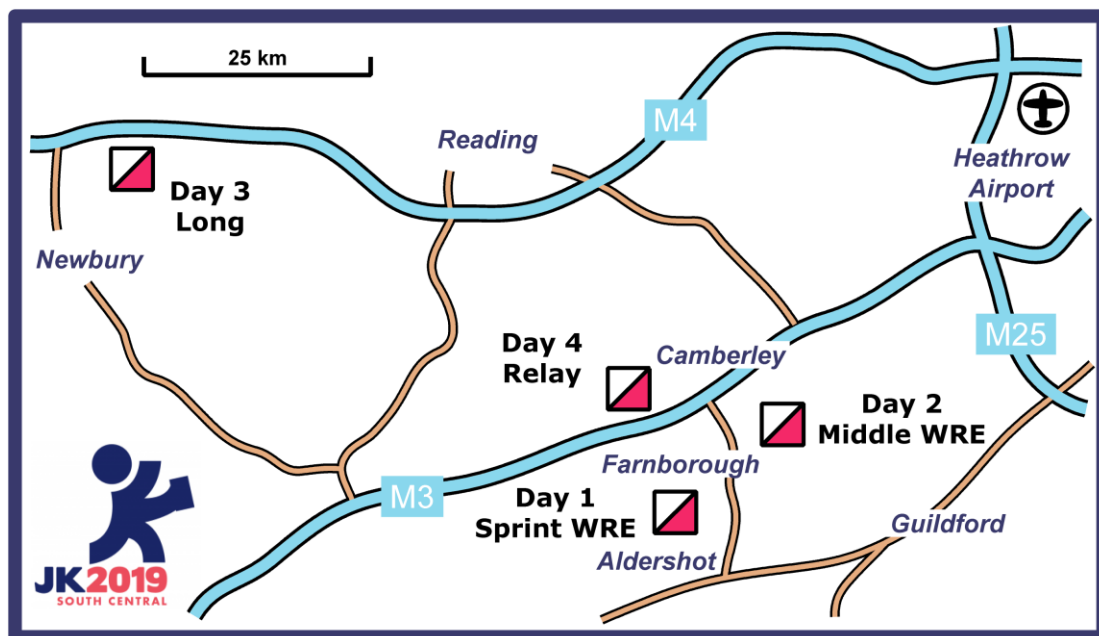
(incorporating World Ranking Event Bulletin 2)

19th - 22nd APRIL

WELCOME!

The South Central Orienteering Association welcomes competitors from across the UK and around the world to the 52nd Jan Kjellström International Festival of Orienteering in the South of England.

Date	Format	Location	Postcode	OS Grid Ref.
Friday 19/04/2019	Sprint Race	Aldershot Garrison	GU11 2JL	SU869525
	TrailO TempO	Aldershot Garrison	GU11 2JL	SU869525
Saturday 20/04/2019	Middle Distance	Windmill Hill	GU16 6ST	SU908586
	TrailO PreO	Mytchett (East)	(off B3012 road)	SU922562
Sunday 21/04/2019	Long Distance	Cold Ash	RG18 9XP	SU519737
Monday 22/04/2019	Relays	Minley	GU17 9UF	SU827577



General Information

Emergency phone number +44 7597 055256

Hospitals

The nearest hospitals with Accident and Emergency departments are:

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
Day 1 to Frimley Park Hospital GU16 7UJ	5 miles (9 mins)	Day 1 to Frimley Park Hospital	5 miles (9 mins)
Day 2 to Frimley Park Hospital GU16 7UJ	3.4 miles (12 mins)	Day 2 to Frimley Park Hospital Woking Walk in Centre (8am-8pm) GU22 7HS	3.4 miles (12 mins) 10.6 miles (25 mins)
Day 3 to Royal Berkshire Hospital Craven Road, Reading, Berkshire, RG1 5AN	23 miles (35 mins)	Day 3 to W Berks Community Hospital (8am-10pm) RG18 3AS	5.7 miles (15 mins)
Day 4 to Frimley Park Hospital GU16 7UJ	4.3 miles (10mins)	Day 4 to Frimley Park Hospital Bracknell Urgent Care Centre (8am- 8pm) RG12 9TR	4.3 miles (10 mins) 13 miles (20 mins)

First Aid

First Aid is provided on all days by The Response Group. We extend our thanks for their assistance.

Anyone with a known medical condition should complete this [medical form](#) and leave it at - Enquiries.

Safety

For days 2, 3 and 4, BOF rules require that you MUST wear full leg and body cover. Shorts will not be permitted.

The Organisers may require a lightweight hooded waterproof jacket to be worn or carried if the weather is bad - if so, notices to this effect will be displayed in the Event Arena.

Carrying a whistle is highly recommended and may be made mandatory in poor conditions.

Please note that Days 1, 2 and 4 take place on Military training areas. You may come across items left behind by troops. Contrary to normal tidy practice, please remind children and observe the rule here—

If you didn't drop it, don't pick it up.

Entries at the weekend

Novice (day 1 only), and White, Yellow, Orange and Light Green (days 2 and 3 only) £18/£9 (adult/junior) per day

All TrailO classes (days 1 and 2). Elite: £15/£8 (adult/junior); Standard: £12/£6.

AdHoc relay teams £70, no later than 4pm Sun 21st April.

Changes to entries

Changes to entries, both to change class and to change requested start block, can be made online through Fabian4 up to Saturday 13th April using the change entry facility on Fabian4; click the link at the top left of the www.fabian4.co.uk home page. All changes to entries will incur a £5 charge per person per day. Note that all changes in class are subject to maps being available on the appropriate courses; a small contingency has been allowed, but some changes may be refused.

Limited changes to entries will also be permitted at the JK weekend,

- Changing from a Long to a Short age class
- Changing class to run up, e.g. M40 who has entered M40L now wants to run M35L
- Changing class to no longer run up, e.g. M40 who has entered M35L, now wants to run M40L

General Information

- Changes of entrant, e.g. someone taking another's run BUT they will be non-competitive (BOF Rules: no new entries to age classes at the weekend)
- Change from (age) championship class to colour class. No charge
- Changes in name – for typo or due to marriage, etc., changes in club or BOF number – no charge.

Not allowed: Change to run down in an age class, change to start time on the same (age) championship class (not even a request on Friday for a change on Sunday!) and new entries to (age) championship classes.

Cancellation Procedure and Refund Policy

BOF rules state that cancellations within 30 days of the JK receive no refund. (Full details of the BOF Cancellation and Refund Policy are [here](#).) No refund for cancellation can therefore now be given.

If you need to cancel your entry, please contact Alun via jkentries@britishorienteering.org.uk

Bibs

All competitors must wear their individually numbered bibs each day and will not be allowed to start without them. Bib and matching emitag numbers will be displayed on the Fabian4 entry list. Your course, class and start times for each day are printed on your bib.

Days 1 – 3: Bibs are used for all classes and for PreO and TempO and will have the same number as your allocated emitag (except TrailO-only entrants). Elite runners will also receive a second emitag as a back-up. Both emitags should be worn on the same wrist for all events.

Bibs and emitags will be in clear pouches, strung up near enquiries each day and arranged in alphabetical order by surname. Please remove your emitag and bib from the pouch and leave the pouch on the string.

There will be four batches of pouches, each in alphabetical order (of surname, then first name):

- M/W21E - yellow banded bibs
- M/W18E and 20E - green banded bibs
- Non-elite FootO competitors – un-banded bibs
- TrailO competitors not competing in FootO – un-banded bibs & no emitag

Elite runners should note that they will use the same bib for all 3 days. They will NOT receive a separate bib for day 3. This is a change in practice from recent JKs.

Entry-on-the-day competitors will be issued with a bib when registering for their course.

NOTE: If you have entered for an elite run on one day and a non-elite run on another day, you will receive only one (Elite) bib: this bib is to be used for each day.

Shadowing

Shadowing/pairs is not permitted on any of the Championship or TrailO courses. Shadowing (or taking part as a pair) is only permitted on the non-championship courses. The person shadowing must complete their own run first.

Start Lists

Available via the Fabian4 website and on display in the arena on days 1, 2 and 3.

Start Procedure

Please note that all three individual days will operate on the 'silent start' principle as required by IOF for WRE events. We ask that you respect this and follow the instructions of the start officials at all times.

Please ensure that your bib number is the same as your emitag number.

JK competitors will have a pre-allocated timed (non-punching) start, with only a few exceptions having an open start e.g. second parent on a split start.

- -5: call up and emitag activation

General Information

- -4: loose control descriptions
- -3: last minute map/safety information
- -2: emiTag safety check; enter correct start lane
- -1: * stand by your map
- 0: * take map and start on long beep

* For Day 1, non-Elites ONLY, on the long beep, punch the start unit and pick up your map.

If you arrive before your start time but are late for your call up time, you will be taken through the start area to the correct start box for your time.

If you completely miss your start time you should report to the Late Start lane from where you will be escorted to the start line. If you arrive at the start line less than half the start interval after your start time, you will start immediately. If you arrive at the start line more than half the start interval after your start time, you will be started at the next available half start interval. You will punch a start box, but you will be timed from your allocated start time. Start times will not be changed by the start teams or at Enquiries.

If you believe that your lateness is not your fault you must talk to the Organiser after you have finished.

Electronic Punching

All competitors will be issued with a touch-free EMIT emitag which will have the same number as your bib for the individual days. It will also be used for timing on the PreO courses – TrailO-only entrants will be issued one at the event. We recommend this is worn on the wrist so that you can see the number on it. The IOF specification for touch-free punching systems requires that a punch must register within 30cm and must not register if more than 60cm from the control.

Aim to pass your emitag within 30cm of the top of the control. A light under the number will flash for 5 seconds, confirming that you have registered the control. If for medical reasons you can be affected by bright lights then you might want to dim the tag light with light tape as the light is quite bright. **There is no beep!** You should aim to register a flash and move away from the control - standing next to one will keep the tag flashing for 1 minute, then it will stop flashing to save the battery and will not flash again for 15 secs.



A sample control will be in the arena outside Enquiries for each day. There will also be a small model event on Day 1 close to the arena.

You may like to visit these sites for video demonstrations of the most efficient way to use Emit Touch Free:

https://www.youtube.com/watch?v=CIUKOgVz_OU and <https://www.youtube.com/watch?v=Ds85sHH2Viw>.

This one shows the system in use in a sprint event <https://www.youtube.com/watch?v=WkD5XcaNOyA>.

The control layout will be consistent, with EMIT touch free control horizontally mounted on a stake with the code number on the top and the kite below. A pin punch will be attached to the control for use in case of failure of the box or emitag.

Emitags must be returned at download by the end of day 3 at the latest unless you are taking part in the relays. If an Emitag is lost a replacement fee of £50 must be paid on the day.

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

Results

- Displayed in the Event Arena, both printed and live scrolling displays;
- Available online at race-results.info/jk - updated live and mobile-friendly display;
- Linked from the JK web site as soon as possible after the event (including Routegadget, WinSplits, SplitsBrowser etc.).
- TrailO results will be on the same links from the JK2019 web site after the completion of each event.

General Information

Prize giving

We are grateful to Silva and EMIT for their generous prize donations.

On **Day 2** we will present the prizes for the **Sprint** competition, followed immediately by **Day 2 World Ranking Event** ceremony for those finishing first, second and third in M/W21E Middle races.

On **Day 3** we will present the prizes for the **combined Days 2 and 3** competition.

Prizes For Sprint and Combined days 2 and 3 will be awarded to the first, second and third competitors in the premier class of all age categories: W/M 10- 90; also first places on W/M 10-16B for combined Days 2 and 3.

TrailO prizes will be awarded to the first, second and third competitors in Open and Junior Elite Tempo, and Open, Para and Junior PreO. Ceremonies for each class will be held on each day as soon as the prize-winners are known and confirmed after 15 mins for Protests e.g. for the Para class when all Para competitors have finished rather than waiting until all competitors have finished.

On **Day 4** we will present prizes for the **Best Overall Performance** and first 3 teams in each **Relay** category.

Best Overall Performance of the JK Trophies

The 2018 winners were Claire Ward, INT W40L and Matthew Gooch MAROC M16A.

Criteria for 2019 and forwards: those who have won all three individual days on the longest course for an age-group (A/L/E - where applicable) will be pooled and then assessed to produce a winner, along with honourable mentions for second and third places.

Exceptions to this basic criterion may occur, e.g. voided/cancelled courses/days, an exceptional athlete who forfeits their third win to help an injured competitor, etc.

Trophies will be the first awards at the prize-giving on Day 4, The JK Relay Day.

Nick Barrable, SYO and CompassSport Editor, will head the JK Performance Trophy Assessment Panel.

Medal winners who are unable to attend the prize giving ceremony may ask a trusted friend or family member to collect their prize after the ceremony. Said person will have to give their name and contact details, and sign for the prize. Winners of uncollected medals will be contacted by the organisers after the event.

Rules

The event will be run under the relevant rules and Manual of IOF for the WRE courses and British Orienteering for the non-WRE courses, including those for eligibility:

[IOF Competition Rules](#)

[IOF WRE manual](#)

[British Orienteering rules](#)

[IOF Competition Rules for Trail Orienteering 2019](#)

Complaints, Protests and Appeals

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue, then a Complaint should be made in writing to the Day Organiser (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 / organising body. A jury may then be convened. For WREs the Protest is made to the IOF Event Advisor or a member of the (IOF) Jury and no more than 15 minutes after the Complaint result is known.

An appeal is permitted to be made against the jury's decision with regard to a protest. All appeals must be made in writing and within fourteen days of the decision of the jury being announced or communicated to the persons making the protest.

General Information

Dogs

Dogs are generally allowed in the arena areas but must be on leads and under strict control. Please clean up after your dog. Dogs are not allowed on the competition area: an exception has been made for a competitor to be accompanied by a registered assistance dog.

Tents

There is a club tent 'drop-off point' just for Day 1 at the Aldershot Tennis Centre car-park (see Day 1 arena map).

JROS (Junior Regional Orienteering Squads) will once again have a tent in the Arena field on days 2 and 3. On display will be photographs and maps from the various 2018 training camps in the Lake District, Scotland and Sweden. The video from this year's Lagganlia Summer Camp for M/W14's will be shown throughout the day, along with a selection of GB Team training videos: give your feedback on the training videos for a chance to win a prize.

JROS will be organising a **JK Easter egg raffle**. This has been hugely popular in previous years and once again JROS is indebted to Tom and Julie of 'Tom's Catering' for donating these prizes. The draw will take place on day 3 before the main prize-giving.

If you are a junior wishing to attend a **JROS** camp or perhaps a parent who wants to know what goes on, or indeed anyone who wants to know about **JROS**, please come along and talk to us. Who knows...we may persuade you to buy a winning raffle ticket!

World Ranking Event Information (WRE; days 1 and 2)

Most of the necessary information is contained within each day section. Information not covered is as follows:

Event Coordinators: Di and Terry Smith (SOC)

Web site: The JK 2019 web site can be found at www.thejk.org.uk

Non-entry enquiries: should be directed to Andrew /Ian at: jkenquiries@britishorienteering.org.uk

Entry enquiries: should be directed to Alun at jkentries@britishorienteering.org.uk

Embargoed areas: These can be found on the British Orienteering web site [JK2019](http://www.britishorienteering.org.uk)

Transport: Transport will not be provided. Please make your own transport arrangements.

Start List: The start list is available at <http://www.fabian4.co.uk/default.aspx?EventID=2209>

Entries: There are 93 M21E entries on day 1, 99 on day 2. There are 57 W21E entries on day 1, 53 on day 2.

Deviation from the rules: maps are digitally printed.

Refreshment points: None on Day 1. One about half way round the M21E and W21E courses on Day 2.



Day 1 loose descriptions length

Course 1 18cm

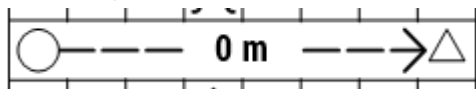
Course 2 16cm

Day 2 loose descriptions length

Course 1 21cm

Course 2 19cm

Where M/W21Es have a double-sided map, the description for indicating 'turn over map' is:



On turning over map the 'change over control' will be repeated (hence there is no start triangle on the second map)

IOF Competition Rules forbid the use of GPS devices unless there is "no display or audible feedback".

Possession or use of any orienteering or other maps of the competition area is prohibited until permitted by the organiser.

IOF Jury: See each day's details.

General Information

Traders and Caterers

Equipment traders: Ultrasport and Compass Point.

Food and drinks traders: O-Nosh, Podium and Tom's British and Continental.

Merchandise

Pre-ordering is now closed. Pre-ordered JK merchandise can be collected at the event from Enquiries, where you can buy event clips - £3 per pack, or a JK O top - £25 for adult sizes, £20 for kid's sizes, while stocks last. Cash only, please.

British Orienteering AGM

This will take place on Day 1 at 5pm in the Garrett Club between the arena and main car park.

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 read and comply with section 4.8 of British Orienteering's [O Safe 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, contactable via Enquiries.

Official photographers are required to register with British Orienteering and wear a special Hi vis vest. Our official photographers, Robert Lines, Wendy Carlyle, and Steve Rush, will be taking pictures at the event, including in the competition area, and there will be links to relevant webpages on the JK2019 website after the event. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website [here](#) and hand it in to Enquiries. You will be identified by your bib number.

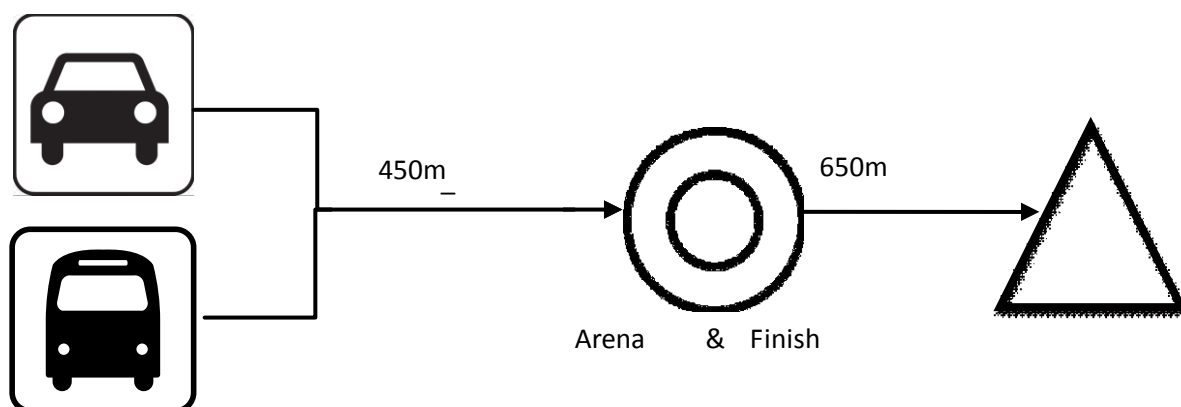
String Course Information

There will be a string course/memory activity available on days 1, 2 and 3, close to each arena.

Day 1: Friday 19th April – Sprint – Aldershot Garrison (incorporating World Ranking Event)

Important Notices

- Everyone entering the competition area must wear a JK 2019 race bib. Spectators are not to enter the competition area.
- Mons, Wavell and Normandy Barracks are part of an active Army Garrison. Please do not:
 - touch or climb on any military equipment that you may come across.
 - enter any buildings within the competition area.
 - re-enter the competition area after your run.
- Special permission will be required to take photographs in the competition area which is inside a military boundary fence. Please contact the JK coordinator well in advance (jkcoordinator@britishorienteering.org.uk). Photography in the Arena area/finish area and run-in are encouraged, but please avoid taking pictures of the camp gates or through the perimeter fence.



Travel Directions

From the M3: Leave at Junction 4, follow road signs towards Guildford (A331). After approx 5 km, take the exit signposted ['Aldershot Military Town \(North\)'](#) A3011 onto Lynchford Road. Proceed on the A3011 through the town of North Camp and take the first left off the roundabout onto Queen's Avenue, signposted [Aldershot Centre for Health](#). The nearest postcode to the event parking is GU11 2JL; parking is signed off Queen's Avenue directly opposite the Army Rugby and Aldershot Athletic Stadiums.

From the South: Also take the exit from the A331 signposted Aldershot Military Town (North) onto Lynchford Rd as above. Orienteering Signs will be in place off the A3011 at the junction of Lynchford Road and Queen's Avenue as well as from other local approach roads.

Public Transport: There is a train station in Aldershot and Ash Vale with bus links to Queen's Avenue / North Camp. The nearest mainline railway station from London is Farnborough Main or alternatively, North Camp on the Reading to Gatwick line. Bus services are shown on the Surrey County Council website: <https://www.surreycc.gov.uk/roads-and-transport/buses-and-other-transport/bus-timetables/blackwater-valley#401>

Parking

Parking for all vehicles (cars, campers and buses) will be on grass. You may encounter pedestrians whilst driving to and from parking. Please drive slowly and carefully along Queen's Avenue. Priority parking will be at the closest parking area to the arena, maximum distance of 450m.



Event Arena

The event arena is 450m from the parking area. The event arena contains toilets, traders, first aid, and results and a changing area for lone competitors. There is ample space for club tents and spectators with good views of the run-in. There is no spectator control on this occasion. An area will be marked for club tents on the west side of the run-in (see arena layout diagram).

A marquee in the arena will house enquiries, Novice EOD, trophy return, car key deposit, lost property, complaints and protests, merchandise collection and download.

Bibs and Emitags

Race numbers and Emitags will be strung up on a mesh structure close to the marquee.

Lone Competitors

Changing in the Aldershot Garrison Sports Centre sports hall is available for lone competitors. Any kit-bags and clothing left in this area are entirely at your own risk and will not be looked after by event volunteers. Lone competitors should consider asking someone in a club tent if they can leave their kit with them.

Timings (Timings are subject to change if deemed necessary):

10:00	Car parks open
10:15	Enquiries, Trophy Return, Novice Course entries open
10:30	Model Area open
11:00	String Course Memory Game opens
12:00	Sprint course first start time
12:00	TempO Event centre opens; pedestrian access via Mons Gate from 11.45
12:30	TempO first start time
14:30	Novice Courses entries close
15:00	Memory Game closes
15:30	Sprint courses last start time
16:15	Sprint courses close
17:00	Enquiries close
17.00	British Orienteering AGM
17:30	TempO last start time
18:30	TempO closes

Map

Courses 1, 2 and 3 have an A4 size map at a scale of 1:4,000 with 2.5m contours.

All other courses have an A3 map at a scale of 1:3,000 with 2.5m contours.

The model map is A6 size at a scale of 1:4,000 with 2.5m contours.

All maps are digitally printed on waterproof paper, remapped in 2018 for JK2019 by Peel Land Surveys.

Terrain & Course Notes

Mons, Wavell and Normandy Barracks are typical military barracks consisting of a mixture of accommodation blocks and various work areas. Comprising mainly grassed areas with some hard surfaces, it offers typical campus style navigational challenges of detailed map reading and rapid decision making. The area was last used for the BOC Sprints in 2015 and more recently, at a Military League Event. A copy of the previous map is available via the [BAOC routegadget page](#).

Where there are gaps that may be used, for example between hedges and buildings, these have been exaggerated to be obvious on the map (min 0.4mm gap).



Generally, the Impassable Vegetation (Black/Green ISSOM 421) screen has been used to depict a range of vegetation types, from low planting through to mature bushes, in preference to the Olive Green (ISSOM 528.1) Area of Forbidden Access, as it is clearer on the map in small areas. Neither feature (ISSOM 421 or 528.1) may be crossed within the Rules of Orienteering. Metal Barriers will also used to provide deliberate barriers for the purposes of the competition and must never be crossed.



Day 1: Friday 19th April – Sprint – Aldershot Garrison

Rough Open land (ISSOM 403) has been used to depict some low vegetation (probably hostas) between buildings, to which the inhabitants have shown little respect, so there is no reason for us (a) to make it impassable or (b) to try to monitor illegal crossings.

This extract also shows the spiral fire escapes.



A black cross (ISSOM 540) has been used to depict military equipment. When used as a control site the control description symbol is X.

Terrain Dangers:

Take care when passing close to the spiral fire escapes, as there is a danger of head height collision if orienteers are running eyes down looking at the map. Two have been used as control sites; the controls will be located away from the risk area. The control description symbol is the same as for a straight flight of stairs.



Fire escapes will be taped to reduce the possibility of running into them where possible routes pass under them.

No holes in the ground have been found that may catch runners by surprise. Larger items of urban furniture have been depicted with a black rectangle. Smaller urban furniture (e.g. bicycle racks, electrical boxes) have not been mapped, so keep watching the ground ahead.

Where there are likely routes in opposite directions around tight building corners, competitors must run a bit wider around the corner to ensure more visibility. Apart from narrow gaps between vegetation/fences and buildings, there are no constrictive passages that will prevent runners passing each other freely.

Clothing

Shorts and running vests are permitted for this race. Shoes with spikes are not permitted. Recommended footwear is rubber studs as the finish field and some grassy areas within the Barracks are likely to be muddy / slippery.

Control Descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes.

Start

The start is 650m from the arena. Call up is at -5 minutes.

Start lists will be on display in the arena only.

Please ensure that your bib number is the same as your emitag number and visible on your chest.

Competitors will have a pre-allocated start time, with only a few exceptions e.g. second parent on a split start, having an open start.

See Start Procedure in General Information.

Course Details

Course	Classes	Controls	Length	Climb
1	M18E M20E M21E	31	4.0 km	30 m
2	W18E W20E W21E	26	3.6 km	25 m
3	M35 M40 Men Open	27	3.5 km	30 m
4	M45	25	3.4 km	30 m
5	M14 M16	26	3.3 km	30 m
6	M50	25	3.2 km	25 m
7	M55 W35	24	3.0 km	25 m
8	W14 W16	25	3.0 km	20 m
9	M60 Women Open	20	2.8 km	20 m
10	W40 W45	25	2.6 km	25 m
11	M65 W50	22	2.5 km	20 m
12	M70 W55	22	2.4 km	20 m
13	W60 W65 Novice Adult	20	2.2 km	15 m
14	M75 M80 M85 M90 M12 W70 W75 W80 W85 W90 W12	17	1.9 km	10 m
15	M10 W10 Novice Junior	19	1.8 km	10 m

All subject to final controlling and last-minute changes. All course lengths are optimum route.

Finish

The Finish is in the Arena. Maps will be collected from course 1 and 2 competitors only and released after the start closes. For other courses, maps will not be collected. In the interests of fairness and enjoyment for all, please do not show your map to anyone yet to run.

Model course

A short course has been provided as a model, including sample controls. It is located just off the route to the start. Please return your map when you have finished.

Memory Game

The Children's Memory Game –a String course with a difference - will be close to the arena next to the Model area.

British Orienteering Jury	IOF Jury (BOF)
Tony Thornley (AIRE)	Tony Thornley (GBR)
Dick Towler (LOC)	Petter Fure (NOR)
David Rosen (LOK)	David Rosen (GBR)

Event Officials

Organisers: Chris Huthwaite (BAOC) assisted by Richard Barrett (BAOC)
 Planner: Colin Duckworth (TVOC) assisted by Paul Martin (SN)
 Controller: Philip Gristwood (MV)
 IOF Advisor: David May (SLOW)

Acknowledgements

Thanks to the many volunteers from BAOC, SCOA clubs and beyond.
 We are grateful to the following for their help and for allowing us to use the area:
 MoD and DIO
 Garrison Commander: Lieutenant Colonel Colin Baines
 Aspire: Mr James Smee and the Aspire Team
 Aldershot Military Museum for loan of the Mortar (the last control)

Day 1: Friday 19th April – Tempo – Aldershot Garrison

Important Notices

- Everyone entering the competition area must wear a JK 2019 race bib, obtained (except for Para competitors and their Helpers) from Sprint Enquiries.
- St Omer Village is part of an active Army Garrison and is home to many soldiers. Please do not:
 - touch or climb on any military equipment that you may come across.
 - enter any buildings, except the Event Centre (The Bell Inn) and retail outlet.
 - re-enter the FootO or TrailO competition area after your competition.
- Special permission is required to take photographs in the competition area which is inside a military boundary fence. Please contact the JK coordinator (jkcoordinator@britishorienteering.org.uk).

Travel Directions

See Sprint instructions. The same car park (Lat/Long: 51.265273, -0.755554) will be used, except for mobility-impaired competitors who will be sent separate instructions by email.

Event Centre

The Tempo Event Centre is 500m on foot from the Sprint Arena (see Sprint instructions for arena layout diagram; the route to Tempo is to the SE). The route will be signed and taped – do not diverge from it, especially having crossed the canal. Competitors with the correct bibs will be allowed to enter Mons Barracks after 1145 hrs through the main entrance (FootO competitors passing in the other direction). The event Centre is in ‘The Bell Inn’ (soldiers’ club, no sales during competition!), with toilets, limited changing space, registration and results. Report here first for confirmed instructions and to collect your Control Card.

Bibs

All TrailO competitors require a JK19 number bib to be allowed to enter Montgomery Barracks. For pre-entries, these are obtained from clear pouches strung up near Sprint Enquiries. Para competitors instructed to park closer to the TrailO Event Centre will be issued their bibs on arrival.

Entry on Day (EoD) and Enquiries

Entry on Day (and for PreO on Day 2) will be possible through Sprint Enquiries, who will cover general enquiries and assistance. Specific Tempo / TrailO competition enquiries will be answered at the Tempo Event Centre.

Map

ISSOM 1:3,000 with 2.5 m contours. 6mm diameter control circles have been retained.

Based on the original British Sprint Championships 2015 map by Hugh Drummond (BAOC), updated in 2018/19 for TrailO by Charles Bromley Gardner (BAOC). The previous map is on: <https://www.baoc.routegadget.co.uk/rg2/#107>

The Sprint mapping symbol interpretations (see above) are also relevant, particularly for bicycle sheds and spiral fire escapes. Vegetation has been mapped for visibility, not runnability: in particular Olive Green (ISSOM 528.1) has not been used for flower beds, replaced by ISSOM 408 (green 60%, difficult to run) where flora is below 60cm high, and ISSOM 410 (green 100%, very difficult to run) where vegetation obstructs the view of a seated person. Prominent large trees (ISSOM 418) are those with a circumference greater than 2m (so I couldn’t hug it fully!) and all individual small trees and bushes are shown with ISSOM 419.

There is one other relevant Special Symbol, not used as any control: boot washing stations (an example is passed by all en route to Event Centre and then again towards the Start) are depicted by a variation of ISSOM 419 (small tree) coloured blue with a 0.07mm black circumference (otherwise confused as a fish-pond?!):



Terrain

St Omer 'Village' is mainly an accommodation area, consisting of similar buildings interlinked by pathways through grassed areas with slowly maturing parkland flora.

Start Times

The Tempo start will be open from 12:30 until hopefully no later than 17:30! It will be a queuing start. Due to the huge response (150 entrants and counting), you should be prepared to wait, particularly at busy times (expected to be 15:30 to 17:00). Start times will only be pre-allocated for the 34 entrants who have not entered the Sprint; these will be between 12:30 and 14:00 (address any expected difficulties due to travel arrangements to inquiries@britishorienteering.org.uk). Entrants can compete before or after their Sprint race as there is no conflict of areas. Those wishing to complete the TrailO before their Sprint can start from 12:30, amongst those pre-allocated.

Courses

There are two courses, both with Open and Junior Classes, using the same Stations. The course length is 1000 m, with 10 m of ascent. There will be seven Stations, each showing six O flags.

Elite (E): 4 Tasks per Station = total of 28. The Zero Tolerance (distance between the correct position and the closest flag) is a minimum of 3m with no exceptions. Competitors will have the choice of top-bound or loose map sets at each Station. Time Allowance at each Station is 120 seconds. Penalty for an incorrect answer is 30 seconds.

Standard (A): 3 Tasks per Station = total of 21. There are occasional Zero answers (where no flag corresponds to the correct position), but the Zero Tolerance is at least 5m with no exceptions. Competitors will just have side-bound (like a book) map sets. Time Allowance at each Station is 90 seconds. Penalty for an incorrect answer is 30 seconds.

Note:

For those new to Tempo, please note that the aim is to solve the Tasks at speed and not to take the full Time Allowance! If you take your time, sunset (8:00 pm) will catch up on us! The fastest total time at Stations, taking into account added penalties, wins. Give your answers clearly and loudly!

Competition Procedure

The JK19 website gave an explanation of Tempo, with a link to a fuller explanation. Re-read to understand it in advance, as the Station Officials will not have the time, or knowledge, to brief. Competitors will carry their own Control Card from Station to Station. Station Officials will enter the competitor's answer to each Task and record the time taken, from the words "your time starts now" until the last answer is given. Competitors should check that there is no dispute with the answers recorded before they leave each Station; there is no subsequent recourse.

Model Stations

There will be two unmanned Model Stations side-by-side close to the Event Centre, with examples of all three map set types, and solutions. You may attempt these at your own convenience.

Post Event

Solution maps will be available in the Event Centre after the last start, and taken to PreO on Day 2. They will also be linked from the JK19 website.

Results will be shown initially in finishing order only until the last competitor has started, after when the scores will also be shown. After the event they will be posted alongside the Sprint results on a link from the JK website.

The Prizegiving for the first three competitors in Elite classes will take place as soon as possible at the Event Centre.

Points will be awarded towards the (unofficial) European Cup in Trail Orienteering, combining both Senior and Junior Elite classes. <https://orienteering.sport/trailo/european-cup-in-trailo/>

Jury

To be selected from experienced overseas competitors.

Day 1: Friday 19th April – Tempo – Aldershot Garrison

TempO Officials

Organiser: Axel Blomquist (BAOC)

Planner: Charles Bromley Gardner (BAOC)

Controller: Colin Dickson (BAOC)

Acknowledgements

Thanks to the many essential volunteers from far and wide.

We are grateful to the following for their help and for allowing us to use the area:

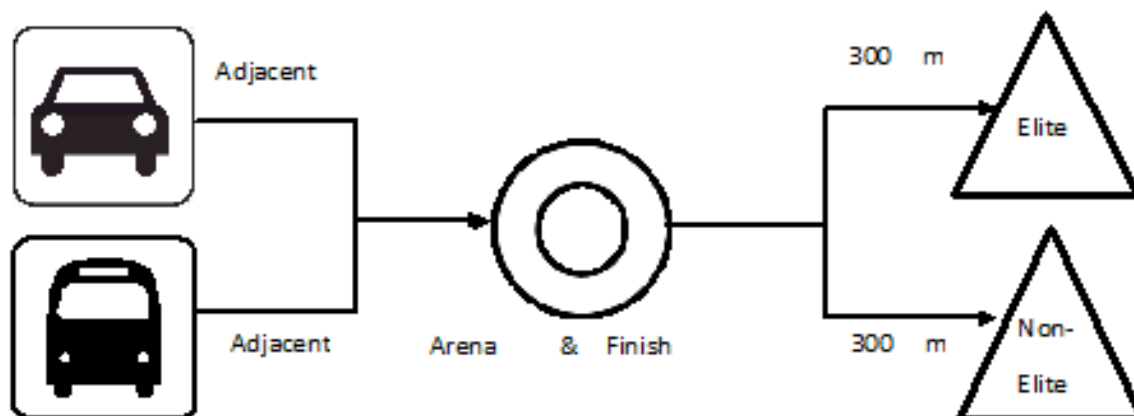
MoD and DIO; Garrison Commander: Lieutenant Colonel Colin Baines

Aspire Defence Services: Mr James Smee and the Aspire Team; Sodexo UK (for Bell Inn access)

Day 2: 20th April – Middle – Old Windmill Hill (incorporating World Ranking Event)

Important notices

- Water will be provided at the finish for WRE competitors only. Please bring your own after-race drink.
- Very limited rubbish collection facilities will be provided. Please take your rubbish away with you and recycle.
- Numbered bibs MUST be worn by all competitors. Remember to bring your race bib and emitag with you if you ran in the Sprint race, otherwise, collect them from pouches strung up near Enquiries.



Travel Directions

Access to the car parking and event arena is from the junction of B3105 and Minorca Road, OS grid reference SU908585. The event will be signposted from this junction only. The postcode GU16 6ST will bring you into Minorca Road some 200m before the event car park.

The B3105 has a 40mph speed limit. Visibility at this junction is good in both directions. We expect the majority of traffic to approach from the north. Traffic approaching from the south will be turning right into Minorca Road.

If approaching from the north, you should be aware that at the junction of the B3105/B311 there are roadworks with a four-way traffic light system in place. We expect this to still be in place on the day of the event, so you should allow extra time to cross this junction.

If approaching from the B3012 to the south, you need to be aware that the bridge at the southern end of the B3105 is a single lane with width restriction bollards in place. This width restriction is 6' 6" (2m) and the bollards are heavily damaged where vehicles have hit them. Don't let your vehicle become another victim.

Parking

Parking for all vehicles is next to the event arena. Marshalls will direct vehicles to parking areas. If you are bringing a coach to the event you should ensure that this is known to the day organiser in advance

Public Transport

Bus service from Farnborough train station to Deepcut, stopping at Minorca Road <https://bustimes.org/services/11-farnborough-camberley-frimley>

Event Arena

The event arena is next to the parking area. The event arena contains toilets, traders, first aid, bib collection, results, string course, a large marquee for enquiries, colour-coded EOD, trophy return, car key deposit, lost property, general enquiries, complaints and protests, merchandise collection and relay registration.

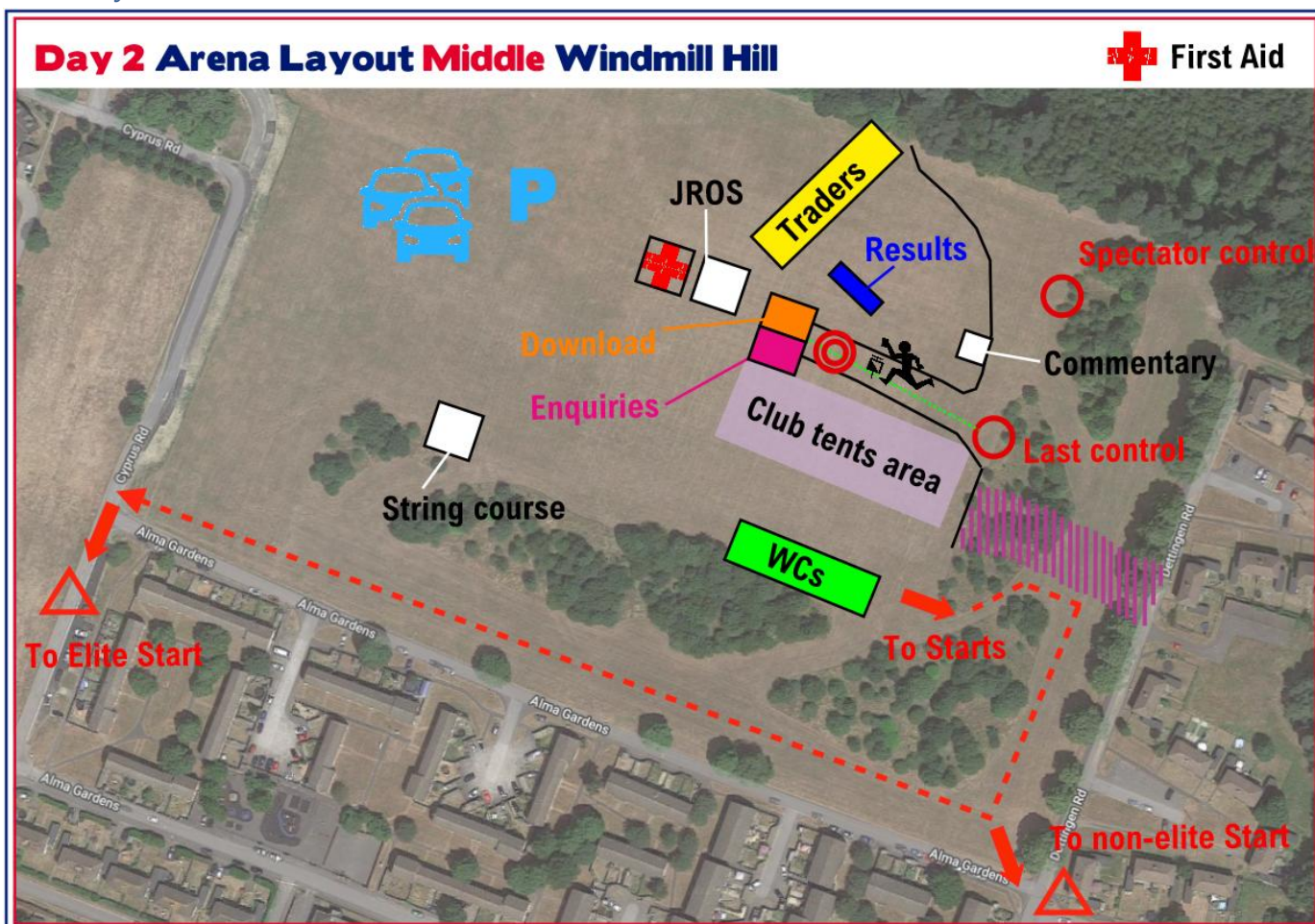
An area will be marked for club tents.

Timings

Please note: Timings are subject to change if deemed necessary.

08:00	Car park opens
09:00	Enquiries open
09:30	Colour coded entries open
10:00	JK Championship starts, relay registration opens
10:30	String course opens
11:30	PreO Car Park opens
12:00	PreO Registration opens
12:30	First PreO Start
14:30	String course closes
15:00	Medal ceremony for Elite races and Sprint Championships
15:15	JK Championship and Colour coded Courses close
16:00	Last PreO Start
17:00	Arena Car park closes
18:30	PreO complete; final Prizegiving
19:00	PreO Car Park closes

Arena Layout



A Premier (small) supermarket is 300m from Arena. Open 8am to 8pm. At the end of Cyprus (route to Elite starts) GU16 6BT

Map

All maps will be A4 in size and printed on waterproof paper (not bagged). Courses 1 and 2 will be printed double sided. The map is 1:10,000 with 5m contour interval for all courses and has been resurveyed by Peel Land Surveys in 2018/2019 for JK2019.

Day 2: Saturday 20th April – Middle – Old Windmill Hill

A previous use of the map on Routegadget can be found here

<https://www.sn.routegadget.co.uk/rg2/?act=map&id=55&kieli=#1>

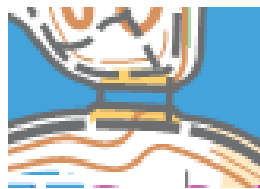
Terrain

Old Windmill Hill is predominately wooded, undulating, with numerous paths. Mountain bike tracks are beginning to disappear since the Army training area was fenced off in 2018 and was closed to the public in August 2018.

The start is in an area which is open to the public. Please respect their right to be there. The main body of the area is now enclosed by an un-crossable fence; competitors should only need to cross this fence at open gates.

There is one MOD service road that passes through the southern end of the area and traffic on this will vary between no vehicles to the occasional vehicle. Competitors should take care when crossing this road. No junior courses cross this road.

Longer courses will cross the Basingstoke canal. Crossing must only be via one of the footbridges adjacent to the locks, or the road bridge. Bridges over locks will be marked with a crossing point symbol) (, but for clarity this has not been shown on the road bridge.



Safety bearing: North, follow a fence to the northern gate near the finish.

Course Details

Course	Classes	Controls	Distance	Climb	Start
1	M21E (Double sided)	25	6.9 km	270 m	Elite
2	W21E (Double sided)	21	5.7 km	220 m	Elite
3	M20E M18E	25	4.5 km	160 m	Elite
4	W20E W18E	18	3.6 km	130 m	Elite
5	M35L M40L	24	5.6 km	180 m	Non-Elite
6	M45L	24	5.3 km	185 m	Non-Elite
7	M50L M21L	28	5.4 km	160 m	Non-Elite
8	M55L	24	5.4 km	175 m	Non-Elite
9	M35S M40S M60L W35L W40L	25	4.8 km	160 m	Non-Elite
10	M21S M45S M50S W45L	25	4.8 km	165 m	Non-Elite
11	M65L W50L M16A	22	4.3 km	130 m	Non-Elite
12	M18L M20L M55S W21L W55L	21	3.8 km	135 m	Non-Elite
13	M21V M60S M70L W21S W35S	19	3.5 km	130 m	Non-Elite
14	M18S M20S M65S W16A W40S W45S W60L	21	3.5 km	115 m	Non-Elite
15	M70S M75L W18L W20L W50S W55S W65L	15	3.1 km	85 m	Non-Elite
16	M75S M80 W18S W20S W21V W60S W65S W70L	16	2.8 km	55 m	Non-Elite
17	M85 M90 W70S W75 W80 W85 W90	15	2.2 km	60 m	Non-Elite
18	M14A M16B W14A W16B	20	3.6 km	100 m	Non-Elite
19*	Light Green	19	3.1 km	110 m	Non-Elite
20	M12A M14B W12A W14B	17	2.6 km	65 m	Non-Elite
21*	Orange	14	2.5 km	50 m	Non-Elite
22*	M10A M12B W10A W12B Yellow	13	2.2 km	35 m	Non-Elite
23*	M10B W10B White	12	2.0 km	15 m	Non-Elite

* Descriptions are IOF and text

Control descriptions

Control descriptions will be printed on the front of the map. For competitors with double sided maps the control descriptions will be printed on the side of the map to which they refer. Loose descriptions will be available in the Start Lanes.

An **X** on both the map and descriptions refers to a vehicle.

Starts

There are two starts, an Elite start for competitors on courses 1 – 4 only. All other competitors should proceed to the Non-Elite start. Both starts are about 300m from the arena, along quiet residential streets and paths.

See start procedure in the General Information section.

Waiting area

There will be a taped waiting area before the start. Anything outside of this area should be regarded as the competition area and is out of bounds.

Spectator Control

There will be a spectator control for elite courses 1 to 4. Spectators will be able to see elite runners punch at the spectator control approximately 2 mins before they reach the last control.

Finish

The finish is in the Event Arena. Maps will be collected from competitors running the WRE courses 1 and 2 and released after the final WRE competitor has started. For others, please do not show your map to anyone yet to run.

Clothing transfer

There will be no clothing transfer.

Colour coded courses

The following colour coded classes will be offered: White, Yellow, Orange, and Light Green. You can choose any colour class you like irrespective of age or gender. They are available for entry on the day subject to the availability of maps. Entry on the day is at Enquiries in the large marquee.

String Course

A traditional string course will be available at the southern end of the parking field. The short, dinosaur-themed course will make use of a small group of copses. Emit cards will be available for those who wish to time themselves. Results will not be compiled but a good old-fashioned washing line will be available for those who want to post their times for comparison. There will also be a selection of garden games available to while away some time. Note though that this is not a child-minding service: parents are responsible for keeping an eye on their own children!

Prize Giving

For Middle Distance Elite and for JK Sprint Championships. This will take place as soon as possible after 15.00.

British Orienteering Jury	IOF Jury (BOF)
Tim Sands (BOK)	Petter Fure (NOR)
Roger Hargreaves (KERNO)	Simon Thompson (GBR)
Charles Daniel (BOK)	Tim Pribul (GBR)

Officials

Organiser: Steve McKinley (SN) Assisted by Adrian Wise (SN)

Planner: Pete Jones (SN)

Controller: Neil Crickmore (SO)

IOF Advisors: Julie and Ronan Cleary (LOK)

Acknowledgements

Thanks to the volunteers from SN, SCOA clubs and members of all the other clubs UK wide who are helping to deliver this event.

We are also grateful to The Defence Infrastructure Organisation (DIO) and LANDMARC for giving us permission to use the woodlands of Old Windmill Hill, to Surrey Heath Borough Council and to SKANSKA, the developers who are working in partnership with DIO and the MOD to redevelop Princess Royal Barracks and the local area.

Thanks also to the Royal Logistics Corps for the last control.

Day 2: 20th April – PreO – Mytchett (East)

Important Notices

- Due to land use restrictions (a Site of Special Scientific Interest) the car park is 250m from Registration, along a B road on which traffic can drive too quickly. Measures will be taken to warn the traffic, to provide a cordoned pathway on the verge, and to control the crossings, but please take care of yourselves. In accordance with BOF Rules, children under 16 on the competition day must be accompanied along this road.
- Emitags will be used for time taken on the course, from a Start to a Finish Emit Touch Free Control. It is essential that the Start and Finish controls are only contacted once each. FootO competitors are to use the same emitag; TrailO-only competitors will be provided with an emitag at PreO Registration.
- PreO is a 'silent' sport – please do not talk when in or passing through (i.e. back to Registration) the competition area. (The exception is at the Timed Control Stations!)

Travel Directions

The area is 3 miles / 5 km from the Middle event (max 15 mins). Head south along the B3015 to Deepcut; over the canal and railway, turn left (east) at the T-junction with the B3012.

Car Parking is at Grid SU922562 off the B3012 (Gapemouth Road). Lat/Long: 51.297848, -0.678420. There is plenty of space, but it will be locked at the end of the competition.

Limited parking for wheelchair competitors will be at Grid SU920561 (Lat/Long: 51.297427, -0.680601), just north of the railway bridge. Portaloos will be located here. There will be a 100m stretch along the B road to the competition area.

Map

Based on ISOM 2017, but at 1:5,000 with 1:10,000 symbol sizes; 2.5m contours. 6mm diameter control circles.

Area used for British Championships 1989, 1998 and World Cup 2005. Previous maps by Dave Peel (2008) and Pete Jones (2014). Re-surveyed 2019 by Roger Maher (SO), with LIDAR provided by Phill Batts (CLOCK), adapted for TrailO by Charles Bromley Gardner (BAOC). Last FootO map on Routegadget:

<https://www.baoc.routegadget.co.uk/rq2/#183>

Pits, usually military digging, are marked where their size would interrupt a running stride. Given the use of the area, in parts there are a significant number. Where relevant, sizes of pits used as controls will be given in control descriptions. Mapped prominent trees are those with a circumference larger than 2m, and are not necessarily 'single', i.e. they may be within a white area.

Competitors are to stay on the tracks marked as 'Paved' (ISOM 501 & 502). There may be little difference on the ground between this and the change to a Vehicle Track (ISOM 504), but it is not permitted to go onto the latter. Tape will be used to help delineate permissible tracks.

Terrain

An on-foot military training area with gullied steep slopes rising 45m. Mostly mature coniferous trees, therefore with good visibility being continuously improved by ongoing thinning (to 31 Mar 19). An extensive network of tracks, paths and unofficial MTB trails.

Start Times

12:30 until about 16:00. It will be a queuing start. Due to the huge response (150+ entrants and counting), you should be prepared to wait, particularly at busy times (expected to be 15:00 to 16:30). Approximate times will only be pre-allocated for the 34 entrants who have not entered the Middle race; these will be between 12:30 and 14:00. Middle race competitors are expected to complete their FootO race before coming across to the PreO.

Courses

Two courses, using the same Start and Finish. Course length approx 2000 m along firm hardcore vehicle tracks, including a 300 m flat stretch which may not have any controls – I have decided that there is nothing gained by taking it out of the course/time limit. There is one descent (no controls or viewpoints) on which manual wheelchair users may find an assistant helpful. The final number of controls, and thus the Time Limit, for each course will be confirmed in the last week before the event (after final controlling for vegetation growth).

The Elite (E) course will have two Timed Control Stations before the Start. The Standard (A) course will have just the first Time Control Station. Both Timed Control Stations will have 6 O flags, with 3 Tasks each, none of which will have a Zero answer. The Time Limit is 90 seconds at each Station. The penalty for an incorrect answer is 60 seconds. Elite competitors will have the choice of top-bound or loose map sets; Standard (A) course competitors will just have a side-bound (like a book) map set.

The Standard (A) course will include Zero (Z) answers, but only where the option is a single flag i.e. the answer will be either 'A' or 'Z'. It will be a clear Z: the 'A' flag will be at least 5m away from the correct site and possibly much more.

Zero tolerance on the Elite course is a minimum of 5m with no exceptions.

Competition Procedure

The JK19 website gives an explanation of PreO, with a link to a fuller explanation. Re-read to understand it in advance, as the Officials will not have the time to brief you again. Competitors will carry their own Control Card and emitag throughout. The Time Control Stations will be completed before actually 'starting'; the procedure is the same as TempO. Officials will write down the competitor's answer to each Task and record the time taken, from the words "your time starts now" until the last answer is given. Competitors should check that there is no dispute with the answers recorded before they leave the Station; there is no subsequent recourse.

Thereafter use the emitag to 'punch' at the Touch Free Start and pick up your PreO map. Each viewing point will occur along the route in numerical order and be identified by a mini O flag and course control number (e.g. E2, A4). It will be accompanied by a traditional pin punch, which is to be used to mark the chosen answer (A to E, or Z) on the Control Card. Personal pin punches may not be used. Controls can be punched in any order. Any double punching in different boxes will be counted as incorrect.

Post Event

Solution maps will be available at Registration after the last competitor has started and taken to the Long FootO event Enquiries on Day 3. They will also be linked from the JK19 website.

Results will be shown initially in finishing order only until the last competitor has started, after when the scores will also be shown. After the event they will be posted alongside the Sprint results on a link from the JK website.

The Prizegiving for the first three competitors in each Elite class will take place as soon as possible at Registration.

Points will be awarded towards the (unofficial) European Cup in Trail Orienteering, combining Senior, Para and Junior Elite classes. <https://orienteering.sport/trailo/european-cup-in-trailo/>

Jury

To be selected from experienced overseas competitors.

PreO Officials

Organiser: Axel Blomquist (BAOC)
Planner: Charles Bromley Gardner (BAOC)
Controller: Colin Dickson (BAOC)

Acknowledgements

Thanks to the necessary volunteers from BAOB.

We are grateful to the following for their help and for allowing us to use the area:

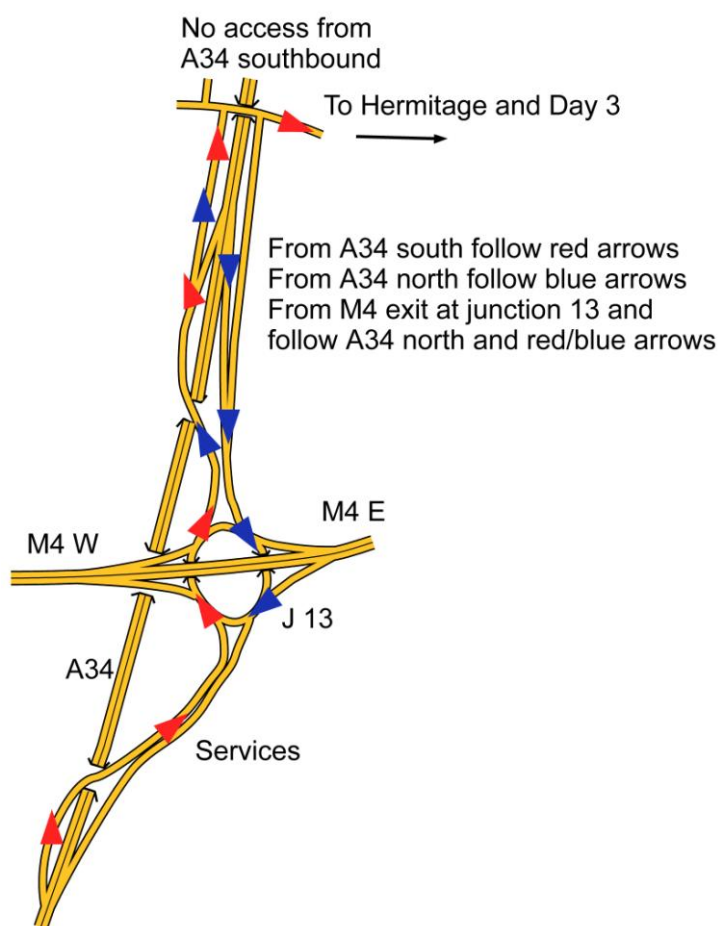
MoD and DIO

Natural England, for use of the SSSI

Day 3: Sunday 21st April – Long – Cold Ash

Important notices

- No entry to the car park after 12.15pm. No exit before 12.30pm.
- Water will not be provided at the finish. Please bring your own supplies.
- Very limited rubbish collection facilities (bin bags, etc.). Please take rubbish away with you.
- All competitors MUST wear numbered bibs. Remember to bring your bib and emitag with you if you ran in the Sprint Championships or the Middle Race, otherwise, collect them from near Enquiries.
- Elites should wear the same bibs as for days 1 and 2. Elite start times will be displayed in the arena on the results display frame.



Travel Directions

The event is best approached from the M4 Junction 13. Come off at the junction and go northwards towards the A34. Stay in the left hand lane then take the slip road signposted "Hermitage".

The event will not be signed, as there are a number of routes in. General parking is in a field accessed via a track leading south from Everington Lane / Yattendon Road (a minor road leading from Hermitage to Yattendon). The nearest grid reference to the turning is SU520738; Postcode RG18 9XP. Work has been done on the track to improve access but it is still a rough farm track so please drive slowly.

PLEASE NOTE: THIS IS A SINGLE LANE TRACK. ALL VEHICLES MUST ENTER BEFORE 12.15 – NO EXIT BEFORE 12.30. If you have noted on your Fabian4 entry that you will be bringing a larger vehicle / camper van you will receive email instructions on where to park.

Parking

Please park in accordance with the instructions of the Parking Team.

Public Transport

As this event is on Easter Sunday there will be very limited public transport on the day. There will be hourly trains from London – Paddington to Newbury, the first on leaving at 0827 (www.thetrainline.com). There is no bus service. However it is a 7.5-mile (12km) journey from Newbury Railway Station to the track leading to the Arena so a taxi/uber could be used for that last section of the journey.

Timings

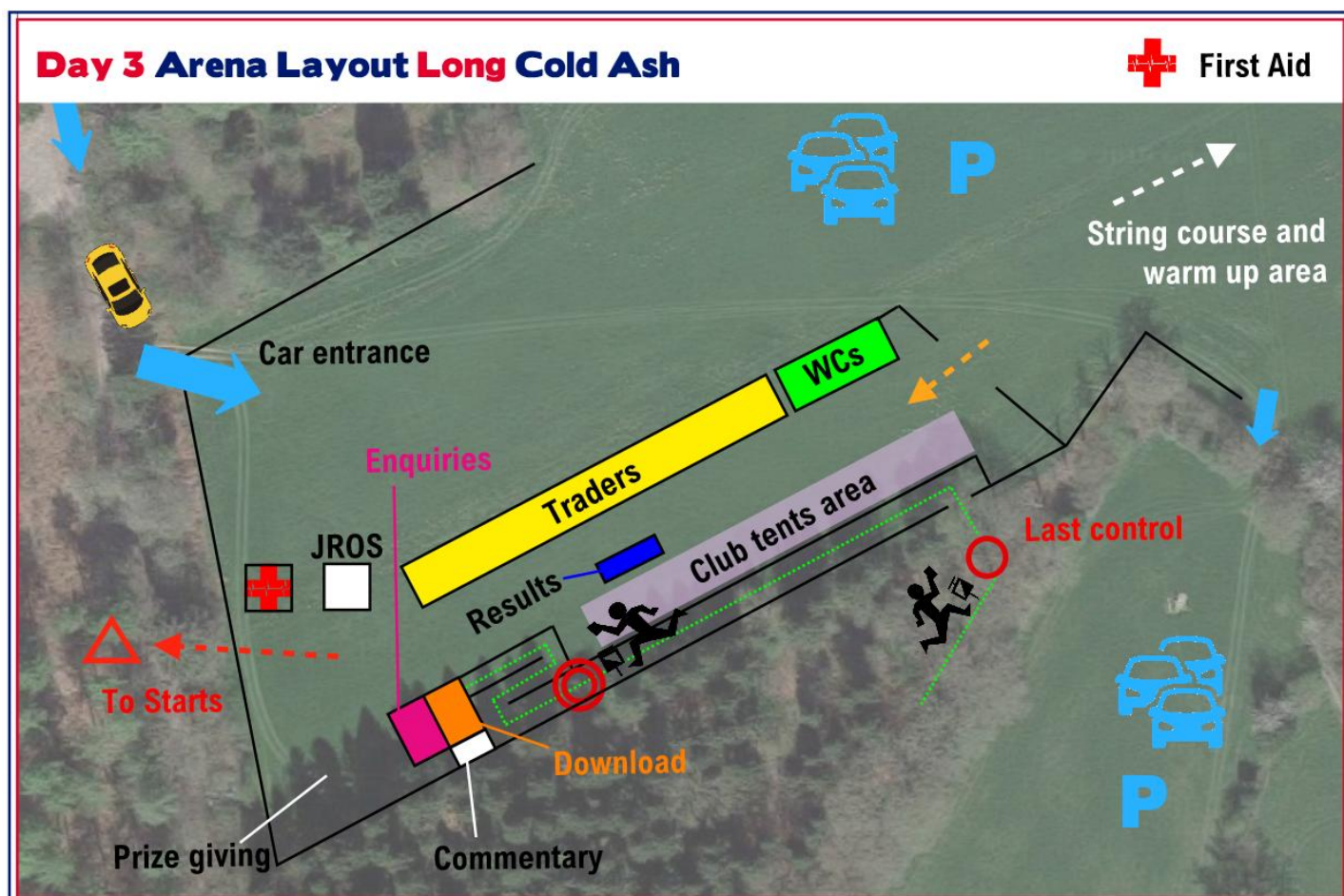
Please note: Timings are subject to change if deemed necessary.

08:30	Car parks open
09:00	Enquiries and colour coded entries open
10:00	Relay registration open
10:00	First start time for championship and colour coded. First start for M21E 09:45

Day 3: Sunday 21st April – Long – Cold Ash

10:30	String course opens
13:00	Colour coded entries close
14:00	Last start time for championship and colour coded
14:30	String course closes
15:30	Prize giving for days 2/3 combined as soon as possible
16:00	Courses, enquiries and relay registration close.
17:00	Car park closes

Arena Layout



Map

The map is 1:15,000 for courses 1-9 and 1:10,000 for courses 10-30. The contour interval is 5m. It was remapped in 2018 using LiDAR for JK 2019. A previous version of the full map on Routegadget can be found at <https://www.jk.routegadget.co.uk/rg2/#39>.

All maps will be digitally printed.

Terrain and Course Notes

Cold Ash is an area of mixed woodland with several gently sloping hills and a fairly extensive path network. Longer courses cross into the western part of Bucklebury, which has some areas of thicker forest.

The areas are crossed by a number of public roads, all of which are generally quiet but do have occasional fast-travelling cars. See below for road crossing information.

Running along public roads marked with purple crosses is PROHIBITED and will cause disqualification.

Please be considerate towards local residents and other users of the area.

Courses 1–8 and 10–14 offer routes that pass through or close to a water point, marked on the maps with the ‘cup’ symbol. This is between approximately one-third and approximately two-thirds of the course distance.

Owing to the shape of the area and vehicle access route it has not been possible to provide a spectator control, however the commentary team will have access to data from radio controls that are approximately one-third and three-quarters of the way round the Elite courses.

Planners' notes

Pits and large depressions in this area tend to fill with water as the water table changes over the winter months. Many were ponds when mapped a year ago, dried out completely over the summer months and have refilled since December. The map shows the situation as of a few weeks before the event, however if there is heavy rain before the event then be prepared for water in the bottom of mapped pits. Controls will not be located in the bottom of pits that are known to flood!

The area has multiple owners with some small areas, especially in the central and southern parts that are under private ownership. The longest courses have permission to cross some open fields. The parts that must not be crossed are clearly shown with purple out-of-bounds hatching. Please **keep out of these areas**, to safeguard the use of this area in the future.

A new fence topped by barbed wire crossed by courses 1-8 and 10-14 now has new hedging planted against it. The fence with new hedging is marked as **not** to be crossed (purple overprint), in order both to protect the hedging and to prevent competitors from impaling themselves on the closely-spaced bamboo canes. Please respect this. One crossing point has been identified and marked on the map; this is a gate which will remain locked during the event, but may be climbed.

An area of rough open which is newly planted with small unprotected conifers is marked out of bounds. All other newly planted areas have the young trees protected by guards and stakes, and may be crossed.

Safety bearing: north will take you back close to Arena, unless you are in the far reaches of one of the longest courses (in which case you should be capable of looking after yourself). Juniors who do not cross any roads should go northeast until they meet the obvious vehicle track on the eastern boundary of the competition map then go north to the finish.

Road Crossings

Courses 1 - 20 have two timed-out crossings of a road that is quiet but has sporadic fast-moving traffic. The time taken between the controls either side of the road, up to a maximum of 60 seconds at each crossing, will be deducted from your total time. This is indicated in the control descriptions. The controls are approximately 100m apart so you will need to **keep jogging** between them: if you walk, especially if you are held up at the road crossing, you are likely to exceed the maximum time.

M16A and W16A, courses 14 and 18, cross one additional very quiet road at a marshalled crossing point. The marshal will warn of oncoming vehicles but will **not** stop the traffic nor instruct the competitors. This crossing is not timed out.

The remaining courses 1–20 also cross this road, close to the marshal. Courses 1–8 and 10–14 cross one or more additional minor roads, where the crossings are not timed out.

Courses 21-30 have no road crossings.

The information fed to the commentators will allow for the time deducted at the road crossings.

Control descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes. Courses 27-30 will have both IOF and text control descriptions on the map.

Warm-up

There is a warm-up area with maps to the competition standard adjacent to the opposite side of parking/arena to the Starts. This is close to the String course. When you have finished your warm-up, please return the maps to where you collected them.

Start

The start is within 50m of the exit from the arena. Call up is at -5 minutes.

Start lists will be on display in the arena only.

Please ensure that your bib number is the same as your emitag number.

See Start Procedure in General Information.

Course Details

Course	Classes	Distance km	Climb m	Controls	Scale	Paper
1	M21E	17.8	500	41	1:15,000	A3
2	W21E	12.1	340	29	1:15,000	A3
3	M18E M20E	12.5	320	29	1:15,000	A3
4	W18E W20E	8.2	215	23	1:15,000	A4
5	M21L	14.7	375	36	1:15,000	A3
6	M35L M40L	11.9	325	26	1:15,000	A3
7	M18L M20L M21S W21L	9.1	255	23	1:15,000	A4
8	W35L W40L	8.1	225	24	1:15,000	A4
9	M18S M20S M21V W18L W20L W21S	6.2	175	19	1:15,000	A4
10	M45L	10.8	280	29	1:10,000	A3
11	M50L	9.9	275	29	1:10,000	A3
12	M55L	9.7	260	27	1:10,000	A3
13	M60L	8.7	245	22	1:10,000	A3
14	M16A M35S M40S W45L	8.0	220	23	1:10,000	A3
15	M65L	7.3	180	23	1:10,000	A3
16	M45S M50S W50L	7.3	200	24	1:10,000	A3
17	M70L W55L	7.0	175	24	1:10,000	A3
18	M55S W16A W60L	6.2	220	19	1:10,000	A3
19	M75L M60S W65L W35S W40S	5.5	155	16	1:10,000	A3
20	M65S W70L W45S W50S	5.0	115	15	1:10,000	A3
21	M80 M70S M75S W75 W18S W20S W21V W55S W60S	3.8	120	14	1:10,000	A4
22	M85 M90 W80 W65S W70S	3.3	55	14	1:10,000	A4
23	W85 W90	2.2	45	10	1:10,000	A4
24	M14A M16B	5.8	145	22	1:10,000	A4 x 2
25	W14A W16B	3.8	95	14	1:10,000	A4
26	M12A M14B W12A W14B	3.4	65	16	1:10,000	A4
27*	M10A M12B W10A W12B Yellow	2.9	55	14	1:10,000	A4
28*	M10B W10B White	1.9	40	14	1:10,000	A4
29*	Light Green	3.5	85	15	1:10,000	A4
30*	Orange	3.3	65	16	1:10,000	A4

* Descriptions are IOF and text.

Course 24 has back-to-back maps.

Finish

The finish is in the arena.

String Course

There will be a string course available adjacent to the arena. The theme for Day 3 will be Lego and will use standard EMIT cards with a lovely orienteering map for participants.

Colour coded courses

The following non-championship classes will be offered: White, Yellow, Orange and Light Green. You can choose any class you like irrespective of age and gender. They are available for entry on the day subject to availability of maps. Entry on the day is in the large marquee.

British Orienteering Jury
Michael Chopping (RAFO)
Andy Yeates (WCH)
Keith Tonkin (BL)

Event Officials

Organiser: Fiona Clough (BKO)
Planners: Katy Stubbs (BKO), Roger Thetford (TVOC & JOK)
Controller: Mike Forrest (BOK)
Assistant Controller: Mark Foxwell (BKO)

Acknowledgements

Thanks to the many volunteers from BKO, other SCOA clubs and members of all the other clubs UK wide who are helping to deliver this event.

Landowners

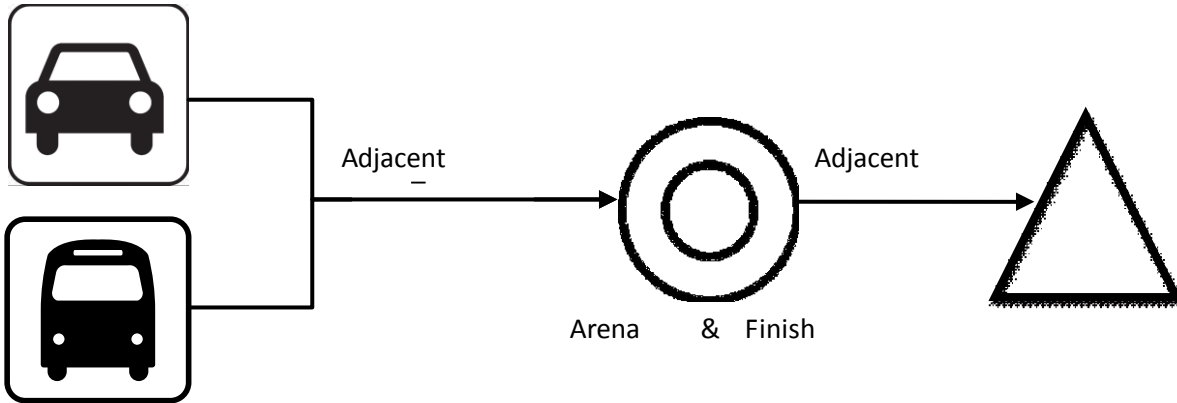
We are grateful to Eling Estates, the Bucklebury Estate, Marlston Estates and to the owners of Westrop Woods (David Edwards-Moss and Bernard Clark) for permission to hold this event on their land.

We would also like to give our thanks to Brian Goodenough for allowing us to use his field and farmyard for parking and Arena

Day 4: Monday 22nd April – Relays – Minley

Important notices

- Water will not be provided. Please bring your own supplies.
- Very limited rubbish collection facilities (bin bags, etc.). Please take rubbish away with you.
- Numbered bibs MUST be worn by all competitors. Remember to collect your team bibs from your team Captain.



Travel Directions

Vehicle access is off the A327 Minley Road. OS grid reference: SU827578, postcode: GU17 9UF. There will be O-signs.

PLEASE NOTE: UPON ARRIVAL THERE IS NO RIGHT TURN INTO THE ACCESS ROAD. YOU MUST APPROACH FROM THE SOUTH (M3, Junc. 4a) TO TURN LEFT.

WHEN LEAVING YOU MUST TURN LEFT FROM THE ACCESS ROAD ON TO THE A327, THEN PROCEED TO THE ROUNDABOUT JOINING THE B3013.

A tarmac/gravel road leads 0.7km to the parking areas, which are adjacent to Arena.

Cars will park on a large grass area. Campervan parking, also on grass, is slightly further on.

Please follow marshals' instructions.

Given the event location and timing, use of local public transport would be difficult.

Safety

Minley is a military training area. DO NOT TOUCH any suspicious objects.

Other than a high girder bridge there are no potentially hazardous areas on the map. Mountain bikers use the woodlands leaving small winding tracks in many places. If you are running along or crossing these please keep a good look out.

There is a dangerous pit which will be marked with yellow & black tape. This could affect any course except M or N.

There is a ruined barbed wire fence which is difficult to see. It will be marked with red and white tape at any points where it is feasible to cross it. This is likely only to affect course P runners.

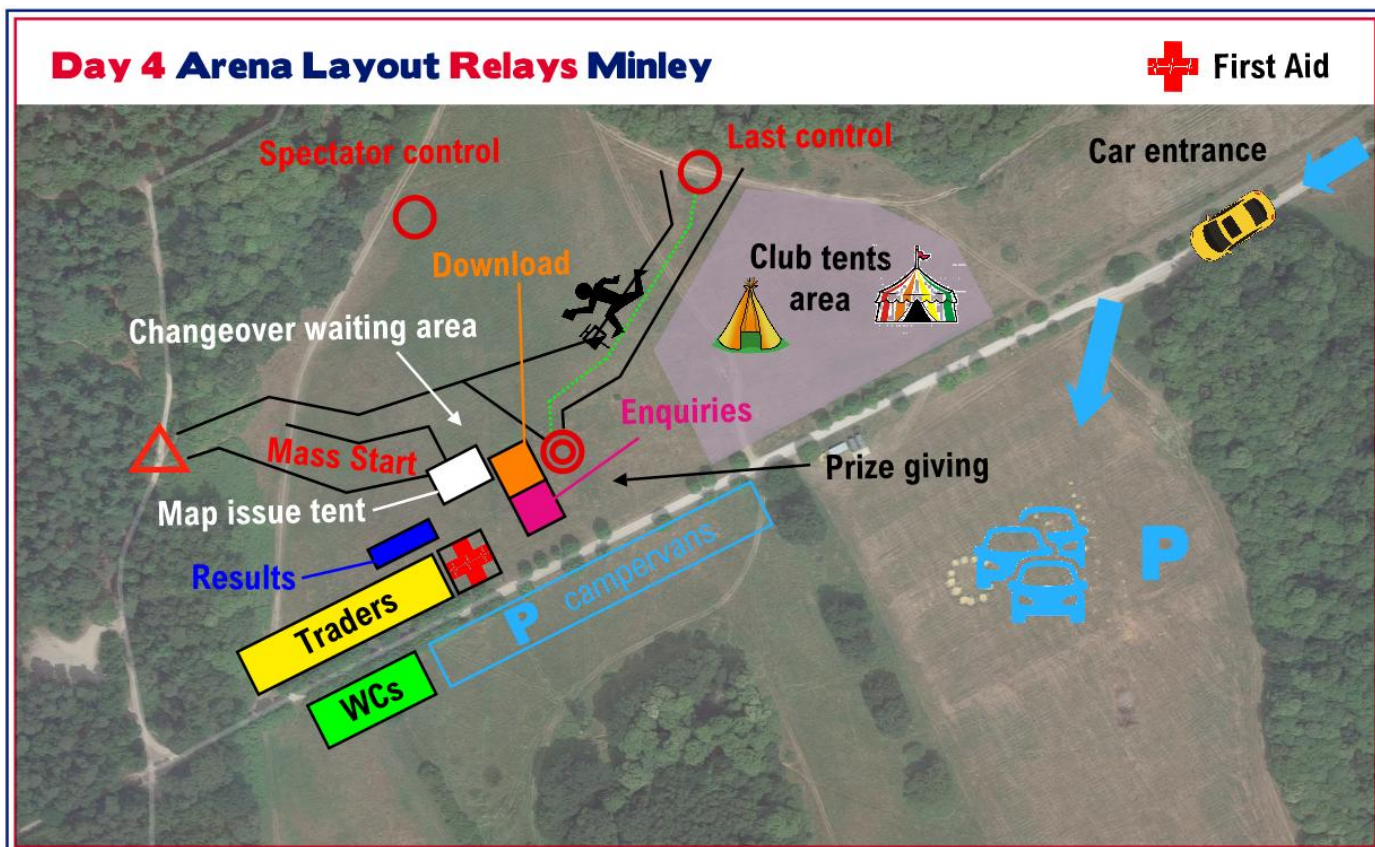
Car occupants will be walking across the access to campervan parking. There is no specific crossing point, and it will not be marshalled, so please take care.

Arena

All event infra-structure is within a compact area easily "navigated".

The club tent area is alongside the run-in directly opposite the car park.

There is no String Course today.



Timings

Please note: Timings are subject to change if deemed necessary.

08:15	Car Parks open
08:30	Relay Enquiries and emergency team changes opens
09:00	General Enquiries opens
09:15	Deadline for emergency team changes
09:40	First call-up
10:00	First starts
11:00	Last starts for first leg runners
12:15	Mini mass start
12:45	Prizegiving for Relays
13:30	Courses close.
14:00	Enquiries closes
17:00	Car park closes

Relay Team Declaration & Relay Bib Collection

On-line editing of team declaration forms via Fabian4 will close at midnight on Thursday 18th April 2019. It would help if club representatives could do as much as possible on-line before this deadline. Relay team declaration forms will be available for collection at Relay Enquiries on Saturday. Declaration forms must be returned by 4pm Sunday to Enquiries. Bibs will be issued on receipt of online or paper completed team declaration forms. Only emergency team changes can be allowed on Monday morning and these must be before 09:15. It would help a great deal if you can declare / collect as early on the weekend as possible.

Team race number bibs have coloured bands - Red for Lap 1, White for Lap 2, Blue for Lap 3.

The eligibility rules for competitive teams are on the British Orienteering website under Rules: JK Relays: section 2.1. Link: [JK Relay Rules](#) Club representatives are confirming that these eligibility rules have been satisfied when signing the team declaration form to indicate that a team is competitive and eligible to win trophies, medals and prizes.

Starts

Class	Course	Call-up	Start	Bib No.s
Mini-Relay	N	09:40	10:00	7001 - 7050
Men's Short	C	09:55	10:10	1001 – 1050
W120+	F			2501 – 2550
M48-	K			5001 - 5050
Women's Trophy	B	10:05	10:20	101 – 150
M165+	G			3001 - 3099
JK Trophy	A	10:15	10:30	1 – 50
M120+	E			2001 - 2050
Women's Short	D	10:25	10:40	1501 – 1550
W165+	H			3501 – 3550
M/W210+	J			4001 – 4050
W48+	L			5501 - 5550
Mixed Ad-Hoc	P	10:35	10:50	8001 - 8099
M/W40-	M	10:45	11:00	6001 - 6050

Map Issue

Map issue is from tents next to the Enquiries marquee. Before entering and collecting maps competitors must use the Emitag clear stations outside.

Bib number and leg is printed on the outside of the map. It is the competitors' responsibility to ensure receiving the correct map.

The map is sealed with tape and must not be opened until the start or changeover has taken place. Anyone opening their map early will be disqualified.

Changeover

The changeover has a clear view up a gentle hill to the final control, and its approach.

Also in view is the spectator control, which is approximately 1km from the finish.

From the final control Legs 1 and 2 runners keep right to hand over to their team-mate, then proceed ASAP to the Finish. Please do not hang around the changeover getting in the way!

Leg 3 runners keep left direct to the Finish and stay in finish order to download.

Mini Mass Start

A Mini Mass Start will take place for all remaining runners at 12:15.

Map Collection

Maps will be collected from all finishers up until the Mini Mass Start at 12:15.

Club representatives can pick up club bags as soon as this has taken place.

Course details

Class	Length Km			Bib No.s
	Leg 1	Leg 2	Leg 3	
A - JK Trophy	6.7	5.3	6.7	1 - 50
B - Women's Trophy	5.4	4.4	5.4	101 - 150
C - Men's Short	4.7	3.4	4.7	1001 - 1050
D - Women's Short	3.6	2.7	3.6	1501 - 1550
E – Senior Men (M 120+)	6.7	5.3	6.7	2001 - 2050
F – Senior Women (W 120+)	4.7	3.4	4.7	2501 - 2550
G – Veteran Men (M 165+)	5.4	4.4	5.4	3001 - 3099
H – Veteran Women (W 165+)	3.6	2.7	3.6	3501 - 3550
J – Ultra Veterans (M/W 210+)	3.6	2.7	3.6	4001 - 4050
K – Intermediate Men (M 48-)	4.3	2.3	4.3	5001 - 5050
L – Intermediate Women (W 48-)	3.4	2.2	3.4	5501 - 5550
M – Junior Relay (M/W 40-)	2.2	1.8	2.2	6001- 6050
N – Mini-Relay	1.8	1.8	1.8	7001 - 7050
P – Mixed Ad Hoc	4.2	2.3	3.5	8001 - 8099

All courses and legs are Technical Difficulty (TD) 5 except for K and L (TD5, TD3, TD5), M (TD3, TD2, TD3), N (All legs TD2) and P (TD5, TD3, TD5).

Please note that Leg 2 will be the short leg, and also the leg with lowest TD on courses K, L, M and P. Please ensure that team members are allocated to the correct leg. All courses will be gaffled. Precise lengths may vary slightly between gaffles.

Map

All courses will use an A4 map of scale 1:10000 with contour interval of 5m. This has been remapped by Dave Peel in 2019 using Lidar data. A previous version of the map can be found on [Routegadget](#) here. (We will only be using the W part of the map). Blank versions of the previous map will be on display in Arena.

Terrain notes

Minley is a varied area with, at this time of the year, very fast running. It is made up of a mixture of mature deciduous woodland and open areas. To the immediate NW of the Arena area is a contoured ridge that goes NE to SW which is used by all courses. To the north of this is a gently sloping open grassy area and then the most northerly area is a further sloping wooded area. The area W and SW of the Arena area comprises mature woodland with some small areas of conifer plantation and open areas. Bracken is largely confined to the most northerly and SW woodland but is now low. Runnability is generally very good. The undergrowth screen has been used in the limited areas where this is not so.

The area is heavily used by Mountain Bikers and there are many tracks, most of which are mapped, usually with the indistinct path symbol. The map was updated to include the most recent additions in January. However there may be new ones that have appeared subsequently.

There is a spectator control in the Arena field used by the longer age class courses (but not D, H and J) and also the longer legs of K and L. This control is approximately 1km from the finish. The JK and Women's Trophy, except for the JK Trophy short leg, and the other classes that share the same courses will also be visible for part of the course from the toilet queue.

There are 2 areas of OOB marked on the map. On the west of the map there are 2 fields belonging to the farm in which there are horses. These fields are surrounded by fences. Please keep out of these fields. In the S of the area there is a fenced enclosure in which there is an SSSI which must not be entered. Most courses do not go near this area and on those that do the line between controls goes around the enclosure.

Start

The Start Triangle is 100m from the map issue / changeover. The route to the start triangle will be taped using a funnel.

Please pass the following information on to those on the Mini-Relay and the short, TD2, leg on M/W 40-. When the competitors on the Mini-Relay and the short, TD2, leg on M/W 40- reach the start triangle they should turn right and go on the main path up the hill.

Control descriptions

These will be on the front of the map. Control descriptions for all courses will use IOF pictorial symbols. This includes the Mini-Relay. There will be no loose descriptions.

The symbol X on the map and the control descriptions is a Horse Jump

Prize giving

The Prizegiving is scheduled to take place adjacent to the Enquiries marquee at 12:45.

British Orienteering Jury

Ray Collins (HOC)
Bob Brandon (OD)
Simon Thompson (HOC)

Event officials

Organisers Neville Baker (TVOC) and Liz Yeadon (SARUM)

Planners Eric and Denise Harper (BKO)

Controllers Hedley Calderbank and David Frampton (HH)

Acknowledgements

Thanks to the volunteers from SOC, other SCOA clubs and beyond.

We are grateful to the following for their help and for allowing us to use the area:

MoD and DIO