



# **JAN KJELLSTRÖM INTERNATIONAL FESTIVAL 2022**

## **EVENT PROGRAMME**

**15<sup>th</sup> April – 18<sup>th</sup> April**

### **WELCOME!**

The Welsh Orienteering Association welcomes competitors from across the UK and around the world to the Jan Kjellström International Festival of Orienteering in South Wales.

**Day 1: Friday 15<sup>th</sup> April – Sprint – University of Swansea (Singleton Park)**

**Day 2: Saturday 16<sup>th</sup> April – Middle – Clydach Terrace**

**Day 3: Sunday 17<sup>th</sup> April – Long – Pwll Du**

**Day 4: Monday 18<sup>th</sup> April – Relays – Caerwent**

# General Information

## Event Entry

No EOD for Championship courses, but there will be non-championship courses available for entry on the day – White, Yellow, Orange and Light Green (days 2 and 3 only while stocks last). **There is no EOD on days 1 and 4.**

	Day 1 Sprint		Sprint PreO	Day 2 Middle		PreO	Day 3 Long		Relay
	Champ	Nov		Champ	CC		Champ	CC	
Pre-entry	y	y	y	y	y	y	y	y	y
EOD	n	n	n	n	y	y	n	y	n

## Changes

Various things can be changed online on the SiEntries website up until the closing date, including class, start block preference (or other start time details, e.g. “close to person X on another entry form”), SI card number.

For anything that cannot be changed, including cancelling an entry, please email the Entry Secretary via [jkentries@britishorienteering.org.uk](mailto:jkentries@britishorienteering.org.uk).

## Cancellation Procedure and Refund Policy

The event is covered by the standard British Orienteering major events Cancellation Procedure and Policy ([Cancellation Policy](#)) and Cancellation, Curtailment and Refund Policy ([Cancellation and Refund Policy](#)). See also the British Orienteering Covid-19 policy.

If you need to cancel your entry, please contact the Entries Secretary via [jkentries@britishorienteering.org.uk](mailto:jkentries@britishorienteering.org.uk).

## Hospitals

As the days are spread out information for each day is within each day section.

## First Aid

First Aid is provided on all days by Rob Umney of Red Kite SAR. We extend our thanks for their assistance. Red Kite SAR mobile: 07798 685552 (main) and 07931 472575 (alternative).

## Bibs

Days 1 – 3: Bibs are used for all Foot-O classes, and can be collected from Enquiries where they are in alphabetical order. All competitors must wear their individually numbered bibs and will not be allowed to start without them. Elite runners will use the same bib for days 1 and 2, and will be issued with a new bib for day 3. Day 4 Bibs will be included in the Team Bag to be collected on the morning of the event.

Remember to bring your bib with you each day. All competitors should complete the reverse side of the bib with contact details and any medical information. Entry-on-the-day competitors will be issued with a bib when registering for their course.

**NOTE: The yellow and green band bibs are for elite runs only. If you have entered for an elite run on one day and a non-elite run on another day, you will just wear the bib allocated. You won't get a second bib.**

## Shadowing

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

## Start Lists

Available via the SiEntries website: [SiEntries start list](#).

Please note that seeded starts take precedence over start preferences.

## Start Procedure

Please note that all the 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.

If you are late for your call up time, go immediately to the Late Start Lane. If you are not late for your start time, you will be slotted in to the correct start box for your start time. If you are late for your start time, the following procedure will apply: In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately. In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval. You will punch a start box, but you will be timed from your allocated start time. Because the start procedure will be silent, please do not talk to the start officials. If you believe that your lateness is not your fault, you must talk to the Organiser after you have finished.

### **Electronic Punching**

SIAC (contactless punching) will be enabled for all days. Non-SIAC dibbers will still work. If you wish to hire a SIAC dibber, please select the hire option when you enter via SiEntries. The finish will be in beacon mode so those with SIAC can 'punch' touch free - those with traditional SI cards will 'dib' those same controls.

Competitors will need SI cards for end-to-end course timing the TrailO events. For PreO, control units will be dibbing only and will not be touchless enabled, though SIAC cards will still work.

The control layout will be consistent with SI box horizontally mounted on a stake with the code number on the top of the box and the kite below that. A punch will be hung inside the kite for use in case of failure of the box.

Day 1 - Control numbers on top for all but Controls which use a metal stake for mounting reasons have the number on the side too.

Day 2 - control top numbers only

Day 3 - control top numbers only

Day 4 - control top numbers only

A sample control will be in the arena outside Enquiries for each day.

Hired SI cards can be collected from Enquiries. Hired SI cards must be returned at download by the end of your last day of competition. If a hired SI card is lost a replacement fee must be paid on the day.

SIAC cards will be available to hire on each day for £3.

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

### **Traders and Caterers**

Equipment traders: Compass Point on all days.

Food and drinks traders: Podium and Tom's British and Continental on days 2 – 4 only.

### **Merchandise**

Pre-ordered JK merchandise can be collected at Enquiries at each day's event. There will also be an opportunity to order merchandise from Enquiries each day. Merchandise must be paid for at the time of ordering - £30 per adult O top, £25 per junior O top and £8 per buff.

### **Results**

These will be:

- On a local Wi-Fi network in the Event Arena so you can view them with your mobile devices.
- Updated online during the event, assuming mobile signal.
- Linked from the JK web site as soon as possible after the event (including routegadget, winsplits, splitsbrowser etc.).
- Note: Due to Covid risk management results will not be displayed in the event arena.

PreO results will be published on the JK2022 web site after the completion of each event.

### **Rules**

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

- [British Orienteering rules](#)
- [IOF WRE rules \(IOF Rules 2022 V1.15 WRE\)](#)

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

### **Complaints, Protests and Appeals**

As a competitor, if you feel that the Rules are not being followed there is a procedure to follow.

Any complaint should initially be discussed with the Event Organiser, using the standard Complaints/Protests [form](#). When approaching the Organiser or any other event official you should bear in mind that they are volunteers who have given their valuable time to lay on the event, often under circumstances which are not ideal.

If the complaint is not resolved satisfactorily then a protest can be lodged with the Controller who will, if necessary, convene a Jury.

### **World Ranking Event Information (WRE)**

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

Event Coordinator: Andy Yeates (WCH)

Web site: The JK 2022 web site can be found at [www.thejk.org.uk](http://www.thejk.org.uk)

Enquiries: Enquiries should be directed to Diane at [jkentries@britishorienteering.org.uk](mailto:jkentries@britishorienteering.org.uk).

Embargoed areas: These can be found on the British Orienteering web site at [JK 2022 areas](#)

Start List: The start list is available at [SiEntries](#)

Summary of entries: Day 1 – M21E (97), W21E (62), Day 2 & 3 – M21E (100), W21E (62)

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

Refreshment controls: Day 1- none. Day 2 – There is one. Day 3 - There are three on M21E and two on W21E.

#### Day 1 loose descriptions length

Course 1 16.8 cm

Course 2 15.6 cm

#### Day 2 loose descriptions length

Course 1 16.8 cm

Course 2 14.4 cm

#### Day 3 loose descriptions length

Course 1 23.5 cm

Course 2 20.3 cm

IOF Jury: All members of the IOF juries are British Orienteering (BOF) members. See each day's details for more information.

### **Elite Tracking**

After success at the British Championships, the UK Elite Orienteering League is bringing GPS tracking to the JK for the first time. Senior elite athletes will be tracked at the Middle and Long Distance. Tracking will be linked to from the JK website, UKEOL social media and at [loggator.com/users/69/events](http://loggator.com/users/69/events) and available after last starts at 14:00.

Tracked athletes (20 men, 20 women) will be listed at [ukeliteoleague.org.uk](http://ukeliteoleague.org.uk) in the week before the event. Trackers and vests should be collected from the Event Arena on Saturday (up at the school). Trackers and vests can be returned for overnight washing/drying though they may be kept if you wish. Both should be returned to the Enquiries Tent on Sunday.

### **EOD Entry Fees:**

Colour Coded (per day): £10 - adult, £5 - junior

SIAC hire (per day you are entering): £3 (free to M/W18 and under)

### **Photography**

Our official photographer, Wendy Carlyle, will be taking pictures at the event, including in the competition area, and there will be a photos page on the JK2022 website after the event. To avoid photographs of juniors or at-risk adults being published please email the relevant name and entry/bib number to [jkcoordinator@britishorienteering.org.uk](mailto:jkcoordinator@britishorienteering.org.uk) before the event. Each Day Organiser reserves the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police.

Photographers should read and comply with section 4.8 of British Orienteering's O Safe Policy. It can be found on

the British Orienteering website. If anyone at the event has any concerns about how photographs are being taken, they should inform the Day Organiser, contactable via Enquiries.

Please note: Flying drones will not be allowed due to local restrictions.

### **JK Trophies Performance Assessment**

Criteria for 2022 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.

### **String Course/Maze Information**

There will be a string course and/or maze available on days 1, 3 and 4, close to each arena. Limited space on day 2 has precluded setting up a string course/maze.

### **Covid-19**

Since 28 January Wales has been in Covid-19 Alert Level 0. This means that most of the rules about where we can go and who we can meet – indoors and outdoors ended. But remember: Covid-19 has not gone away and everyone must still work together to help stop the spread of the virus.

Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home. For all the latest information on COVID-19 in Wales go to [gov.wales/coronavirus](https://gov.wales/coronavirus).

### **Social Venue**

John Townsend (SWOC) has arranged for Crumlin RFC to be available to all competitors over the JK weekend at no cost. If you are interested, you just need to let the rugby club know what they would like to be provided.

Suggestions include 'old boys reunion', disco for university clubs, a location to watch BT /Sky sports, somewhere for families to go in the daytime, all options are on the table.

Interested clubs, groups, families need to email: [orienteering.crumlinrfc@gmail.com](mailto:orienteering.crumlinrfc@gmail.com)

Or contact John Townsend on 07432088954 to let Crumlin RFC if there is any interest.



## **NOTICE TO ALL COMPETITORS**

ARE YOU LOOKING FOR SOMEWHERE TO REST UP ?  
THEN LOOK NO FURTHER THAN

## **CRUMLIN RUGBY CLUB**

**We can offer you**  
**A warm and friendly welcome**  
**A warm, comfortable and dry place**  
**to rest and chat**  
**Hot and Cold Food and Drink**  
**Multiple TV's and big screen**  
**Free car parking**  
**Disabled facilities**  
**Central Location to JK2022 venues**

## **WHERE ARE WE?**



**Crumlin Rugby Football Club**  
**The Clubhouse**  
**Kendon Hill**  
**Crumlin**  
**NP11 4PN**  
**Tel: 01495 243053**

**51°40'44.6"N 3°08'26.6"W**

## SBOC 50<sup>th</sup> Anniversary

It is Swansea Bay Orienteering Clubs 50<sup>th</sup> Anniversary this year and a social for all current and previous members will be happening on the evening of Good Friday after the Sprint competition. Details on [www.SBOC.org.uk](http://www.SBOC.org.uk).

As part of that we are putting on an informal sprint event on the Wednesday evening before in Clyne Gardens in Swansea to give you a chance to warm up ready for the Friday. Details for this event can be found on our website: [sboc.org.uk](http://sboc.org.uk)

## JROS (Junior Regional Orienteering Squads)



After a couple of year's absence **JROS** is delighted to be able to have a presence at this year's JK. This year our stand will be in the Main Building Area on Day 1, next to bib collection, so we shouldn't be hard to find.

On display will be photographs and maps from the various 2021 training camps in the Lake District and Scotland. The video from the 2021 Lagganlia summer camp for M/W14's will also be shown throughout the day.

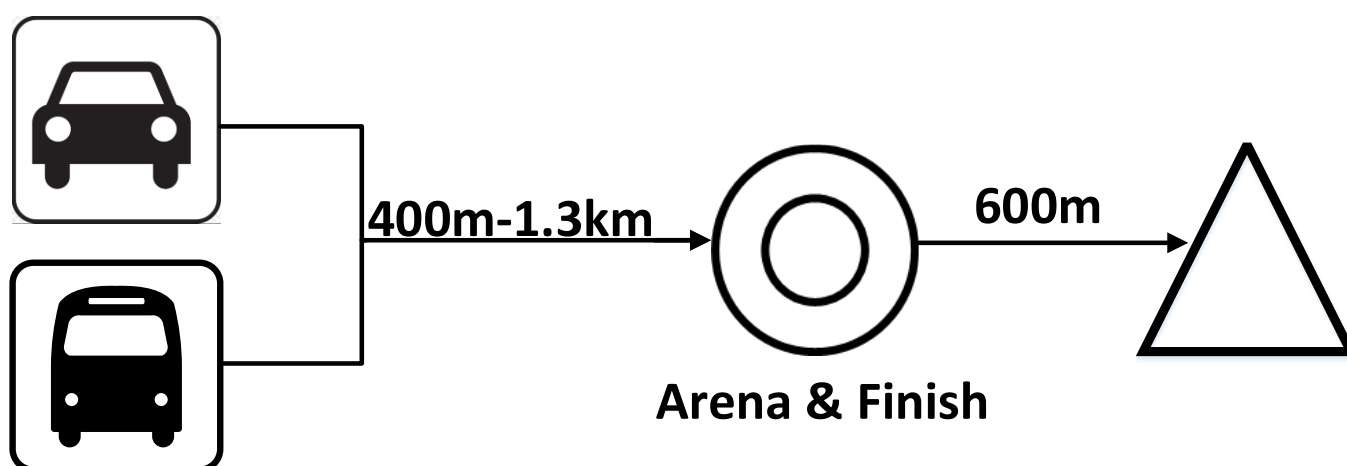
The stand will be manned by Regional Squad Coordinators and coaches and hopefully some of the juniors who have enjoyed attending one of our camps. They will be able to tell you much more about JROS, its aims, and all the training camps in the UK and abroad and in particular about our plans for summer 2022. If you are a junior wishing to attend a **JROS** training camp or a parent or maybe just someone who wants to know what we do please do come along and talk to us.

We are planning to have someone there all day so no matter what your start time we will be there to answer your questions.

## Day 1: Friday 15<sup>th</sup> April – Sprint – Swansea University

### Important notices

- The University Campus is still operational and so there will be regular bus movement around the assembly area. Bus movements have been suspended in the Competition Area during the race window. BUT please be very careful in the vicinity of the main arena area.
- Numbered bibs MUST be worn by all competitors.
- The event administration – Enquiries/Bib Collection and Download is inside the Student Union building Fulton House. Please remove **dirty** shoes before entering. Masks may be required.
- Only Club Tents and Banners that are weighted will be allowed. No pegging or stakes to be used.
- Note we have changed the course combinations slightly to reduce loading on certain courses. PLEASE CHECK YOU KNOW YOUR CORRECT COURSE



### Travel Directions

Public Transport: There is a train station in Swansea which is a 15 minute walk to Swansea Bus Station. From there, there are good bus links to the University Fulton House. The Bus stops on the campus.

### Parking

There are two parking locations all of which have a parking fee of £5.00 per vehicle, to be paid on arrival.

#### Parking A:

Parking for all cars and small campervans is within the Swansea Council recreation Car Park (SA2 0AU). To enter the car park from the east, turn right at traffic lights into Brynmill Lane. Drive to the first roundabout and take 3<sup>rd</sup> exit to come back on yourself to the Traffic Lights. Turn left at the lights and then left into the Car Park just after the bus stop. On no account try a U turn on this road. On entering the Car Park, please follow the instructions of the Swansea Council Parking Team. Cash or card payments will be acceptable.

You may encounter pedestrians and competitors whilst driving to and from parking, please drive slowly and carefully. This Car Park is up to 1.0km from the arena, please take care crossing Brynmill Lane and stay on the path and follow tapes all the way to the arena. Please be aware of motorhomes that will be parking alongside your route to the Arena.





### Parking B:

For all those who have ticked the larger campervans, minibuses and motorhomes on the entry form. Helpers and priority parking is also located here. Turn into the main university entrance and after the security kiosk, turn right into a range of car parks. Please follow Marshals instructions. This will be at the closest parking area to the arena, maximum of 400m from the arena. Please pay using contactless card.

### Dogs

Dogs are permitted on site on a lead, but you must clear up after them. They are not allowed in the buildings.

### Event Arena

The event arena is between 400m – 1.3km from the parking area. The event arena contains first aid. Club tents and club flags are permitted on the grass area only if they are self-standing and can be weighted down rather than pegged due to underground services.

As the Campus is open to the public, please ensure that bags are stored safely whilst out on your run, and ideally have someone there to keep an eye on the bags.

The main building overlooking the arena will house all arena facilities. These are all on the first floor. Turn right after entering the building and take the stairs. The first floor houses the toilets, download, traders, bib collection, enquiries, hired SI card collection, trophy return, car key deposit, lost property, complaints and protests, merchandise collection. Masks may be required to access the building. Please bring them with you.

There will also be catering provided by the university caterers and there is a small shop. Please remove dirty shoes before entering the building.

British Orienteering Volunteer and Mapping Awards Presentation – this year we are celebrating our volunteer effort alongside our competition winners! Please come along and show your support. The ceremony will take place at assembly at 16:30, immediately before the Day 1 Medal Ceremony for the races.

### Timings

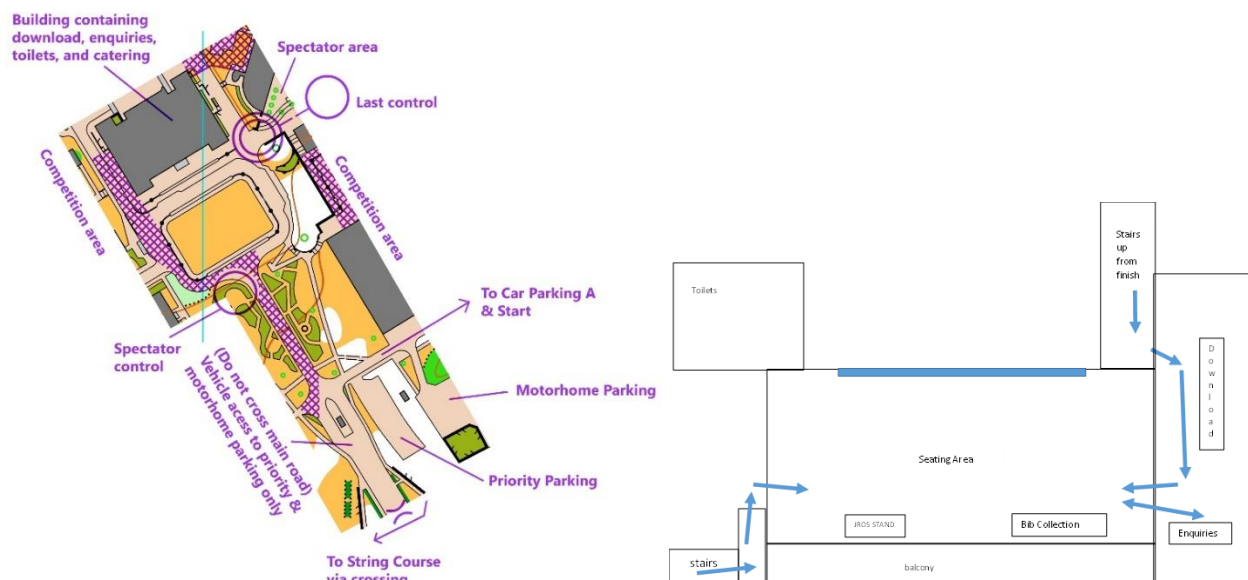
Please note: Timings are subject to change if deemed necessary.

10:00	Car parks open
10:15	Enquiries, Trophy Return
12:00	First start time
12:30	String Course opens, Sprint PreO opens
15:00	Last String Course start



15:30	Last start time, last Sprint PreO start, string course closes
16:15	Courses close
16:30	British Orienteering and Mapping Awards, Medal Ceremony for the races
17:00	Enquiries close

## Arena Layout



## Map

ISSprOM 2019-2. 1:4000, 2.5m contour interval. (Courses 9, 11, 12, 13, and 14 have an enlarged 1:3000 version)  
Survey and cartography by Ben Mitchell 2021-22. All maps are A4 size and printed on waterproof paper.

## Terrain & Course Notes










The University campus contains a mix of modern and older buildings with a complex criss-cross of roads, paths, open spaces, and steps. This adjoins Singleton Park, a typical urban park with a mix of sloping open grass and ornamental gardens. It can be muddy in places and therefore shoes with some grip would be appropriate.

Please respect other park users; walkers, dogs and cyclists.

## Course Notes

The courses cross roads in the campus. We are fortunate that the bus route through the area has been diverted elsewhere for this event. This should mean a virtually traffic free area. Nevertheless, please be careful crossing the roads as there may still be the vehicles moving on campus.

Controls are mounted on two different types of stakes. Most are on the standard yellow fibreglass type but there are also aluminium stakes. The aluminium stakes also have the control number of the side of the stake itself but the yellow stakes do not.

Forbidden to cross	
Uncrossable wall	
Uncrossable fence	
Uncrossable Vegetation -hedge	
Uncrossable water	
Uncrossable marsh	
Private area / flower bed	
Temporary construction	
Out-of-bounds area - marked in terrain, unmarked	
Out-of-bounds boundary	

Competitors are reminded that it is forbidden to cross boundaries and areas mapped as uncrossable.

Please pay particular attention to the re-introduction of symbol 411 Uncrossable vegetation.

There will be some temporary Out-Of-Bounds areas marked on the map. As always, the map takes precedence and anyone found to have been crossing forbidden areas may be disqualified.

### Warm up area

Warm up area between Arena and starts. Please abide by any signed out-of-bounds areas.

There will be a warm up map for Elites available from enquiries which can also be used to navigate to the start.

### Course Details

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

Course	Classes	Controls	Length	Climb	Map Scale
1	M18E M20E M21E	23	3.7 km	30 m	1:4000
2	W18E W20E W21E	21	3.3 km	30 m	1:4000
3	M35 M40 Men Open	19	3.2 km	20 m	1:4000
4	M45	17	2.9 km	20 m	1:4000
5	M14 M16	20	3.0 km	20 m	1:4000
6	M50	19	2.9 km	15 m	1:4000
7	M55 W35	20	2.8 km	15 m	1:4000
8	W14 W16	20	2.8 km	15 m	1:4000
9	M60 Women Open	16	2.6 km	15 m	1:3000
10	W40 W45 W50	18	2.4 km	15 m	1:4000
11	M65 W55	15	2.3 km	15 m	1:3000
12	M70 W60 M12 W12	15	2.2 km	15 m	1:3000
13	M75 M80 M85 M90 W65 W70 W75 W80 W85 W90	15	2.0 km	15 m	1:3000
14	M10 W10 Novice	14	1.9 km	15 m	1:3000

### Clothing

Shorts and running vests are permitted for this race. Shoes with spikes and metal dobs are not allowed.

### Control Descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes at -3.

## Starts

All starts are on the East side of the campus 600m from the Arena. There will be two portaloos there. You will see the start as you walk from the Parking A. Please observe the out of bounds signs to avoid walking into the event area.

Please have your bib. **No bib, no go.** The start will follow the WRE protocols and will be a silent start so please do not talk to the start officials.

## Courses 1-2.

Elite competitors will have a strict timed start as this is a WRE event. There is a -5 minute call up. A Marshall will hold your map on the start line. At -5 seconds you can hold the map and at the long beep the map will be released.

If you are late and within 30 seconds of your start you will be allowed to start on the next 30 second slot. If over 30 seconds late you will have to wait till the next available slot. Your start time will not be adjusted unless you can demonstrate that the delay was caused by the organiser.

## Courses 3-14.

There will be a timed start for everyone. Call up is at -5 mins.

If you are late for your call up time, go immediately to the Late Start Lane. If you are not late for your start time, you will be slotted in to the correct start box for your start time. If you are late for your start time you will be taken to the start line, where you will be allowed to start as soon as possible. You will punch a start box, but you will be timed from your allocated start time.

## 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 others, please do not show your map to anyone yet to run.

## Download

You will be guided from the finish control into the eastern side of Fulton House, where you will head up the flight of stairs to the main Refectory where download will be. Masks will be available on entry into the building.

Results will be uploaded every 2 minutes by SI entries and can be viewed using the university visitor WIFI.

## String Course

The String Course will be located to the West side of the main University road entrance. Please head to the main entrance and cross at the traffic lights. Take care.

## Event Officials

Organisers: Niall Reynolds (SBOC)

Planner: Ben Mitchell and Megan Carter Davies (SBOC)

Controller: Simon Thompson (HOC)

IOF Advisor: Simon Thompson (HOC)

British Orienteering Jury	IOF Jury
Steve McKinley	Steve McKinley
Philip Gristwood	Philip Gristwood
David Rosen	David Rosen
Reserve: Ranald Macdonald	Reserve: TBA

## Sprint PreO

This will take place at Singleton Park alongside the Sprint competition and will be in the form of an A/Z PreO Sprint. The whole of Singleton Park is embargoed until after the PreO competition except for competitors while running in the Sprint.

The PreO Sprint Start will be about 300m from the main Arena and will be signed from the main Arena. Follow the signed route. It is on the route between Car Park A and the event centre. Competitors should use the main event parking and collect bibs in the Assembly area. If you have entered the FootO, please wear your bib. There will be

no toilets at the PreO start, and the nearest toilets will be in the assembly area.

Covid-19: Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home. For all the latest information on COVID-19 in Wales go to [gov.wales/coronavirus](https://gov.wales/coronavirus).

PreO Sprint start times will not be pre-allocated. The starts will be open from 12:30 to 15:30. Courses will close at 16:15. All of Singleton Park is subject to the JK Sprint embargo and so to remain competitive in the JK Sprint, so **competitors on JK Sprint MUST complete their Sprint run before the TrailO.**

### **Sprint PreO rules**

PreO Sprint is a recent format that has been developed over the last few years, and has been demonstrated at other local UK events recently. There will be one course on a short flat road and will be about 80m long. The course will consist of 18 problems corresponding to flags set out in the terrain. You will be provided with a map, a pin punch and a punch card at the start. This punch card should be folded in half so that when you punch your answers a duplicate record is produced for you to keep. The task is to decide whether there is a flag at the centre of the circle of the particular control on the map. If yes, use the pin punch to mark box "A" for that control, otherwise mark box "Z" for that control. A model control to demonstrate A/Z PreO controls will be available before the start on the route from the Assembly area. Problems where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m.

TrailO is a silent sport and competitors must not speak to each other. More information about TrailO can be found on the British Orienteering TrailO mini site as well as link to a [Technical Introduction to TrailO for Experienced Foot Orienteers](#).

The aim is to complete these tasks correctly as quickly as possible. The number of correct answers is used first, less any penalties for being over time (1 control for every 2 minute or part). The time taken is then used to further rank the results. So all competitors with 9 correct (after over-time penalties) answers beat all those with fewer than 9 correct. The time taken is then used to rank the users who have the same number correct. The maximum time allowed will be 22 minutes for all competitors and classes. SI will be used for timing so do not forget your dibber.

At the finish you punch the finish SI control, your punch card and pin punch will be collected. You can keep your map, but do not show it to other competitors until they have competed. Please return directly to the assembly area and do not congregate in Singleton Park.

The terrain is an urban park, with a mixture of landscaped open areas. The course will be on a flat wide road which should present no difficulty to wheelchair users. The road is shared with other park users including cyclists and occasional slow-moving vehicles, and the competition area will be restricted to half of the road marked with red & white tape. Competitors must not leave the road or cross the tapes. There may be litter on the road, and it should not be touched.

The Map is 1:3,000 scale with 2.5m contours on waterproof paper, using a revised map by Mitchell Maps. Control circles are 6mm.

Solution maps will be available after the last competitor has finished, at the Day 2 PreO, on Day 4 and on the JK website along with the results. Results will be available online only. If you are unhappy about something, please discuss your concerns with the Planner or Organiser (via the Start), dependent on the problem. If this does not resolve the issue, then invoke the BOF Complaints, Protests and Appeal procedure (Rule 16), i.e. a Complaint should be made in writing to the Day Organiser 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.

Prizegiving for PreO Sprint and PreO will be on Day 4 at the Relay Prizegiving.

### **Sprint PreO Officials**

Organiser: Graham Urquhart (OD)

Planner: Liz Urquhart (OD)

Course Checker: Peter Hornsby (LEI)

### **Hospitals**

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: Morriston Hospital
- Minor injuries: Neath Port Talbot Hospital

<b>Journey for serious injury</b>	<b>Miles (min)</b>	<b>Journey for minor injury</b>	<b>Miles (min)</b>
Morrison Hospital Heol Maes Eglwys Cwmrhydyceirw Swansea SA6 6NL 01792 702222	8.4 miles (21 mins)	Neath Port Talbot Hospital Baglan Way Port Talbot SA12 7BX 01639 862000	10.7 miles (25 mins)

### **Acknowledgements**

Thanks to the many volunteers from Swansea Bay (SBOC) and other clubs.

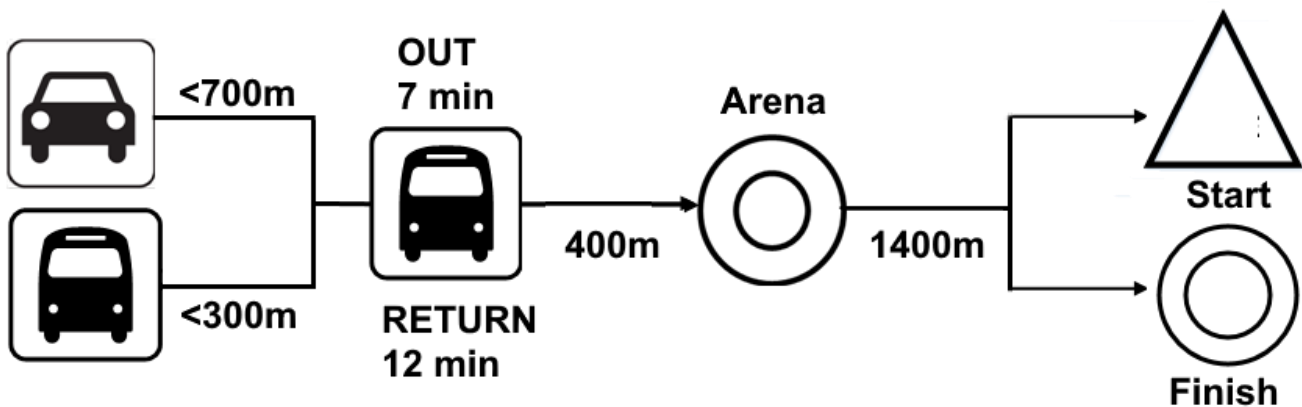
We are grateful to Swansea University for their help and for allowing us to use the area.

We are also grateful to Swansea Council for use of their park and for providing the car parking.

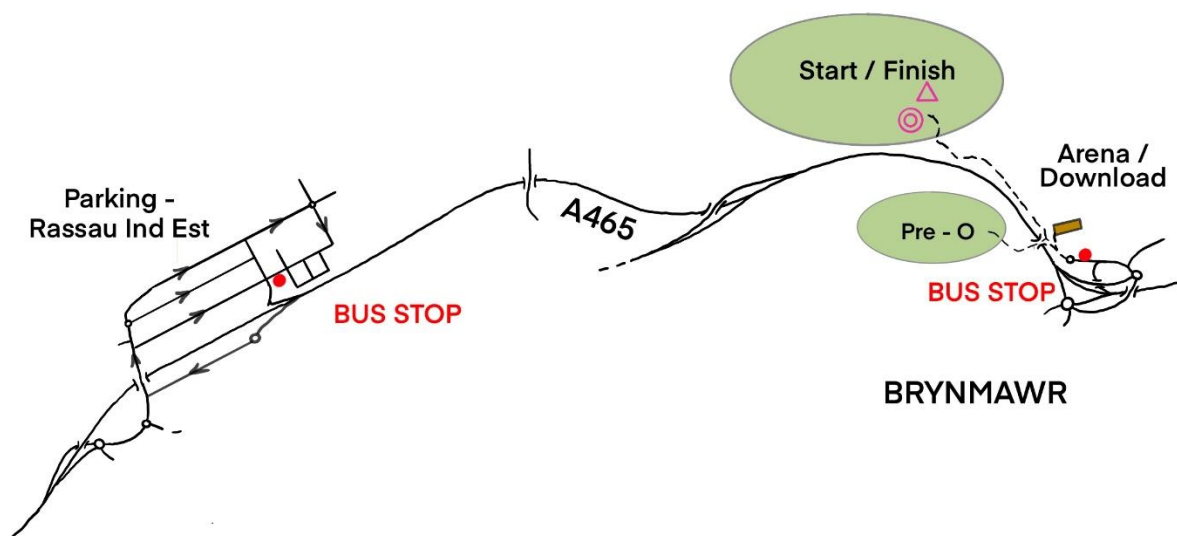
## Day 2: 16<sup>th</sup> April – Middle – Clydach Terrace

### Important notices

- Numbered bibs **MUST** be worn by all competitors. Remember to bring it with you if you ran in the Sprint Championships the previous day, otherwise, collect your bib from Enquiries.
- Whistles are **MANDATORY** and will be checked at the Start. The terrain is exposed high level moorland, in the event of bad weather a waterproof jacket will be compulsory, hats and gloves will be advisory.
- While you are encouraged to spend time in the Arena, the space will be very limited. Please only bring essential items. There is no space for tents.
- Water will be provided at the finish for elite competitors only. Please bring your own supplies.
- Please take rubbish away with you.
- Enquiries will be at the industrial estate near to the bus stop.



### Travel Directions and Parking





Parking is in the Rassau Industrial Estate, approximately 3km W of Brynmawr. OS Grid Reference SO 145 118; [Google Maps](#); Post Code NP23 5SD. **Do NOT travel to the Arena.**

From **Brynmawr**, follow the A465 Heads of the Valleys Road West. Take the second exit signposted “Rassau Ind Est”. Cross the first roundabout. Turn Right following signs, into the Estate.

From **Merthyr Tydfil**, follow the A465 Heads of the Valleys Road. Do NOT turn off at the Tredegar exit. Take the next exit signposted “Rassau Ind Est”. Take the first exit at the roundabout and continue straight following signs, though two junctions into the Estate.

Cross over the A465 and over the first roundabout. Here to you be greeted by marshals.

Please wind you window down to receive a map/instructions showing the estate layout, parking zones in use (mix of roadside and private) and the location of Enquiries and the Shuttle Bus stop. Please observe the one-way system and park as directed by the marshals.

Please contact the organiser ([jr.parkinson@btinternet.com](mailto:jr.parkinson@btinternet.com)) if you are bringing a coach or large vehicle.

Please note: Roadworks at Dowlais Top Junction A4060/A465: Queues may add 20 minutes to travel times if approaching from the west (Cardiff/Swansea).

## Enquires

The Enquiries point will be adjacent to the Bus Stop in the Rassau Industrial Estate. This will provide for:

- Bib collection
- Colour-coded EOD
- EOD SI card hire
- Trophy return
- Car key deposit
- Lost property
- General enquiries
- Merchandise collection
- Relay registration

## Buses

Signs and marshals will direct you to the Bus stop. Buses will leave for the Arena every 5 minutes with a journey time of 7 minutes. The return journey takes 12 minutes; A round trip will take around 30 minutes.

**If you have not collected your bib on Day 1, bibs must be collected at Enquiries, before boarding the Bus to the Arena.**

Welsh Government COVID guidelines for public transport will be enforced. This may include wearing a face covering on the buses.

## Dogs

Dogs are permitted in the Industrial Estate, but not in the Arena.

## Event Arena

The Event Arena is at Brynmawr Foundation School. The event arena contains download, toilets, food traders, first aid, results.

The pre-hired SI card collection is at download.

Complaints and protests must be made at the download point (before 15:30).

An inside area will be available to leave small kit bags etc. Unfortunately, there will be no space for Club Tents.

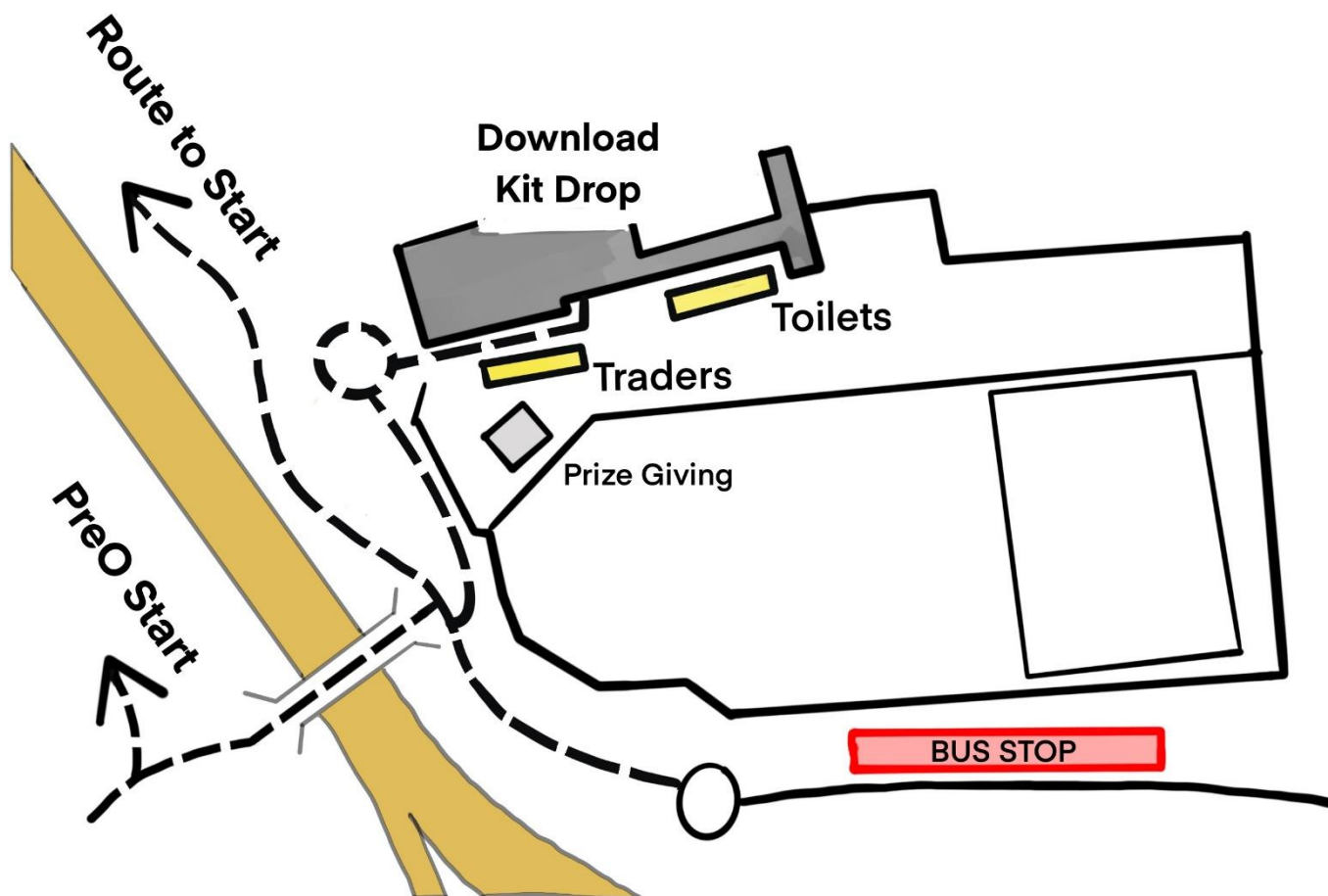
## Timings

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

08:00	Car park opens
09:00	Enquiries and colour coded entries open
09:00	First bus leaves the car park
10:00	JK Championship starts, relay registration opens
11:00	PreO starts

13:00	Colour Coded entries close
14:00	Last start
15:30	Courses, incl. PreO close
As soon after 15:30 as possible	Medal ceremony for Elite Races
16:30	Last bus from the arena

## Arena Layout



## Map

Maps will be 1:10,000 size: 297 x 210 mm (Course 1-4), or 1:7,500 size: 366 x 258 mm (Courses 5-22), 5m contour interval, and printed on waterproof paper (not bagged). Previously remapped by Ben Mitchell for the VHIs in 2018 and now with updates for JK2022.

Please note:

- a) There are many small paths on the area, only the more significant paths are marked on the map.
- b) Overhead cables and pylons are not marked on the map

A previous use of the map on Routegadget can be found here: [Clydach Terrace](#), and will be on display in the arena.

## Terrain

Clydach Terrace is the site of abandoned 19th-century ironstone workings characterised by a large number of finger-shaped tips. The detailed contoured hillside, combined with open moorland and few paths will provide testing terrain for navigation at speed.

Please note that the area is also used by horses, dog walkers and bike riders. Please respect their right to be there.

## Out of Bounds Areas

Private fields and areas of settlement are marked with usual black stripes.

## First Aid

The main First Aid will be at Event Arena. There will also be First Aid available near the finish.

## Safety bearing

South.

## Course Details

Subject to final controlling:

Courses 1 and 2, M/W21E, are planned with an expected winning time of 32 minutes. For these courses only, one control site will have a drinks station.

Courses 21 and 22 both follow short sections of marked routes where the terrain is unsuitable for the technical standard.

Course	Classes	Distance	Climb	Controls	Start	Map Scale
1	M21E	5.9 km	145 m	21	Red	1:10,000
2	W21E	4.6 km	115 m	17	Red	1:10,000
3	M20E, M18E, M16A	4.2 km	120 m	16	Red	1:10,000
4	W20E, W18E, W16A	3.2 km	80 m	12	Red	1:10,000
5	M21L, M35L, M40L	5.4 km	145 m	20	Red	1:7,500
6	M45L	5.2 km	140 m	19	Red	1:7,500
7	M50L	4.9 km	135 m	16	Red	1:7,500
8	M21S, M55L, W21L	4.3 km	110 m	15	Red	1:7,500
9	M35S, M40S, M60L, W35L, W40L	4.2 km	125 m	15	Red	1:7,500
10	M45S, M50S, W45L	4.0 km	95 m	16	Red	1:7,500
11	M65L, W50L	3.7 km	90 m	12	Green	1:7,500
12	M18L, M20L, M55S, W55L	3.5 km	100 m	14	Green	1:7,500
13	M21V, M60S, M70L, W21S, W35S	3.4 km	95 m	13	Green	1:7,500
14	M18S, M20S, M65S, W40S, W45S, W60L	3.1 km	75 m	12	Green	1:7,500
15	M70S, M75L, W18L, W20L, W50S, W55S, W65L	2.8 km	65 m	10	Green	1:7,500
16	M75S, M80, W18S, W20S, W21V, W60S, W70L	2.4 km	85 m	11	Green	1:7,500
17	M85, M90, W65S, W70S, W75	1.8 km	60 m	9	Green	1:7,500
18	W80, W85, W90	1.4 km	40 m	9	Green	1:7,500
19	M14A, M16B, W14A, W16B, Light Green	2.8 km	70 m	10	Green	1:7,500
20	M12A, M14B, W12A, W14B, Orange	2.4 km	45 m	10	Green	1:7,500
21	M10A, W10A, M12B, W12B, Yellow	2.0 km	50 m	8	Green	1:7,500
22	M10B, W10B, White	1.4 km	25 m	8	Green	1:7,500

## Clothing and whistles

As per BOF rules you MUST wear full leg and body cover. Shorts will not be permitted.

The Organisers will require a lightweight hooded waterproof jacket to be worn or carried if the weather is bad – if so, notice will be given in online information and will be displayed at Enquiries before boarding the buses.

Strictly No-Whistle, No-Go. Whistles will be checked, with Bibs, at the exit from the Arena and you will not be allowed to start without both – so please don't forget.

There will be no clothing transfer. There will be a sheltered area close to the Starts and Finish, where clothing may be left.

## Control descriptions

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

## Pre-Start Waiting area

There will be a taped waiting area by the start. Anything outside of this area should be regarded as the

competition area and is out of bounds.

## Starts

Please allow plenty of time. we suggest 1 hour from getting on the bus. Allow 25 minutes from the Arena, this about 1.4 km level walk along unclassified narrow road and track. The road is a single-track lane with little traffic. One section is narrow and you may be asked to wait up to 2 minutes to allow an oncoming vehicle to pass. Otherwise, if you encounter a moving vehicle on the route, please keep to the side to leave space for them. Please respect residential properties along the route.

There will be a single Pre-start with Courses then splitting into RED or GREEN start lanes. JK championship competitors will have a pre-allocated timed (non-punching) start.

The call up clock will be at -5 min. Loose control descriptions will be in the -3 min box.

Some helpers, and colour-coded entry on the day, will have punching starts. These should go to the Late Start lane.

Please allow plenty of time to travel to the Start. See START PROCEDURE in GENERAL INFORMATION regarding turning up late for your start.

## Finish

The finish will be close to the Pre-Start area.

Maps will be collected from all elite competitors and will be available for collection from school after 14:30. For others, please do not show your map to anyone yet to run.

## Colour coded courses

The following non-championship courses will be offered: White, Yellow, Orange and Light Green. You can choose any course you like irrespective of age and gender. They are available for entry on the day subject to availability of maps. Enter on the day at Enquiries before boarding the Bus to the Arena.

## String Course

Unfortunately, it has not been possible to provide a String Course for Day 2

## Elite Prize Giving

This will take place as soon after 15:30 as possible in the Event Arena.

## Officials

Organisers: Joe Parkinson, Pat Macleod, Andy Creber (NGOC)

Planner: Richard Cronin (NGOC)

Controller: Mike Forrest (BOK)

IOF Advisor: Mike Forrest (BOK)

British Orienteering Jury	IOF Jury
Ranald Macdonald	Julie Cleary
Tony Thornley	Tony Thornley
Simon Thompson	Simon Thompson
Reserve: Graeme Ackland	Reserve: Ronan Cleary

## PreO

The PreO event will take place close to the assembly area for Day 2 and a map to the PreO event will be on display at enquiries in the main arena. Competitors must follow the parking and access instructions for Foot Orienteers to reach the assembly area. **Use the buses provided and do NOT travel directly to the Arena.** If you have not collected your FootO bib on Day 1, bibs must be collected at Enquiries, before boarding the Bus to the Arena. In the event of poor weather, competitors are advised to wear appropriate warm and or waterproof clothing as the courses are very exposed. Competitors should be aware of the weather, and return to the assembly area if the weather changes in a way they are not prepared for.

Covid-19: Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home. For all the latest information on COVID-19 in Wales go to [gov.wales/coronavirus](https://gov.wales/coronavirus).

Toilets will only be at the Assembly Area. The route from Brynmawr Foundation School to the PreO Start is around 300m and will be signed and taped and commences in the same way as the route to the FootO starts. Allow 15 minutes. The start of the routes is the same as the route to the FootO starts as shown above and will be signed where it diverges from the FootO route, over a footbridge. The route will then be signed and taped.

The entry to the competition area passes through a series of gates intended to prevent unauthorised off-road vehicles passing. Unfortunately there is no opportunity to remove or bypass these gates. This will not impede most competitors, but any competitors using mobility aids such as manual or electric wheelchairs may need to check that they will be able to pass through.

Please note that the area is also used by livestock, horses, dog walkers and bike riders. Please respect their right to be there and do not approach livestock. Any litter seen should not be touched. The terrain is an exposed and open hillside with natural and man-made contour features. The courses follow a wide asphalt road which climbs steadily but with an average gradient of under 4%. The courses are 1.3Km long and the Finish is close to the Start.. TrailO is a silent sport and competitors must not speak to each other. Some of the Elite competitors will be competing for places to represent GBR at the World Championships in the Czech Republic in July, and so will appreciate all competitors following this rule to avoid distractions. More information about TrailO can be found in [Technical Introduction to TrailO for Experienced Foot Orienteers](#). **If you intend to compete in a manual wheelchair and might require assistance you should arrange for this.**

**If you require details of the access restrictions in advance or may not be able to reach the Assembly Area, please contact the PreO Organiser in advance: [jkentries@britishorienteering.org.uk](mailto:jkentries@britishorienteering.org.uk).**

Start Times will be from 11:00. Start times will not be allocated. Please come as early as possible and if competing in other Day 2 competitions please request an early start time and allow enough time to complete your course before courses close. Remember that after completing the PreO course you will need to return to the assembly area in time to use the buses to return to the parking area. Courses close at 15:30 and anyone not finished by that time may be disqualified. The last bus leaves at 16:30.

There will be two courses:

**Elite Course:** This will have 2 Entry Classes: Open and Physically Challenged. There will be 23 controls, and 2 timed controls at the start of the course, each with 3 tasks. The overall time limit is 108 minutes for the Open Class and 128 mins for Physically Challenged class with a penalty of 1 point for every part of 5 minutes over the time limit. In the Elite course, problems where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m. Competitors in the Physically Challenged class will need to be ready to provide evidence of their qualification for that class.

**Standard Course:** There will be 16 controls and no timed controls. The overall time limit is 87 minutes class with a penalty of 1 point for every part of 5 minutes over the time limit. In the standard course, the correct answer can only be zero(Z) on an 'A' control where there is only a single flag. Where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m.

An SI card (dibber) is required to record total time and competitors should use their own SI cards or one hired for the JK. The control units will be at the start and the finish and will be dibbing only; not touchless enabled. Competitors must punch the SI control at the start and at the finish but will carry pin punches to record their answers on a punch card. Competitors are encouraged to bring their own pin punches if they have them otherwise they will be loaned one for the course.

When approaching the competition area wait at the "stop" line until called up. The course is in two parts:

**Time Controls (Elite only)** - There are 2 timed control stations, each with 3 problems. Each station has 6 kites: when answering use the phonetic alphabet: Alpha, Bravo, Charlie, Delta, Echo, Foxtrot or point to the letter; there are no Zeroes at the time controls. Each station is continuously timed by officials with stopwatches for the three problems with a maximum time of 90s with a 15s to go warning. The officials will record your time on the control card. Please inform the officials if you wish to point rather than speak. There is a choice of loose or bound maps. The officials will give you your time control maps. The maps have a cover sheet that must not be removed until told "your time starts now". At the end you will be given your control card.

**The main part of the course** -Hand in your control card if you have already received one at the timed controls. Clear and Check your SI dibber. Your details will be written onto the control card. The control cards will be waterproof and must be folded in half to provide a duplicate record of the selections punched. The you will be given your course map. Punch your SI dibber in the Start, and only then look at your course map. Then navigate

around the course at your own pace bearing in mind the overall time limit. The course follows a major path for around 700m to where a red/white tape indicates the limit of access and then returns towards the start. You must stay on the path, and you must not cross the tape which is marked on the map as a purple line across the road. Viewpoints are marked with a small flag at the roadside and the number(s) of the controls to be solved there. For example E5 for the fifth control on the elite course or N7 for the seventh control on the Standard course. At some viewpoints where there is more than one flag, the direction flags for consideration may be indicated by tape on the ground indicating the left-hand and/or right-hand extent of the cluster of flags for the viewpoint, so only the correct number of flags can be seen. Competitors are required to select an answer from the Viewpoint and record it in the relevant box on their punch card using the pin punch they are carrying. Controls may be solved in any order. Two or more punch marks in the same row or punching across more than one box will count as a wrong answer.

When you have completed the course, you should punch your SI card at the Finish and proceed to the Start official for SI download, which will be just beyond the start kite. You may not alter your control card in any way after punching the Finish. The SI card will be downloaded and your control card will be collected, with one half returned to you. You may retain your competition map, but in the spirit of fair play do not show this to anyone who is yet to compete. You will then need to retrace their route to the bus stop and assembly area. This path will bring you back through the time controls. If there is somebody doing them as you arrive, please pause out of their line of sight and wait for them to finish. Then walk between the backs of the time control chairs and continue to the event centre. Competition rules regarding **no communication** remain in force while you are on the course and until you pass the timed control on the way back to the assembly area.

Solution maps will be available after the last competitor has finished, on Day 4 and on the JK website along with the results. Results will be available online only.

If you are unhappy about something, please discuss your concerns with the Planner or Organiser (via the Start), dependent on the problem. If this does not resolve the issue, then invoke the BOF Complaints, Protests and Appeal procedure (Rule 16), i.e. a Complaint should be made in writing to the Day Organiser 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. If you are unhappy with the Organiser's decision you can protest in writing to the Organiser, and if the Organiser does not agree with the protest they will convene the Jury. A Protest should be made no more than 15 minutes after the result of the Complaint is known.

The PreO map is ISSprOM 1:4,000 scale with 2.5m contours on waterproof paper, produced for the competition by Mitchell Maps. Control circles are 6mm.

Prizegiving for Sprint PreO and PreO will be on Day 4 at the Relay Prizegiving. There are no prizes for the Standard course.

#### **PreO Officials:**

Organiser: Liz Urquhart (OD)

Planner: Graham Urquhart (OD)

Controller: Peter Hornsby (LEI)

<b>Trail Orienteering Jury</b>
John Kewley (MDOC)
Iain Phillips (LEI)
Ian Ditchfield (MV)

#### **Hospitals**

The nearest hospitals with Accident and Emergency departments are:

Serious injuries: The Grange University Hospital

Minor injuries: Nevill Hall Hospital



<b>Journey for serious injury</b>	<b>Miles (min)</b>	<b>Journey for minor injury</b>	<b>Miles (min)</b>
The Grange University Hospital Caerleon Road Cwmbran Gwent NP44 8YN	16 miles (30 mins)	Nevill Hall Hospital Brecon Road Abergavenny Gwent NP7 7EG 01873 732732	8 miles (15 mins)

### **Acknowledgements**

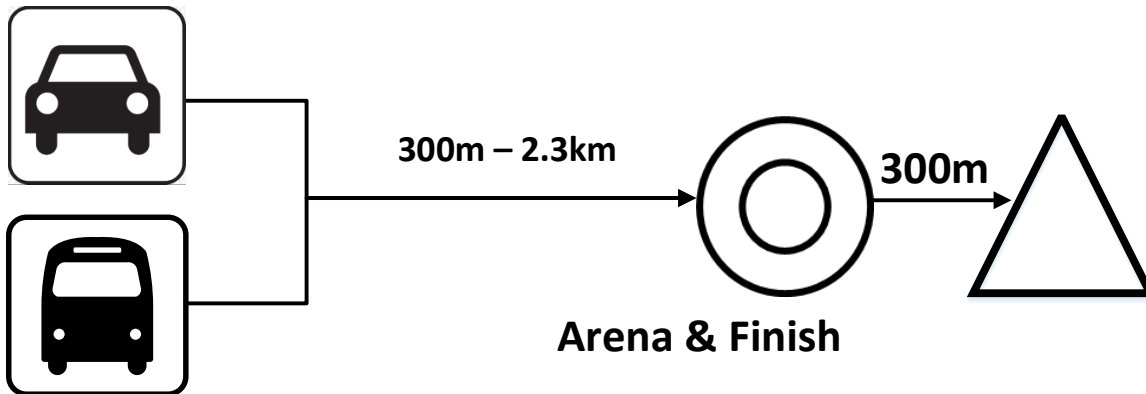
Thanks to the volunteers from North Gloucestershire (NGOC) and other clubs.

We are grateful to the Duke of Beaufort Estate for giving permission to use the area, Brynmawr Foundation School for use of their facilities, Clydach Dingle residents and Blaenau Gwent County Borough Council.

## Day 3: Sunday 17<sup>th</sup> April – Long – Pwll Du

### Important notices

- Water will be provided at the finish for elite competitors only. 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 bring it with you if you ran in the Sprint Race or the Middle Race, otherwise, collect your bib from enquires.
- Whistles are MANDATORY and will be checked at the Start. Full leg and body cover is also MANDATORY.
- For those with SIAC cards, there will be a battery check at the exit from the arena.



### Travel Directions

**Before you travel,** we recommend you check <https://traffic.wales/road-traffic-alerts> for up-to-date information on road conditions/closures.

The event area is approached:

- From the South, by the A4043 from Pontypool (and is the preferred route for competitors).
- From the West, by the A465 (Heads of the Valley road) to Brynmawr and then the A467 and B4248 to Blaenavon. This 'B' road has a fast flow of intermittent traffic. It will be out of bounds for pedestrians, with a manned crossing point near to the Arena.
- From the North, by the B4246 from Abergavenny/Govilon or Llanfoist. This is a steep climb (the 'Tumble') for large vehicles.

### Parking

The event will utilise seven main parking areas to the West of Blaenavon (shaded light orange on the map below).

**FOR VEHICLES APPROACHING FROM SOUTH AND FROM ABERGAVENNY VIA THE B4246:** Please follow the signs for **Big Pit, through the Gilchrist Industrial Estate**. You will be directed to one of the following car parks:

1. **Nature Park Access Track (approx 100 vehicles).** Utilising the cindered verges along the access track for the Nature Park and heading to Coity Farm. This parking will be marshalled. Competitors will be directed on foot along the track and through the Railway Museum area. Access for farm vehicles must be maintained by careful parking on the verges as directed by the marshals.

**Once this area is full, parking will be:**

2. **Industrial Estate Car Parking (approx 500 vehicles).** Utilising the wide roads and parking spaces of the factory units within the Gilchrist Thomas industrial estate (see Annex B). The estate is about 1km from the Arena and is connected to it via a quiet metalled cycle path. This parking will be marshalled.

**Then:**

3. **Overflow Parking (approx. 40 vehicles).** On the Kays and Kears Estate road spurring north of the main industrial estate. This parking will be marshalled.

#### FOR VEHICLES APPROACHING FROM THE NORTH:

- Walter's Mining hard standing (SO 21801108) (approx 250 vehicles).** Cars only, utilising three areas of cindered hardstanding and a long unmetalled track running parallel lane with the B4248. This parking will be marshalled and is 1.3km – 2.3km easy walk to the Arena. This parking will be marshalled.

WHEN THIS CAR PARK IS FULL, please drive south on the B4248, past the arena, into Blaenavon. **Turn right and after the Iron Work follow the signs to Big Pit, through the Gilchrist Industrial Estate. You will then be directed to one of the car parks (1-3) above.**

- Larger Vehicle Parking ONLY (SO 23660988) (approx. 70 vehicles).** Will be on a rectangular area of hardstanding just south of Garn-yr-erw. Approach by turning into Garn Lakes Road (the approach road to Garn-yr-erw Lakes and the Heritage Railway site) and turn immediately left into the parking area.). It is approximately 400 metres from the Arena and is suitable for approximately 70 motorhomes and minibuses. For Pedestrian safety, access and connection to the Arena will be via the back roads and footpaths running parallel to the B4248. This parking will be marshalled.
- VOLUNTEER & TRADER PARKING. ARENA hardstanding (SO 23441010): (approx. 50 vehicles).VERY LIMITED PRIORITY PARKING** on an area of irregular hardstanding directly adjacent to the Arena. This parking will be marshalled.
- VOLUNTEER PARKING: Blaenavon and Pontypool Heritage Railway Centre (SO 23660988) (approx. 50 vehicles)** – a limited area of grassed/gravelled area. Do not park in the main car park.

This is approached by driving south on B4248 past the arena and turning right into Garn Lakes Road. Proceed up the road, through the car park **and into** a grassed/gravelled area on former railway sidings adjacent to Furnace Sidings station.

NOTE: The Big Pit main car parks, the Railway Museum main car park, Garn Lakes & Iron Works public parking is not to be used and their access roads kept clear.



#### Dogs

There is no issue with dogs in cars in parking as that is on a roadside area. There is also space to walk dogs in the immediate vicinity. We regret that as this is sheep country dogs are not allowed in any part of the terrain, including the Arena.

Please pick up after dogs.

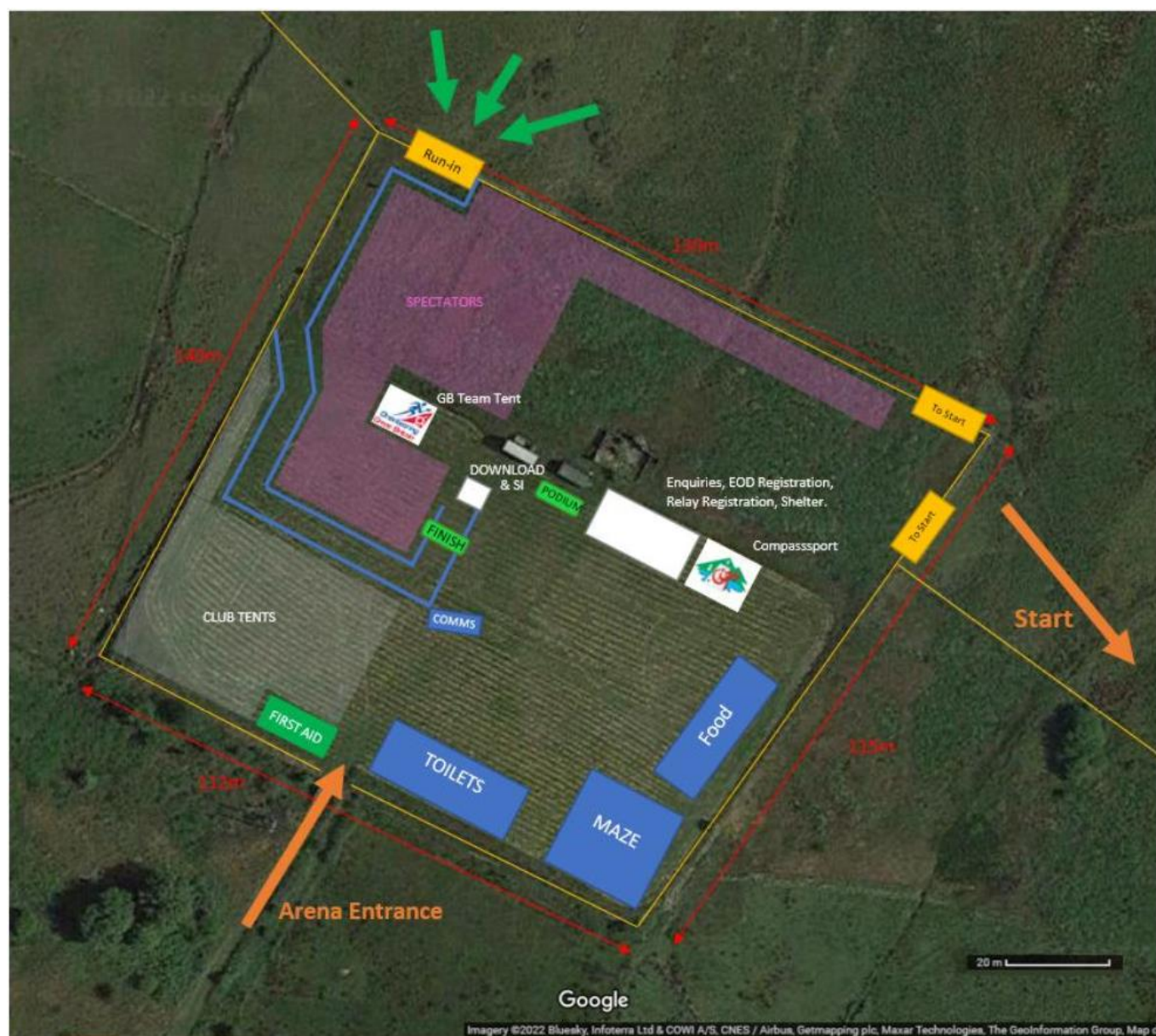


## Timings

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

08:00	Car parks open
09:00	Enquiries and colour coded entries open
10:00	Relay registration open
10:00	First start time for championship (09:39 for M21E) and colour coded
10:30	Maze opens
13:00	Colour coded entries close
14:00	Last start time for championship and colour coded
14:30	Maze closes
15:30	UKOL Prizegiving and Prizegiving for days 2/3 combined as soon as possible
16:30	Courses, enquiries and relay registration close.
17:00	Car parks close

## Arena Layout



## Club tents

Along the southside of the run-in. Please consider social distancing.

## Map

The map is 1:15,000 for courses 1-4, 1:10,000 for courses 5-22 and 26-28, 31 and 1:7,500 for courses 23-25, 29,30. The contour interval is 5m. It was remapped in 2021 using LIDAR for JK 2022. A previous version of the map on Routegadget can be found here: [VHI 2018](#). Blank maps will be on display in the arena.

## Terrain and Course Notes

Pwll Du consists of open upland mining terrain lying between 400m and 500m. There are many spoil heaps and other distinct earthworks, but equally as many less distinct features. The mapping ensures that the main land features stand out and are not lost in less distinct map clutter. Most landforms have been represented using contours with some generalisation so that the map is as clear to read as possible. The majority of the area has been mapped as rough open. This is generally very runnable with some denser heather and tussocky grass in the east. In this area in particular there are large areas of bare mining spoil which offers good to very good running. So that the map is as clear as possible these areas are represented by the brown normally used to represent parking areas rather than sandy ground as competitors may expect.

There are several scree slopes in the area, some bare and some with sparse vegetation. Take care if traversing as they can be slippery / giving.

Water levels on the area vary significantly. In recent years various isolated small trees have sprung up over parts of the area. These are not mapped. In addition to these, other unmapped features include power lines, ephemeral water features when very wet and the vestigial remains of ruined fences especially on the north of the area. A couple of small brick structures on the map are marked as boulders. The area, particularly the spoil heaps, is used by motor bikers. Many of their less obvious tracks, as well as other animal tracks through the terrain, have not been shown on the map.

There is a very significant ravine on the South East corner of the map with steep sides. Courses crossing this have a control at marked safe crossing point above a waterfall. Please take care crossing with a drop over the waterfall to one side. Do not attempt to cross this ravine elsewhere.

Some courses will go down a path crossing a stream which is knee deep and muddy. A taped route will skirt around this section. (see diagram below).



Marshes with reeds should be avoided. Mapped ditches more especially in the West of the area range from shallow features to moderately deep ones with steep scree slopes. There is also an unmapped new part man-made watercourse in the SE part of the area underlain with blue plastic (may affect courses 2 and 3).

Competitors need to be aware that there may be some ground nesting birds in the terrain. Please give them room if you see them and avoid any obvious nests.

Course 29 has some sections where the paths are unclear. These are marked with tapes and / or smiley faces. There is a spectator control visible from the arena. This will be visited by the 4 elite courses.

**Safety bearing:** South West.

## Course Details

All courses are subject to final controlling.

Course	Classes	Distance	Height	Controls	Scale	Paper
1	M21E	16.0k	580m	29	1:15k	2 x A4
2	W21E	11.3k	400m	25	1:15k	A4
3	M18E M20E	11.1k	395m	24	1:15k	A4
4	W18E W20E	7.4k	285m	15	1:15k	A4
5	M21L	12.0k	390m	23	1:10k	A3
6	M35L	11.4k	340m	23	1:10k	A3
7	M40L	10.6k	380m	25	1:10k	A3
8	M18L M20L M21S W21L	7.5k	265m	20	1:10k	A3
9	W35L W40L	7.3k	250m	22	1:10k	A3
10	M18S M20S M21V W18L W20L W21S	5.1k	185m	11	1:10k	A3
11	M45L	8.9k	285m	18	1:10k	A3
12	M50L	8.3k	240m	16	1:10k	A3
13	M55L	7.9k	240m	17	1:10k	A3
14	M60L	7.1k	250m	16	1:10k	A3
15	M35S M40S W45L	6.0k	220m	14	1:10k	A3
16	M16A	6.5k	260m	14	1:10k	A3
17	M65L	5.8k	200m	13	1:10k	A3
18	M45S M50S W50L	5.9k	235m	13	1:10k	A3
19	M70L W55L	5.5k	170m	13	1:10k	A3
20	M55S W16A W60L	4.9k	185m	14	1:10k	A3
21	M75L M60S W65L W35S W40S	4.5k	150m	12	1:10k	A3
22	M65S W70L W45S W50S	4.1k	135m	13	1:10k	A3
23	M80 M70S M75S W75 W18S W20S W55S W60S W65S W21V	3.7k	115m	11	1:7.5k	A3
24	M85 M90 W80 W70S	2.6k	60m	9	1:7.5k	A3
25	W85 W90	2.1k	60m	8	1:7.5k	A3
26	M14A M16B	5.0k	110m	14	1:10k	A3
27	W14A W16B	4.0k	125m	13	1:10k	A3
28	M12A M14B W12A W14B Orange	3.4k	75m	11	1:10k	A3
29	M10A M12B W10A W12B Yellow	2.8k	70m	10	1:7.5k	A3
30	M10B W10B White	1.6k	40m	9	1:7.5k	A3
31	Light Green	3.6k	125m	10	1:10k	A3

## Clothing and whistles

As per BOF rules 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 (bib and whistle check area - Exit from the ARENA en-route to the Start).

**Strictly No-Whistle, No-Go.** This will be checked at the exit from the arena and you will not be allowed to start without one.

### **Warm up and Out of Bounds**

The area to the west of the route to the Starts can be used for warming up. The area to the east of the route is OUT OF BOUNDS before you start! Please observe the OUT OF BOUNDS signs – they are there to ensure fair competition for all.

### **WRE/ELITE**

There are three drinks points on the area primarily for courses 1 to 4. Course 1 will pass close to all three, course 2 and 3 will pass close to 2 of them and course 4 will pass close to 1. There are other courses which may go near one or more of the drinks points but the priority should be given to elite runners.

Course 1 is in two parts. The first part is to be left at the map exchange when collecting the map for part two. The part one maps will be transported to assembly and released after the start closes.

### **Control descriptions**

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

### **Start**

There are two starts approximately 90m apart with a common route from the Arena until the last 100m. The first is for courses 1 to 4 and the second for all remaining courses.

The route from Arena to the starts will be on the edge of the competition area, marked from the south-east corner of the Arena with streamers. The starts are approximately 350m from the SE corner of the Arena. To avoid overcrowding at the start please do not leave the Arena earlier than 20 minutes before your start time.

Call up is at -5 at the 2<sup>nd</sup> gate along the track.

JK course competitors will have a pre-allocated timed (non-punching) start, with the exception of colour-coded, who have punching starts.

Please allow plenty of time to travel to the Start. See START PROCEDURE in GENERAL INFORMATION regarding turning up late for your start.

### **Finish**

The finish is in the arena. Maps will be collected from M/W21E only and released after the start closes.

### **Maze Course**

A maze will be available in the arena.

### **Colour coded courses**

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

### **Event Officials**

Organiser: Anne May/ Lawrence Snowden/ Andrew Firth (SWOC)

Planner: Pete Ribbans/ Kevin Bush/ Jane Bush (SWOC)

Controller: Mark Dyer (BOK)

IOF Advisor: Steve McKinley (SN)

Event Safety Officer: Katy Dyer (BOK)

<b>British Orienteering Jury</b>	<b>IOF Jury</b>
David May	David May
David Rosen	Ronan Cleary
Andy Lewsley	David Rosen

Reserve: Tony Carlyle

Reserve: Julie Cleary

## Hospitals

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: The Grange University Hospital
- Minor injuries: Nevill Hall Hospital

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
The Grange University Hospital Caerleon Road Cwmbran Gwent NP44 8YN	12 miles (21 mins)	Nevill Hall Hospital Brecon Road Abergavenny Gwent NP7 7EG 01873 732732	7 miles (16 mins)

## Acknowledgements

Thanks to the many volunteers of South Wales (SWOC) and other clubs without whom this event could not have taken place.

For the use of Pwll Du our thanks go to:

the Duke of Beaufort Estate

Walters Mining and their tenants

Blaenavon World Heritage Site Commons Management Group

Bloreng Commoners

Garn-Er-Erw Welfare Hall Association and residents for the use of the Recreation Field as our Arena

For Safety advice, parking and traffic management:

Torfaen Council and their Event Safety Advisory Group

For parking:

Walters Mining

Mr Alan Llewellyn, Coity Farm

Blaenavon & Pontypool Heritage Railway Centre

Rhymney Brewery

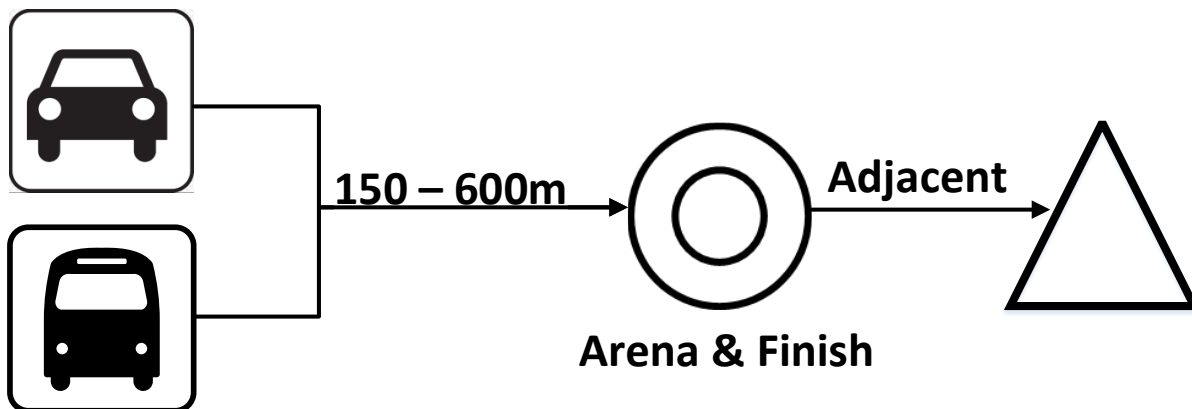
Torfaen Council

Note: Blaenavon Heritage Railway operates steam and heritage diesel services through the Blaenavon World Heritage site on the edge of the Brecon Beacons National Park. Trains run on weekends and bank holidays between April and September, together with special events throughout the year. Visit [www.bhrailway.co.uk](http://www.bhrailway.co.uk) for further information.

## Day 4: Monday 18<sup>th</sup> April – Relays – Caerwent

### Important notices

- On entry, the BAOC team will check you are here for orienteering. Have your **JK 2022 Individual Race Bib** (or helper/ trader id) ready and supporting identification, preferably photo, whether you arrive by car or on foot.
- MOD Caerwent was an ordnance storage area and is now a wild place regularly used for infantry training. DO NOT touch any military or unknown objects you may come across and DO NOT enter any of the many ruined and often dangerous buildings. *"if you didn't drop it - don't pick it up"*
- A Risk Assessment has been carried out including how to mitigate Covid in a Relay format race. Keeping all safe is the organisers priority. The arena has been designed and Relay procedures "tweaked" with the approval of the BOF Events and Competition Committee to facilitate social distancing. We need you to be considerate of other to keep us all Safe. Thank you.



### Travel Directions

The event is located within the Caerwent Military Training Area.

What3words: [packets.modem.waltzes](https://www.what3words.com/packets.modem.waltzes)

Grid Reference: ST466909

Post Code: NP26 5NY - the site entrance is 140m W of here

Entry is directly from the A48 by the Camp West Gate (permanent signposting). Please help to avoid any traffic build up on A48.

From the West leave the M4 at Junction 24 and take the A48 East "Langstone" for 7 miles then left as signed through the camp outer gate.

From the East leave the M48 at Junction 2, go North to first roundabout and then West "Newport" for 5 miles, through Caerwent village ignoring signs to Camp East Gate and then right as signed through the camp outer gate.

### Security Check

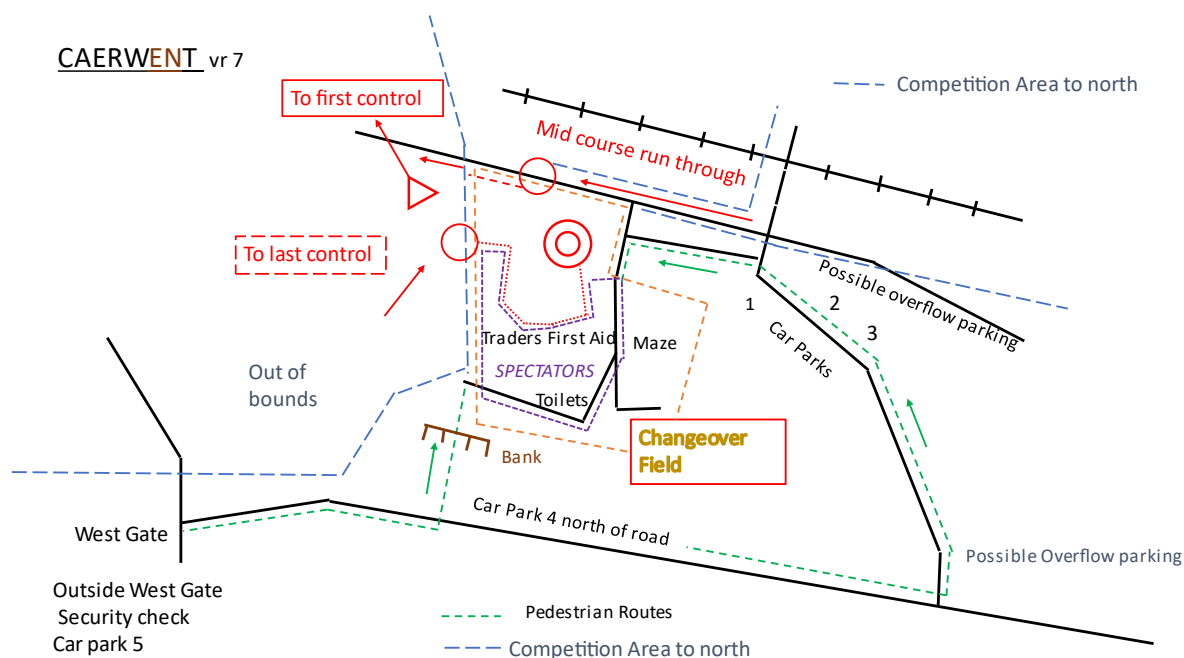
Before entering the West Gate, whether you arrive by car or on foot/ bike, proof of your legitimacy will be checked. Please have your **JK 2022 individual Race Bib** (or equivalent) ready. (Or evidence of helper/ trader/ service provider/etc.) If all is well then you will be issued with a car pass and may proceed. Otherwise, you will be directed to a holding area for further processing, e.g. an additional identification check.

### Parking

Please follow the instructions of the parking marshals. The car park opens at 08:00 and entry closes at 11:00. A one-way system will be in operation, and traffic will only be allowed to exit from 11:15. If you are delayed arriving and are late you may park in the large car park no 5 outside the gate; please do not park in the village.

The walk from parking to assembly is typically 300m but there is a steep grassy bank from car parks 4 & 5 (see diagram) which could be difficult for pushchairs or equivalent. If this is an issue, identify yourself to the marshal. There is a longer and flatter route.

Any coaches and larger camper vans and minibuses will be parked in no 5.



## Dogs

Sorry, in line with military standing orders no dogs are allowed in the Camp. (Sheep, hazards, etc.) Dogs are allowed in outer car park no 5 only. The adjacent village includes facilities such as a pub, toilets.

## Timings

Please note: Timings are subject to change.

08:00	Camp Gate open to competitors and car parking open
08:15	Registration opens for Team Bag collection and "last minute" team changes. (May be earlier if we are ready)
09:00	General Enquiries opens. Maze course opens.
09:45	Deadline for "last minute" team changes
09:50	First call-up
10:00	First starts for first lap
11:00	Last starts for first leg runners
12:20	Mini mass start call up. (Arrangements subject to change listen for announcements)
13:00	Prizegiving. Maze course closes.
14:15	Courses close. Controls removed progressively from 14:00
14:00	Enquiries closes
15:30	Camp closes to all non-helpers - must leave before this time

## Relay Team Declaration

Deadline for the on-line team declaration by the captains is midnight Wednesday 13 April.

All team captains must go to enquiries on Day 2 or Day 3 to collect their team declaration printout. This needs to be checked and approved or changes requested and returned before Day 3 enquiries close.

Points to note,

- (1) If your team is now non-competitive (NC), please declare it. NC teams are welcome to compete but are not eligible for prizes.
- (2) Course P: the Ad Hoc Relay is gaffled and runs in a fixed order - Lap 1 Long, Lap 2 Short and Lap 3 Medium.

We do understand that last minute changes happen. You will be able to make these on the Day at Relay Registration. The historical level of “last minute” changes is between 14-28% and we beg all Team Captains to get all your changes to our small team as early as possible

## Relay Registration Team Bag collection and “Last Minute” changes

Relay registration is co-located with General Enquires in the large marquee.

### Team Bag collection

A single representative from each club should report to Registration to collect their **CLUB** bag.

Notes:

- (1) some clubs may have more than one bag (labelled 1 of 2)
- (2) The club bags include all Ad hoc entries
- (3) The small number of Ad Hoc entries not associated with a club are labelled with a name.

An official will record collection. (We would suggest that you check the contents match the listing before departing)

### COVID MITIGATION CHANGE

The labelled **TEAM** bags contain not only the standard bibs, (Lap 1 (Red), Lap 2 (White) and LAP 3 (Blue), and pins, but also the competition maps, identified by team and lap number.

- (1) The competition maps are sealed. We are trusting you not to try to open or otherwise view the map. There will be a 100% map check before starting.
- (2) Check your map and bib match.

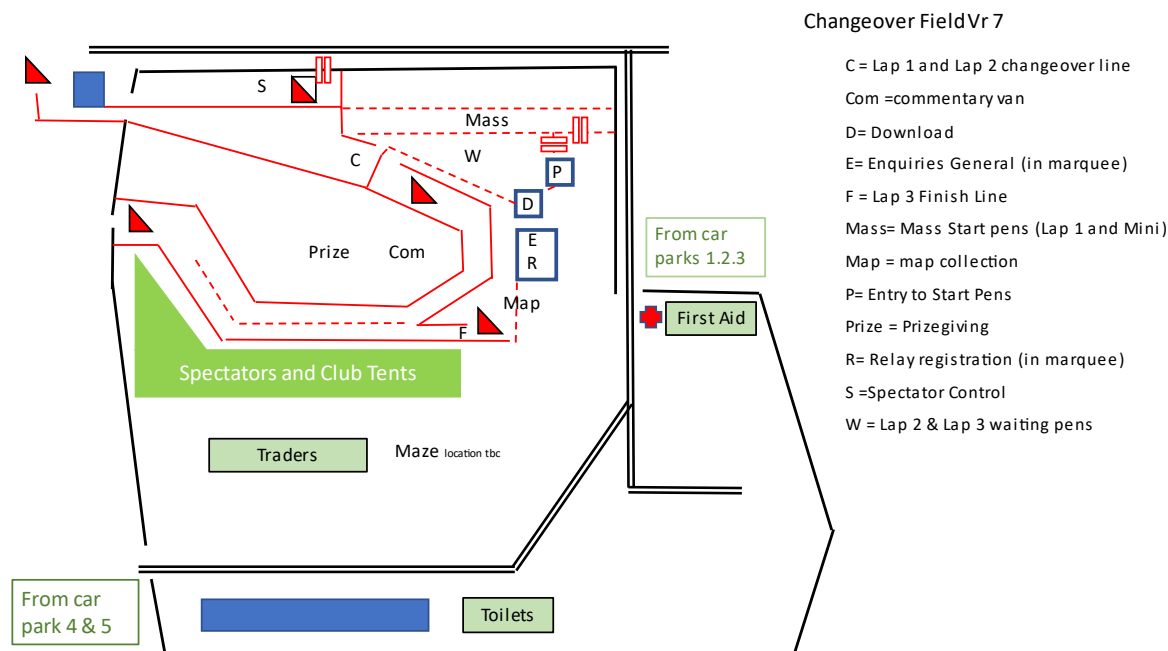
Captains, please ensure that these points are brought to the attention of all.

### Last Minute changes and very limited EOD

At the desk, most changes: for Team members, SI cards, Team order, competitive status by completing a change form.

Although limited to our additional maps we will endeavour to meet change of class requests and requests for EOD including non-competitive/ scratch teams.

## Arena layout



### Club tents

Along south edge of run-in or along western fence with view of approach to last control. Please be considerate of your neighbour and social distance.

### Map

1:10,000 and 1:7,500 (see table below), 5m contours. Remapped in 2021 by Peel Land Survey.

The previous map can be seen [here](#).

Out of bounds is marked by purple hatching but this is not to the latest IOF standard

Most, but not all, courses show the control number *and* control code on the map, e.g. 5 - 123. As this takes up more space on the map, in a very few cases, competitors may need to run 'under' part of the number.

### Safety Bearing

The safety bearing is South

### Control Descriptions

Control descriptions are printed on the front of the maps; all courses use IOF pictorial symbols, including those for the Mini Relay. Orange and Yellow standard courses also have text. There are no loose control descriptions.

### Terrain & Course Notes

Caerwent is a military training area with an interesting network of roads, ditches, old railway lines and many buildings that have fallen into disrepair. Most of these buildings are surrounded by large blast banks, competitors will find themselves looking for a building but see a hill in front of them! The terrain varies from very fast runnable open grass, cropped short by sheep, through mixed woodlands to military grade brambles.

The area can be very roughly split into three distinct "zones":

- All courses visit the "rough urban" zone of abandoned and derelict buildings with a network of roads, paths, blast banks and ditches immediately to the West of the Arena.
- To the North East of the Arena is an area of open, extremely runnable grassland with roads and clusters of buildings further apart, and some small patches of mixed woodland - where shown as green these are large windblown trees which will slow you down but not completely block your routes. Most longer courses visit this area.
- To the North of the map is a sloping woodland which has very thick vegetation at the edges with occasional buildings dotted around it, and varies from runnable mature woodland to more dense coppiced woodland. The canny competitor may think they have spotted a control tape - be aware that the area is used for regular military exercises and not all tapes are ours.

**All competitors are encouraged to read the Map Notes at the end of this document which include important safety notes and advice on the terrain.**

### Clothing

Please note that although part of the terrain is urban in nature, this is **not** an urban race – British Orienteering rules require that you **MUST** wear full leg and body cover. Please see above note about military grade brambles.



## Course Details

(Lengths and climb are approximate because of the gaffling)

Class	Approx. length / climb / controls			Map Scale	Map size	Spectator control
	Lap 1	Lap 2	Lap 3			
<b>A JK Trophy</b>	7.3k 140m 23-25c	6.2k 110m 20-21c	7.3k 140m 23-25c	1:10000	A4	Yes
<b>B JK Women's Trophy</b>	6.0k 100m 19-21c	5.3k 90m 16-17c	6.0k 100m 19-21c	1:10000	A4	Yes
<b>C Men's Short</b>	4.9k 80m 16-19c	4.4k 70m 13-14c	4.9k 80m 16-19c	1:7500	A3	Yes
<b>D Women's Short</b>	4.4k 90m 13-14c	3.6k 55m 12c	4.4k 90m 13-14c	1:7500	A4	Yes
<b>E Senior Men (M120+)</b>	7.3k 140m 23-25c	6.2k 110m 20-21c	7.3k 140m 23-25c	1:7500	A3	Yes
<b>F Senior Women (W120+)</b>	4.9k 80m 16-19c	4.4k 70m 13-14c	4.9k 80m 16-19c	1:7500	A3	Yes
<b>G Veteran Men (M165+)</b>	6.0k 100m 19-21c	5.3k 90m 16-17c	6.0k 100m 19-21c	1:7500	A3	Yes
<b>H Veteran Women (W165+)</b>	4.4k 90m 13-14c	3.6k 55m 12c	4.4k 90m 13-14c	1:7500	A4	Yes
<b>J Ultra-Veterans (M/W 210+)</b>	3.7k 35m 14-18c	2.6k 20m 10-12c	3.7k 35m 14-18c	1:7500	A4	<b>No</b>
<b>K Intermediate Men (M48-)</b>	Green 4.9k 70m 17c	Orange 2.3k 20m 9c	Green 4.9k 70m 17c	1:7500	A4	Yes/ <b>No</b> /Yes
<b>L Intermediate Women (W48-)</b>	Green 3.8k 45m 14-15c	Orange 2.3k 20m 9c	Green 3.8k 45m 14-15c	1:7500	A4	Yes/ <b>No</b> /Yes
<b>M Junior Relay (M/W 40-)</b>	Orange 2.6k 25m 13c	Yellow 1.8k 10m 11c	Orange 2.6k 25m 13c	1:7500	A4	<b>No</b>
<b>N Mini Relay</b>	Yellow 1.8k 10m 12-14c	Yellow 1.8k 10m 12-14c	Yellow 1.8k 10m 12-14c	1:7500	A4	<b>No</b>
<b>P Mixed Ad Hoc</b>	Green 4.7k 85m 16c	Orange 3.1k 25m 14c	Green 3.9k 75m 14c	1:7500	A4	Yes

Orange courses are TD3 and Yellow TD2, the remainder are the highest TD of the area, up to TD4. Shadowing is not allowed on any course.

Note that **P Mixed Ad Hoc** (Lap 1 Long, Lap 2 Short, Lap 3 Medium) is being run in this fixed order.

## Seeding

Up to five teams have been identified by reference to JK2019, JK2020 and BRC 2022.

## Start Schedule

Start and call up times are listed in the course table below. Please note that these are different to BOF guidelines to facilitate social distancing and is an agreed rule waiver change with E&CC.

Class	Team numbers	Call up	Start
N Mini Relay	7001+	09.50	10:00
A JK Trophy	1+	09.55	10:05
E Senior Men (M120+)	2001+	10.00	10:10
B JK Women's Trophy	101+	10.05	10:15
G Veteran Men (M165+)	3001+	10.10	10:20
M Junior Relay (M/W 40-)	6001+	10.15	10:25
K Intermediate Men (M48-)	5001+	10.20	10:30
P Mixed Ad Hoc	8001+	10.25	10:35
F Senior Women (W120+)	2501+	10:30	10:40
C Men's Short	1001+	10:35	10:45
D Women's Short	1501+	10:40	10:50
H Veteran Women (W165+)	3501+	10:45	10:55
L Intermediate Women (W48-)	5501+		
J Ultra-Veterans (M/W 210+)	4001+	10:50	11:00

## Start Process

On laps 1 (just in time for call up), lap 2 and 3,

- (1) A DIY check that your bib and map match -it's the competitor's responsibility to run with the correct map
- (2) clear and then enter the waiting pen gate.
- (3) 100 % check, if you have the wrong Si number you will need to step out of the queue to the problem desk
- (4) SIAC Test
- (5) 100% map seal check
- (6) Lap 1 goes right to enter -10 box, Lap 2 & 3 goes left

## Leg 1 Mass Starts

Courses are planned with a mass start in the Arena and then go to the start kite through a fence which has been adjusted to allow for a safe passage. The first start will be **Mini relay (Course N)**. Please come and give this first JK relay start since 2019 a huge cheer!

### Mini Mass Starts

A mini mass start for Lap 2 & 3 runners who have not yet started will be held, with a call up at 12:20. An earlier and additional mass start may be considered (e.g. in bad weather). The Mini Relay will have an earlier mini mass start if one were to be required. Teams will remain competitive.

### Spectator control

There is a spectator control in the assembly field (see course details above). Courses have about 1km to 1.5km remaining before they come to the final control.

Runners are advised to read their maps carefully after the spectator control as the line to their next control may be close to the line to their first control.

### SAFETY

The courses/laps which return to the Arena for the spectator control (see course details above) may cross a very wide and slippery, slightly downhill, cattle grid as you re-enter the camp. There will be warning signs.



### Changeover and Finish

Competitors are visible as they approach the last control and for 200m along the run in. The run-in splits. Laps 1 & 2 fork left to changeover, lap 3 right to finish. When waiting runners see their incoming runners, proceed to the changeover line. Map sealing will be checked. It is the competitor's responsibility to be in the pen in time for changeover.

Lap 1 & 2 runners punch the finish (SIAC enabled) and then go to the changeover line. Only open your map after changing over, all runners must follow the tapes and visit the start kite.

Incoming runners should keep moving steadily along the lane to Download, **SOCIAL DISTANCING IS IMPORTANT AT THIS TIME.**

For Lap 3 runners, the finishing order will be determined as the runners cross the Finish line. The Finish control will be a short distance beyond the Finish line and competitors should manually punch (not SIAC) in the same order as they crossed the Finish line. Then keep moving steadily to Download, **SOCIAL DISTANCING IS IMPORTANT AT THIS TIME.**

### Map Collection

Maps will be collected from all finishers up to 12:20, when club map bags will be released.

### Results

Results will not be displayed in the arena, but should be available on your phone.

### Maze Course

There will be a maze course in the arena between 9.00 and 13.00. Come and take on the maze course challenge.

## Prize giving

Targeted for 13:00 or earlier if possible. Many will not have finished, please do not be concerned by this – it's early to accommodate those with long journeys.

## Hospitals

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: The Grange, Llanfrechfa, University Hospital (A&E)
- Minor injuries: Royal Gwent Hospital (MIU)

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
The Grange, Llanfrechfa, University Hospital (A&E) Caerleon Rd Cwmbran, Gwent NP44 8YN	10 miles (20 mins)	Royal Gwent Hospital (MIU) Cardiff Rd Newport, Gwent NP20 2UB 01633 234234	10 miles (20 mins)

## Event Officials

Organiser: Charles Daniel (BOK) and Chris Huthwaite (BAOC)

Planner: Tommi Grover (BOK)/ Dan Weaver (UBOC)

Controller: Alan Rosen (HH)

British Orienteering Jury
Neil Crickmore
Philip Gristwood
Ray Collins

## Acknowledgements

We are grateful to the following for their help in staging this event:

- The many volunteers from the British Army (BAOC), Bristol (BOK), South-West Junior Squad (SWJS) and the many volunteers who have contributed to this event. Without your efforts there would be no sport.
- Defence Infrastructure Organisation (DIO) and their agents



# JK Relays 2022

## Caerwent Map Notes

### Monday 18 April 2022



The Royal Navy Propellant Factory opened here in 1939, partly due to the availability of fresh water pumped from the nearby Severn railway tunnel. It covers 600 hectares, has around 400 buildings and is still in use as a training area.

There are many unmapped small structures which can be hazardous, eg this section of old railway track. As this is military land, do not touch any suspicious objects or enter any buildings.



Keep out of all Out of Bounds areas



Many building canopies are not mapped



Narrow green stripes show bracken and brambles; very slow to cross, can be painful

Wide green stripes show low bracken; easy to cross but slower than open land and white woodland

Roads can have dark green ('fight') vegetation on one or both sides

The boulder symbol is used for distinctive rocks and raised drains (see photo)



Relay controls may be quite close together (while complying with the Rules) – check codes before punching



Some fences have taped crossing points shown on the ground with red and white tape



Some crossable fences have barbed wire on top – be careful

There are unmapped cattle grids across the area; these are very slippery and too wide to jump over – be careful



Optional entry points into the forest are shown on the ground with red and white tape

Rough open is very runnable and often as fast as open land (100% yellow)

Some crossable fences have Troop Crossing Points where crossing is easier, shown on the map by the black lines (see photo)