

Bulletin 1, Jan Kjellstrom Weekend 2014

The Jan Kjellstrom 2014 weekend consists of four Foot Orienteering races and two PreO competitions

Friday 18 th April	Sprint Distance. PreO day 1
Saturday 19 th April	Middle Distance for M/W21 Elite (World Ranking Event) Long Distance for all other classes.
Sunday 20 th April	Long Distance (including World Ranking Event). PreO day 2.
Monday 21 st April	Relay for teams of three.

Location of competitions



A map of embargoed areas is available here: <http://goo.gl/maps/p2R1Y>

General information

Entry is available from the 1st November 2013 via the JK 2014 website:

<http://www.thejk.org.uk/jk2014>.

There are three dates for entry and the fee increases after each date has passed.

1st November – 5th January 2014 (Early entry period)

6th January 2014 – 16th February 2014 (Middle entry period)

17th February 2014 – 30th March 2014 (Final entry period)

Entries should be made via the online entries system. All fees must be paid at the time of booking. Full details of the entry fees and closing dates are available on the JK 2014 website.

There will be no event accommodation or any event transport provided.

SI electronic punching will be used for the Foot Orienteering races for the weekend. There will be the opportunity to practise punching and view demonstration controls on each day.

There will be two training opportunities provided. These will be as follows:

Weds 16th April Race on Clydach Terrace - Complex open area of old mining spoil tips. About 5 miles distant from the relay area, very similar terrain.

Start times from 4:00 p.m. to 6:30 p.m.

Courses available - Long (Blue) - 6.5km approx, Medium (Green) 5km approx, Medium/easy (Light Green) 4km, Easy (Orange) 3km, Very Easy (Yellow) 2km

Training on Mynydd Llangatwg - area adjacent to Mynydd Llangynidr and highly relevant for both days 2 & 3.

Training maps and controls out in the terrain on Weds 16th and Thurs 17th April. Maps must be booked and paid for in advance via the website.

Weather conditions even in late April, can be very variable. The sprint race is at sea level and minimum temperature in April is 6C, maximum is 11C. Rainfall is at its lowest in April and May. However the weather for the areas being used for days 2, 3 & 4 (rising to 600m above sea level) is likely to be colder and wetter, with a higher chance of rain, snow and low cloud.

For general enquiries contact info2014@thejk.org.uk

For entry enquiries and information about visas contact entries2014@thejk.org.uk

Middle Distance race and World Ranking Event for Men & Women Elite 19th April

Location: Merthyr Common is located 13 km north east of Merthyr Tydfil and 6km north of Tredegar.

Terrain: open limestone moorland with many sinkholes – some enormous. Runnability varies from lightning fast sheep-grazed grass to slower tussocky grass. Some areas of heather and patches of stony ground. Great views over the Brecon Beacons and South Wales Valleys.

Map: 1:10,000 5m contour interval to ISOM2000 remapped in 2013. The previous map is available via the JK2014 website.

Classes: Men and Women 21 Elite, target winning times 30 – 35 minutes. If entries exceed the available start times, selected competitors may be removed from the Elite class into the appropriate age class. Start times will be allocated in reverse IOF ranking order as per IOF Rules.

Clothing: British Orienteering Rules of Orienteering require clothing that fully covers the torso and legs. There may also be an additional requirement for a wind and waterproof top to be carried by each competitor. If this is required, there will be notices about this on the day of the race.

Officials:

Day Organiser	Nigel Ferrand
Lead Planner	Peter Ribbans
Controller	Tim Pribul
IOF Event Adviser	Mike Forrest

Long Distance race and World Ranking Event for Men & Women Elite 20th April

Location: Mynydd Llangynidr is located 13 km north east of Merthyr Tydfil and 6km north of Tredegar.

Terrain: open limestone moorland with many sinkholes – some enormous. Runnability varies from lightning fast sheep-grazed grass to slower tussocky grass. Some areas of heather and patches of stony ground. Great views over the Brecon Beacons and South Wales Valleys.

Map: 1:15,000 5m contour interval to ISOM2000 remapped in 2013. The previous map is available via the JK 2014 website.

Classes: Men and Women 21 Elite, target winning times; Men 90 – 100 minutes, Women 70 – 80. If entries exceed the available start times, selected competitors may be removed from the Elite class into the appropriate age class. Start times will be allocated in reverse IOF ranking order as per IOF Rules.

Clothing: British Orienteering Rules of Orienteering require clothing that fully covers the torso and legs. There may also be an additional requirement for a wind and waterproof top to be carried by each competitor. If this is required, there will be notices about this on the day of the race.

Officials:

Day Organiser	Chris Phillips
Lead Planner	Roger Edwards
Controllers	Alice Bedwell/Mike Forrest
IOF Event Adviser	Tim Pribul