



## JAN KJELLSTRÖM INTERNATIONAL FESTIVAL 2023 EVENT PROGRAMME

**7<sup>th</sup> April – 10<sup>th</sup> April**

### **WELCOME!**

The North West Orienteering Association welcomes competitors from across the UK and around the world to the Jan Kjellström International Festival of Orienteering in Lancaster and the Lake District.

<b>Day 1: Friday 7<sup>th</sup> April</b>	<b>Sprint</b>	<b>University of Lancaster Campus</b>
	<b>Combination Trail O</b>	<b>University of Cumbria</b>
<b>Day 2: Saturday 8<sup>th</sup> April</b>	<b>Middle</b>	<b>High Dam</b>
	<b>PreO</b>	<b>Rydal Park</b>
<b>Day 3: Sunday 9<sup>th</sup> April</b>	<b>Long</b>	<b>Bigland</b>
	<b>PreO Sprint</b>	<b>Great Tower Scout Camp</b>
<b>Day 4: Monday 10<sup>th</sup> April</b>	<b>Relays</b>	<b>Dale Park</b>

## General Information

### Event Entry

No Entry on the Day (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) and novice on day 1 and only while stocks last. Adults £10, Juniors £5. To enter please go to Enquiries.

There is no EOD on day 4.

### Table of courses

	Foot O type		Championship	Colour Coded
Day 1	Sprint	Pre- entry	Y	Y
	Sprint	Entry on Day	N	Y (Novice)
Day 2	Middle	Pre- entry	Y	Y
	Middle	Entry on Day	N	Y
Day3	Long	Pre- entry	Y	Y
	Long	Entry on Day	N	Y
Day 4	Relay	Pre- entry	Y	-
		Entry on Day	N	-

	Trail O type		Elite	Other classes
Day 1	Combined Trail O	Pre- entry	Y	Y
		Entry on Day	N	Y (limited)
Day 2	PreO	Pre- entry	Y	Y
		Entry on Day	N	Y (limited)
Day3	PreO Sprint	Pre- entry	Y	Y
		Entry on Day	N	Y (limited)

### Cancellation Procedure and Refund Policy

The event is covered by the standard British Orienteering major events Cancellation Procedure and 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 Event Safety Group. We extend our thanks for their assistance. Event Safety Groups direct number is 0800 612 5123 and a dedicated Event Emergency line number is 08435576391.

### Bibs

Days 1 – 3: Bibs are used for all Foot-O classes, they can be collected from the arena where they will be hung on a wire in alphabetical order. On day 1 they will be opposite the food traders, on days 2&3 bibs will be adjacent to enquiries. All competitors must wear their individually numbered bibs and will not be allowed to start without them.

Elite runners on any day please read the following section carefully.

- If you are running courses 1 or 2 on any day you will need to collect a backup timing chip from enquiries. Collect your bib first and then go to enquiries
- If you are running elite on day 2 then you get an elite bib number for days 1 and 2
- If you are running elite on day 3 you get a **new** bib number for day 3 based on your day 3 start time. These bib numbers are allocated on Saturday evening at the same time as start times based on day 2 results
- If you are running elite on day 1 but not day 2 you will get one bib number (non-elite sequence)
- If you are running elite on day 2 but not day 3 then you will have 2 bib numbers. An elite bib for days 1 and 2 but a non elite one for day 3. You can not run on an Elite bib on day 3 if not running elite

Bibs will also be provided for any runners only taking part in TrailO.

Day 4 Bibs (grouped by team) will be included in the club bag, to be collected from the Enquiries tent, on Day 3 or 4 by the club team manager or deputy. It is the club manager's responsibility to ensure that the correct bib is worn by the declared leg runner, as maps are issued according the team bib number and leg.

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. Green for elite 18 and 20 age classes, yellow for elite 21 age class.**

## Shadowing

Shadowing/pairs is not permitted on any of the Championship courses or on the Elite Trail O 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.

Before the start boxes will be SI Clear boxes. It is your responsibility to **clear** your SI card by holding the dibber in the hole in the Clear box until the box makes a long beep.

Box	What is in the box	At start of interval	At end of interval
-5	Call up Clock	At -5, runner moves into first box, names ticked off list, start time on bib checked	Move forward
-4	SI Check and SIAC test boxes	At -4, runner moves into next (2 <sup>nd</sup> ) box and official offers check box for SI Cards, and SIAC test	Move forward
-3	Loose control descriptions	At -3, runner moves to next (third) box and takes control descriptions	Move forward
-2	Last minute information	At -2, runner moves to next (4 <sup>th</sup> ) box	Move forward
-1	Check of start time to ensure runner is about to start at the correct time Quiet waiting	At -1, runner moves into last box and waits	At -5 seconds, cross line and prepare to start. At 0 seconds, runner starts

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 into 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, on days 2 and 3 you will be timed from your allocated start time. If you believe that your lateness is the fault of the organiser/event, you must talk to the Organiser after you have finished, not with the start officials.

Day 1 will be a punching start for **non elite competitors only** but we still ask that you make every effort to use your allocated start time. On Day 1 only you will be timed from your punching time.

## Blank Maps

There will be no blank maps in the start lanes on days 1,2,3. Blank maps will be displayed in the arena/assembly on each day.

## 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.

If you are concerned about your SIAC battery level, you can check it at or near Enquiries. If your battery is low, you can hire a new dibber for the day, or punch manually at all controls and the Finish.

We ask that you check the capacity of your SI card, some courses on Day 3 (courses 1,2,6 & 7) have a number of controls greater than the capacity of some cards.

- Courses with more than 30 controls – Can not use SI-Card8 (2,000,000 range)
- Courses with between 31 and 36 controls – Can use SI-Card5 (number less than 500,000) but don't get split times for the last 6
- Courses with over 36 controls – Can not use SI-Card5

If your SI Card does not have the capacity required for your course, you will need to hire a card that will, go to Enquiries.

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 SIAC 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 £2.50/day.

***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 Catering on all days.

Tom's British and Continental Catering on all days.

North West Junior squad cake stall on days 2,3.

Finsthwaite Church refreshment stall on day 2.

Bandito Burrito, from Windermere day 3.

## 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 - £31 per adult O top, £23 per junior O top and £10 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 is OK.
- Linked from the JK web site as soon as possible after the event (including routegadget, winsplits, splitsbrowser etc.).
- Results will not be displayed in the event arena.

Trail O results will be published on the JK2023 web site after the completion of each event.

## Medals and Prizes

### Sprint

JK Medals if applicable are to be awarded to the first, second and third placed competitors in each age class. Competitors are only eligible for medals in the age class they have entered.

### Day2/3

JK Trophies will be awarded to the winners of the highest category (E, L or A) in each age class based on the competitor's total time for the two days. JK Medals, if applicable, are to be awarded to the first, second and third placed competitors in these age classes. Competitors are only eligible for Trophies and/or medals in the age class they have entered. There will also be a prize for the winners of the Junior B classes.

Medals will also be awarded to the first, second and third placed competitors on the WRE classes, for Day 2 and Day 3, as two stand alone races.

### Relay

JK Trophies will be awarded to the first placed teams except for the Ad Hoc class. JK Medals, if applicable, will be awarded to the first, second and third placed competitors in each class including the Ad Hoc class.

## Health Information

Particularly for Days 2,3,4 please note:

- Ticks may be present, check yourselves after your run.
- Sheep and cattle have been present in the area, wash hands before handling food.

Use the footbaths provided to help prevent the spread of diseases from area to area.

## 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 2023 V1.21 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. Complaints should be made before course closing times. 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: David McCann (MDOC)

### Web site

The JK 2023 web site can be found at [www.thejk.org.uk](http://www.thejk.org.uk) Enquiries: Enquiries should be directed to Kath at [jkentries@britishorienteering.org.uk](mailto:jkentries@britishorienteering.org.uk).

### Embargoed areas

These can be found on the British Orienteering web site at [JK 2023](#)

Please respect the embargoes until the events have finished, even if you have completed your course you should not go into the competition area, it distracts and is unfair to others. In particular, if you not talking part in Trail O, you do need to respect the embargoes for that discipline

### Start List:

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

### Summary of entries:

Day 1 – Course 1 (M18/20/21E) (241), Course 2 (W18/20/21E) (152),

Day 2 – M21E (155), W21E (92)

Day 3 – M21E1 (81), M21E2 (47) W21E (75)

### 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 two on M21E and two on W21E.

### Control Descriptions

Day 1 loose descriptions length

Course 1 18.0 cm

Course 2 17.0 cm

Day 2 loose descriptions length

Course 1 16.0 cm

Course 2 14.0 cm

Day 3 loose descriptions length

Course 1 27.0 cm

Course 2 27.0 cm

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

IOF FootO Competition Rule 21.4 allows the use of GPS devices if



1. they have no map display
2. they have no communication capability other than receiving GPS data
3. they are not used for navigation purposes

GPS devices are not permitted in Trail O competitions.

### EOD Entry Fees:

Colour Coded on days 2 and 3 and Novice on day 1 (per day): £10 - adult, £5 – junior, SIAC hire (per day you are entering): £2.50 (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 JK2023 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.

### 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 Information

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

### JROS (Junior Regional Orienteering Squads)



**JROS** is delighted to be able to have a presence at this year's JK. This year our stand will be in the assembly/arena on Day 3, we shouldn't be hard to find.

On display will be photographs and maps from the various recent 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 JROS juniors will be selling raffle tickets to raise funds for the JROS summer tours.**

There are all sorts of fabulous prizes on offer, which you can see on display on the JROS stand. Tickets are 50p each or £2 for a strip of 5. The JROS juniors will be selling tickets in the assembly area or you will be able to buy them from the JROS stand. Donations of prizes will also be welcomed – please take them to the JROS stand



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 2023. 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.

## O Foundation



The Orienteering Foundation is a charity that promotes and supports orienteering, aiming to bring all the benefits this amazing sport has to offer to the people of the UK, and to ensure that our sport is here for the enjoyment of generations to come. We would like to thank all those entrants to this JK who have made a voluntary donation alongside their entry fees to support our work. We welcome all donations, no

matter how large or small, whether one-off or recurring. We are built entirely on your generosity. Apart from small administration costs, all your donations go towards fulfilling approved grant applications. With your help we can do more.

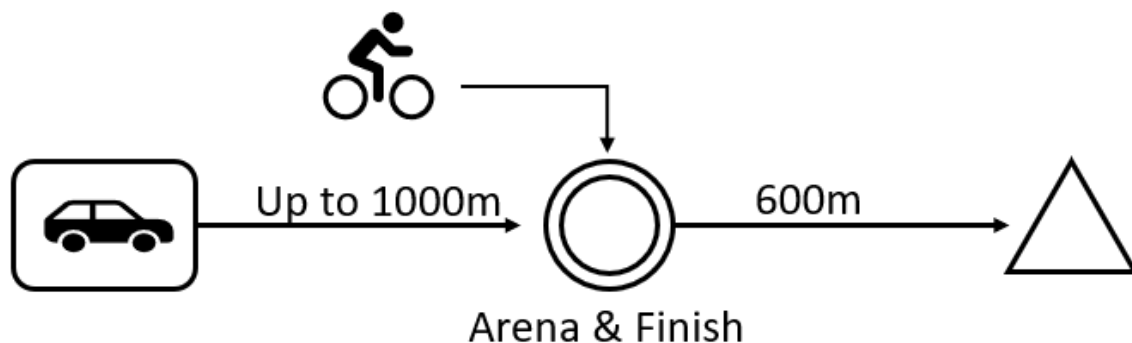
Please check out The Orienteering Foundation on the web at [orienteeringfoundation.org.uk](https://orienteeringfoundation.org.uk) where there is information on what we do, how we operate and how you can support us. We are also on Facebook, Twitter, Instagram and YouTube.

We hope you enjoy this JK.

## Day 1: Friday 7<sup>th</sup> April – Sprint – Lancaster University

### Important notices

- Whilst the university is closed, the University Campus is still operational and so there will be traffic including regular bus movement on the campus.
- Numbered bibs **MUST** be worn by all competitors and must be collected from the Arena.
- The event administration is inside the Postgraduate Statistics Centre (PSC) building. Please remove **dirty** shoes before entering.
- Only Banners that are weighted will be allowed. No pegging or stakes to be used. Club tents may not be erected.
- Competitors must keep to marked routes and must not enter the competition area, up until the courses close.



### Travel Directions & Parking

#### Public Transport:

There is a train station in Lancaster with a walk of about half a mile to the bus station. There are a number of buses to the campus and details of these can be found on the Stagecoach website or using the Stagecoach mobile app. You must get off the bus at the Lancaster University Furness College stop which is in the car parking area. Buses terminating at the University do not go to this stop and should not be used.

#### Bicycle:

Please use the main entrance (same as cars) or the cycle path from Lancaster and make your way to the perimeter road on the east side of campus where marshals will advise suitable parking places. Please bring substantial means to secure your bike.

#### By road:

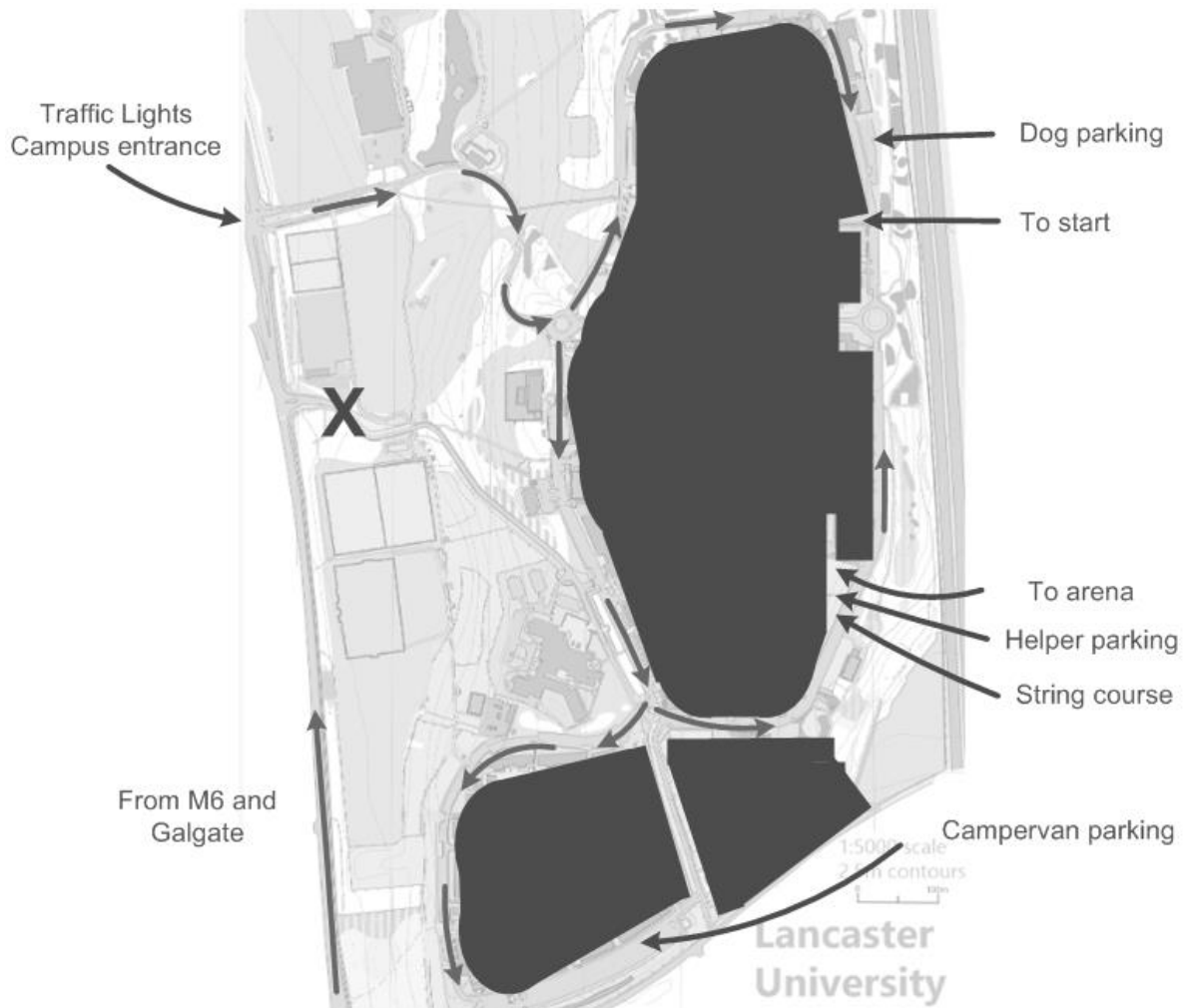
Please approach via junction 33 on the M6. On Easter Friday only one entrance to campus will be open. Follow satnav to LA2 0PH (Traffic lights at University entrance on the A6 at Oubeck) or LA1 4YW (Central University campus)

Grid reference of the traffic lights at Oubeck is SD 480575

What 3 Words reference [///printouts.kindness.remembers](https://www.what3words.com/#!/printouts.kindness.remembers)

At the traffic lights at Oubeck, turn east into the university campus. Follow the curving road uphill to a roundabout where marshals will guide you left or right. Then stay on the university perimeter road until directed by marshals. General parking for cars and motorcycles is in marked spaces on either side of the perimeter road.

All parking on the Campus is usually by permit or pay and display. Parking restrictions usually apply on Good Friday, but the university has generously waived them for the day. **YOU DO NOT NEED TO PAY FOR PARKING.**



**DOGS:** At the roundabout all vehicles with dogs must turn left (north) to reach a special parking area for dogs (including campervan dogs) near the north east corner of campus.

**CAMPERVANS AND MINIBUSES:** At the roundabout all other (non-dog) campervans and minibuses turn right to reach a special parking area in the south-west campus. If you have a dog in your vehicle you must turn left at the roundabout.

**HELPERS:** Please also use the main university entrance road. Note that the Hazelrigg Lane entrance to campus will be closed over Easter.

When leaving your vehicle follow tapes along the perimeter road to the Arena or start area. Do not enter the area of university buildings.

Vehicles leaving the event must follow the perimeter road in an anti-clockwise direction around the perimeter road. Campervans and minibuses must turn right on reaching the main campus perimeter road.

After the event, if you are going to Cumbria, it is better to rejoin the M6 at junction 33 (rather than go through Lancaster to junction 34).

## Dogs

Lancaster University has generously varied its policy of no dogs on campus except for assistance dogs for the event. Vehicles with dogs will have to park in a specific car park (see above). Dogs cannot be taken outside this car park. Please clear up after your dog.

## Event Arena

The Arena is up to 1km from the parking area and it is 600m from the Arena to the start.

We have the use of the Postgraduate Statistics Centre (PSC) building. Please remove dirty shoes before entering the building.

There is no space for club tents in the Arena. Club flags may be permitted on the grass area only if they are self-standing and can be weighted down rather than pegged. The PSC is available for competitors to meet up.

The PSC overlooking the Arena will house enquiries hired SI card collection, trophy return, car key deposit, lost property, merchandise collection and complaints and protests.

Bib collection will be outside the PSC. Bibs will be hung in alphabetical order of surname.

As we do not have sole use of the campus, please ensure that bags are stored safely whilst out on your run, and ideally have someone there to keep an eye on the bags. A room will be available in the PSC to store bags.

A limited number of toilets are located in the PSC with the majority of the toilets located on hardstanding near the PSC building.

The Arena contains first aid.

## Enquiries

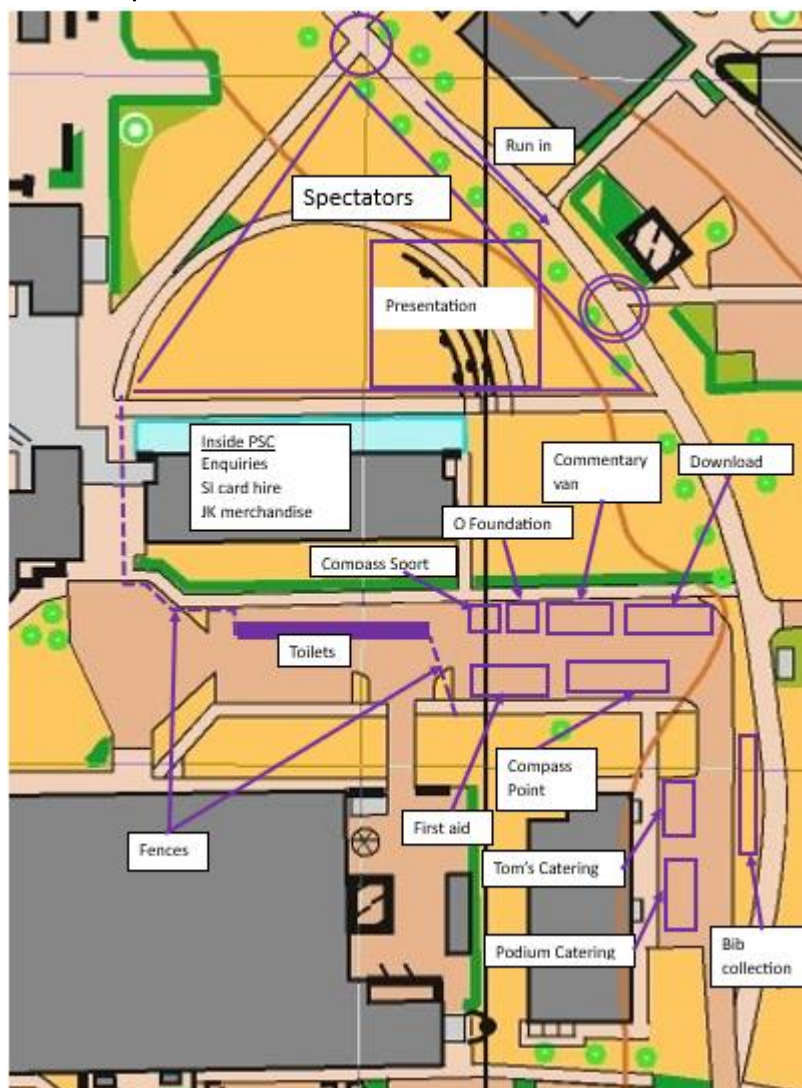
The Enquiries point will be in the arena, located in the PSC. This will provide for:

- Collection of backup timing chips – Courses 1 & 2 only
- Colour-coded EOD
- EOD SIAC card hire
- Trophy return
- Car key deposit
- Lost property
- General enquiries

## British Orienteering Volunteer and Mapping Awards Presentation

For a second 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.

## Arena Layout



## Timings

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

10:00	Car parks open
10:15	Enquiries, Trophy Return
11:00	First start time
12:30	String Course opens
15:30	Last start time, string course closes
16:15	Courses close
16:30	British Orienteering and Mapping Awards, Medal Ceremony for the races
17:00	Enquiries close

## Map

ISSprOM 2019-2 1:3,000 2.5m contour except Courses 1-3 which are 1:4,000

Survey by Alex Finch (SROC) and cartography by Bruce Bryant 2023. All maps are printed on waterproof paper, not bagged.










## Terrain & Course Notes

The University campus contains a mix of modern and older buildings with a complex network of roads, paths, open spaces, and steps. It can be muddy in places and therefore shoes with some grip would be appropriate. Shoes with spikes or metal dobs are not allowed.

## Course Notes

Courses 1 to 3 will cross the perimeter road and there will be some traffic on this road. All other courses are within the perimeter road. Whilst it is unlikely there will be any traffic on the other minor cul-de-sacs within the perimeter road, we do not have sole use of the campus and care should be taken by competitors. Courses have been planned to avoid the roads on which vehicles will be parked.

Controls will be mounted on stakes, gripped to immovable objects or on trestles.

Forbidden to cross		Competitors are reminded that it is forbidden to cross boundaries and areas mapped as uncrossable.
Uncrossable wall		Please pay particular attention to the re-introduction of symbol 411 Uncrossable vegetation.
Uncrossable fence		
Uncrossable Vegetation -hedge		
Uncrossable water		
Uncrossable marsh		
Private area / flower bed		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.
Temporary construction		
Out-of-bounds area - marked in terrain, unmarked		
Out-of-bounds boundary		

## Model Event

A warm up area is between Arena and starts, about 200m from the start. Please abide by any signed out-of-bounds areas.

There will be a short model event to familiarise runners with the style of controls and the terrain.

Small maps will be provided for these controls which are in a loop. When you have finished with a map, please return it to the box for someone else to use.

## Warm up area

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

## Course Details

All courses are optimum route.

Course	Classes	km	Climb	Controls	Map Scale
1	M18E M20E M21E	4.1 km	15 m	24	1:4000
2	W18E W20E W21E	3.7 km	15 m	22	1:4000
3	M35 M40 Men Open	3.6 km	10 m	20	1:4000
4	M45	3.5 km	5 m	20	1:3000
5	M14 M16	3.3 km	10 m	21	1:3000
6	M50	3.2 km	10 m	19	1:3000
7	M55 W35	3.1 km	5 m	18	1:3000
8	W14 W16	3.0 km	5 m	17	1:3000
9	M60 Women Open	3.0 km	5 m	17	1:3000
10	W40 W45	2.7 km	5 m	17	1:3000
11	M65 W50	2.6 km	5 m	17	1:3000
12	M70 W55 W60	2.4 km	5 m	17	1:3000



13	M75 M80 M85 M90 W65 W70 W75 W80 W85 W90 M12 W12	2.1 km	5 m	14	1:3000
14	M10 W10 Novice	1.9 km	5 m	17	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 a limited number of toilets there. Please observe any out of bounds signs to avoid walking into the event area.

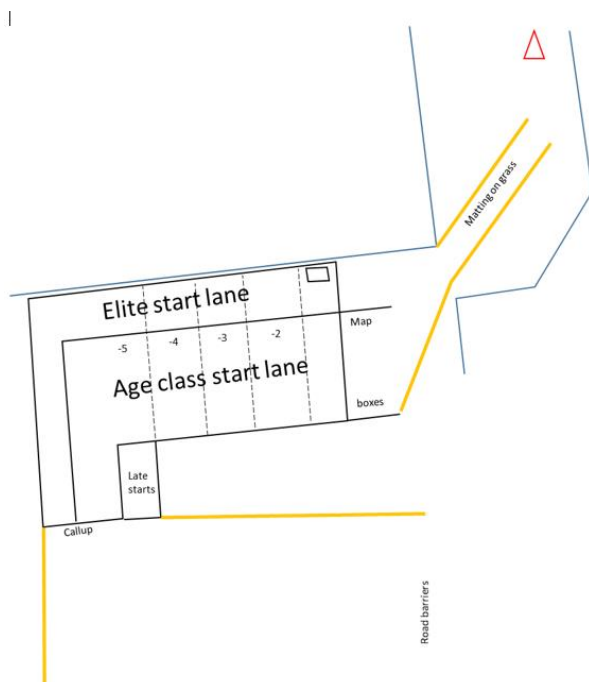
Please have your bib. **No bib, no go.** The start will follow the WRE protocols and will be a silent start.

WRE Elite courses will be on a timed start.

Non-elite courses will be on punched start, with the time starting from the time of the punch.

There is a short section of grass protection matting immediately before the start kite.

See the Start Procedure section in the General section above for further details.



## 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 punching 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 into 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, you will be timed from your punching 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

Download will be close to the finish.

## String Course

The String Course will be located on the inside of the perimeter road about 150m south of the arena entrance.

## Event Officials

Organisers: Les Davies (SROC)

Planner: Trevor Hindle and Hazel Hindle (MDOC)

Controller: Jeff Baker (LOG)

IOF Event Adviser: David Rosen (SROC)

British Orienteering Jury	IOF Jury
John Britton (MDOC)	David Rosen (SROC) Chair
David May (SLOW)	David May (SLOW)
Steve McKinley (SN)	Ronan Cleary (LOK)
	Ted Finch (FVO)

## Hospitals

The nearest hospitals with Accident and Emergency departments are:

Journey for serious injury	Miles (min)
Royal Lancaster Infirmary	3.3 miles
Ashton Road	(approx. 9 mins)
Lancaster	
LA1 4YB	
01524 65944	
Grid ref: SD 484574	
W3W: Sponsors.lurching.alarmed	

## Acknowledgements

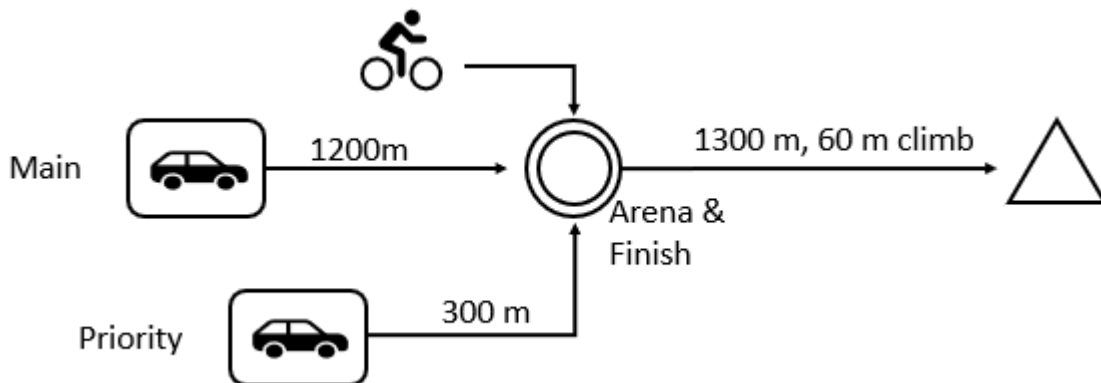
Thanks to the many volunteers from South Ribble OC (SROC) and other regional and national clubs.

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

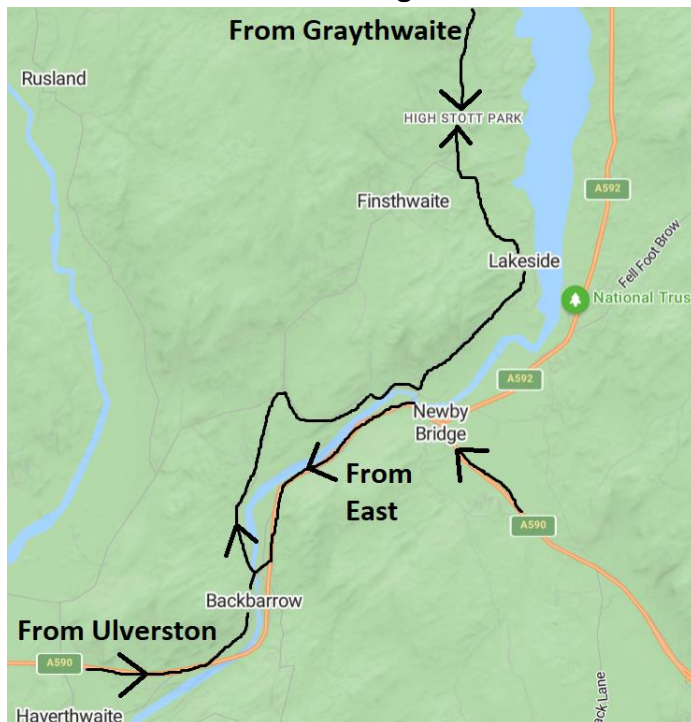
## Day 2: 8th April – Middle – High Dam

### Important notices

- Numbered bibs **MUST** be worn by all competitors. Remember to bring it with you if you ran in the Sprint the previous day, otherwise, collect your bib from Enquiries.
- Whistles are **MANDATORY** and will be checked at the Start. In the event of bad weather a waterproof jacket will be compulsory, hats and gloves will be advisory.
- Club tents and banners should be put only in the marked areas.
- Water will be provided on the course for elite competitors on courses 1 and 2 only. Please bring your own supplies.
- Please take all your rubbish away with you.



### Travel Directions and Parking



Access by bus:

X6 from Kendal, Grange, Ulverston or Barrow to Newby Bridge.

6 from Windermere to Newby Bridge (7:15am or 11:05am only).

Then approximately 2km walk to assembly on public bridleway via Finsthwaite House.

Access by bike:

Cycle direct to the arena in Finsthwaite via Hagg Hill in the south, or via Graythwaite in the north.

Access into the arena field with bikes is by the gate at Grid ref: SD 366878 W3W:

hobble.dissolves.such. You MUST close and secure the gate afterwards.

The Windermere Ferry can be used if cycling from Bowness, to give access to the west shore which provides a nicer alternative to the A592. Contact day organiser for more information.

Access by car:

The main parking field is at High Stott Park, Grid ref: SD 374887, W3W: chuckling.skinny.driveways. Postcode: LA12 8AY.

It is accessed from the main road between Lakeside and Graythwaite, on a good track leading towards Lake Windermere. Please park as directed by marshals.

All cars must arrive by 12:30pm and there will be strictly no exit before 12:30pm.

A very important condition of the field use is that there is NO ACCESS TO THE LAKE from the parking field or from the access track. The land between parking and the lake is all private property, DO NOT enter and DO NOT climb any fences.

When walking from parking to the arena use the tracking provided, DO NOT walk on the grass verges. Please respect the privacy of local residents.

Approach from North: Drive south from Hawkshead via Graythwaite and look out for traffic lights and orienteering signs when approaching High Stott Park.

Approach from South-East: Due to a narrow bridge, competitors are directed to follow the A590 past Newby Bridge to Backbarrow, then follow JK signs to Finsthwaite Lane and Hagg Hill. Turn east towards Newby Bridge, then north to Lakeside and past the Bobbin Mill to High Stott Park.

DO NOT drive through Finsthwaite Village.

Approach from South-West: Take the A590 past Haverthwaite, then follow JK signs to Finsthwaite Lane and Hagg Hill. Turn east towards Newby Bridge, then north to Lakeside and past the Bobbin Mill to High Stott Park.

DO NOT drive through Finsthwaite Village.

A second, smaller parking area is available for disabled access and for families with buggies.

TrailO competitors and helpers who need to leave before 12:30pm may also use this area.

If you wish to use this area you must contact the day organiser at: [samdrinkwater.sd@gmail.com](mailto:samdrinkwater.sd@gmail.com)

Minibuses must contact the day organiser directly for special instructions.

**Extremely important notice:** Please car share!

Busy roads and the long walk to the arena are caused by the large volume of cars expected.

Car sharing can drastically reduce these problems at this event and for future events.

## Dogs

Dogs are permitted in the parking areas ONLY.

Dogs must be on a lead at all times. It is lambing time so any dogs off leads or out of control risk being shot.

No dogs in the assembly field or anywhere else on the terrain.

## Event Arena

The Event Arena is adjacent to Finsthwaite village. The event arena contains enquiries as detailed below, download, toilets, food traders, equipment traders, first aid, results (via local network).

The pre-hired SI card collection is at enquiries.

Complaints and protests must be made at the enquiries before 16:30.

There will be 2 gazebos allocated for competitors to leave equipment while they run, or to shelter if necessary.

There will be space for Club Tents and banners, see the arena plan.

## Enquiries

The Enquiries point will be in the arena, located in one of the gazebos. This will provide for:

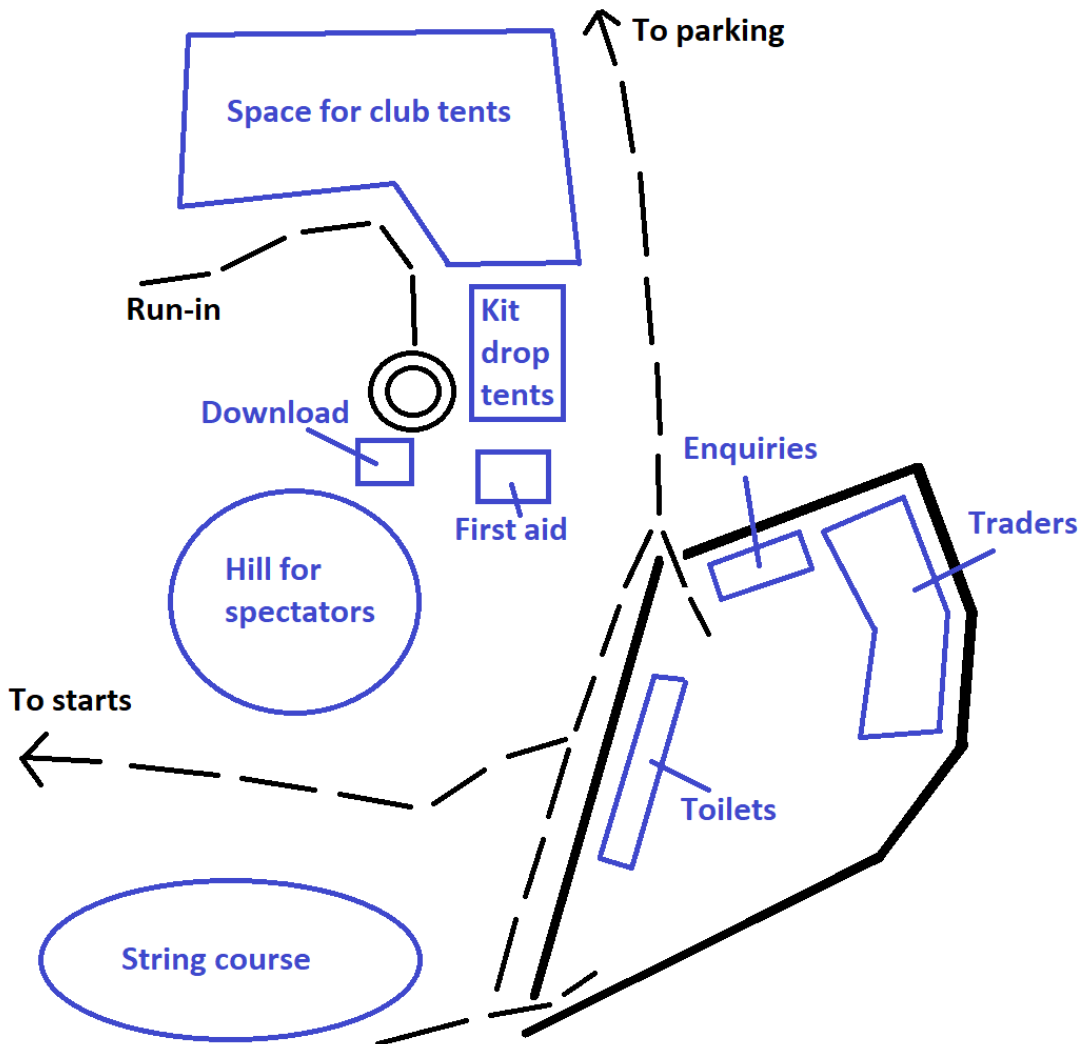
- Bib collection
- Collection of backup timing chips – Courses 1 & 2 only
- Colour-coded EOD
- EOD SIAC card hire
- Trophy return
- Car key deposit
- Lost property
- General enquiries

## Timings

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

08:15	Car park opens
09:00	Enquiries and colour coded entries open
09:45	First starts course 1
10:00	First starts, all other courses
13:00	Colour Coded entries close
14:00	Last start, except course 1
15:00	Last start, course 1
15:30	Courses close, except course 1
16:30	Courses close, course 1

## Arena Layout



## Map

All maps will be A4, except courses 6 & 7 which will be A4+.

Courses 1-5 will be at a scale of 1:10,000, all others will be 1:7,500, 5m contour interval, and printed on waterproof paper (not bagged).

Over half the map has been remapped using LIDAR data by Martin Bagness in 2021/22 with selected updates in 2023.

A previous use of the area is available on Routegadget and can be found here: [High Dam](#), and a blank map will be on display in the arena. Note that only the Southern section of the map on Routegadget will be used on day 2.

Private fields and areas of settlement are marked with Olive green and are out of bounds.

Walls with a Purple underprint must only be crossed at marked crossing points.

## Terrain

High Dam offers complex terrain in open, semi-open and wooded areas with plenty of contour and rock features. Lying between 20 and 230 m the area is not high compared to the surrounding fells but views are still extensive.

## Out of Bounds Areas

### First Aid

First Aid will be at Event Arena near to the finish.

### Safety bearing

East.

### Course Details

Courses 1 and 2, M/W21E, are planned with an expected winning time of 35 minutes. For these courses only, one control site will have a drinks station.

Course	Classes	km	Climb	Controls	Start	Map Scale
1	M21E	6.0	220 m	19	Red	1:10,000
2	W21E	4.8	180 m	17	Red	1:10,000
3	M20E, M18E, M16A	4.4	150 m	16	White	1:10,000
4	W20E, W18E, W16A	3.4	105 m	12	White	1:10,000
5	M21L, M35L, M40L	5.3	190 m	17	Red	1:10,000
6	M45L	5.1	180 m	16	Red	1:7,500
7	M50L	4.9	170 m	17	Red	1:7,500
8	M21S, M55L, W21L	4.4	150 m	16	White	1:7,500
9	M35S, M40S, M60L, W35L, W40L	4.3	130 m	15	White	1:7,500
10	M45S, M50S, W45L	3.9	135 m	14	White	1:7,500
11	M65L, W50L	3.9	130 m	14	White	1:7,500
12	M18L, M20L, M55S, W55L	3.6	120 m	13	White	1:7,500
13	M21V, M60S, M70L, W21S, W35S	3.4	105 m	12	Blue	1:7,500
14	M18S, M20S, M65S, W40S, W45S, W60L	3.1	100 m	12	Blue	1:7,500
15	M70S, M75L, W18L, W20L, W50S, W55S, W65L	2.8	90 m	11	Blue	1:7,500
16	M75S, M80, W18S, W20S, W21V, W60S, W70L	2.5	65 m	10	Blue	1:7,500
17	M85, M90, W65S, W70S, W75	2.1	60 m	10	Blue	1:7,500
18	W80, W85, W90	1.8	35 m	9	Blue	1:7,500
19	M14A, M16B, W14A, W16B, Light Green	2.7	90 m	11	Blue	1:7,500
20	M12A, M14B, W12A, W14B, Orange	2.2	80 m	10	Blue	1:7,500
21	M10A, W10A, M12B, W12B, Yellow	1.8	45 m	9	Blue	1:7,500
22	M10B, W10B, White	1.5	40 m	10	Blue	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 the parking areas and enquiries in the arena.

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 and no area for clothing to be left at the start.

## Control descriptions

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

## Starts

There are three starts: Red, White & Blue. All are located in the same field with the same 1.3km walk from the arena. The walk is mostly uphill so please allow plenty of time.

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 make themselves known to the start official. If you are late for your start speak to a start official immediately.

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 in the arena.

Maps will be collected from all elite competitors and will be available for collection from enquiries 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 in the arena.

## String Course

There will be a string course adjacent to the arena. Exact location is shown on the arena layout above.

## Elite Prize Giving

Because of the extended start window for course 1, there will be no prizegiving on Saturday, this will be held at the start of the ceremonies on Day 3 at Bigland.

## Officials

Organiser: Samuel Drinkwater (MDOC)

Planner: Eddie Speak (MDOC)

Controller: Chris Burden (AIRE), Emma Harrison (EPOC)

IOF Event Adviser: Philip Gristwood (MV)

British Orienteering Jury	IOF Jury
Graeme Ackland (INT) Michael Chopping (RAFO & NOR OC) Paul Taylor (CLOK)	Philip Gristwood (MV) Chair Julie Cleary (LOK) Simon Thompson (HOC) David May (SLOW)



## Hospitals

The nearest hospitals with Accident and Emergency departments are:

Journey for serious injury	Miles (min)
Furness General Hospital Dalton Lane Barrow In Furness Cumbria LA14 4LF Grid ref: SD 211718 W3W: motivator.warnings.green 01229 870870	16.4 miles (approx. 29 mins)
Westmorland General Hospital Burton Road Kendal Cumbria LA9 7RG Grid ref: SD 524903 W3W: boom.funds.shape	17.8 miles (approx. 30 mins)

## Acknowledgements

Thanks to the volunteers from Manchester and District OC (MDOC) and other regional and national clubs.

We are grateful to the following, without whose cooperation and understanding the event would not be going ahead:

Mr John Chaplin – Farmer – Yew Barrow

Mr Stephen Watson – Farmer – Finsthwaite Heights

Lucy Crossley / James Doble – Landowners at Finsthwaite

Mr John Hesketh – Parking field at Stock Park

Natural England – SSSI at Yew Barrow

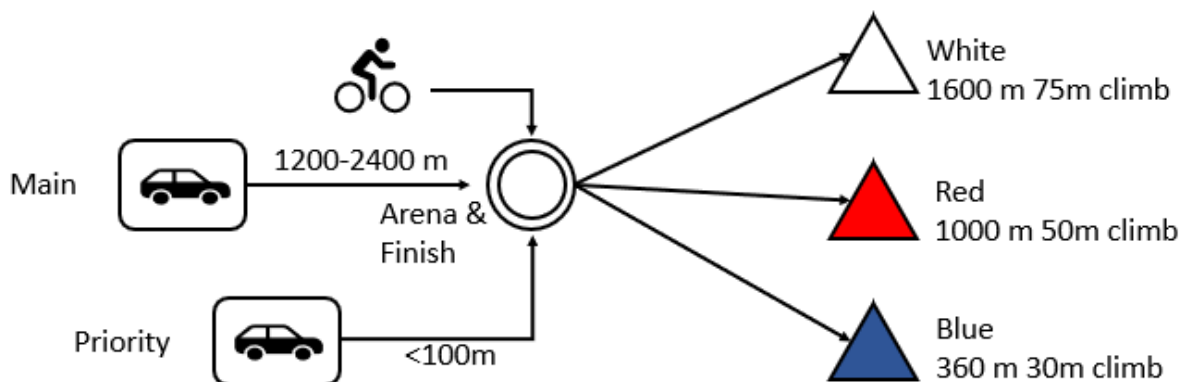
Residents of Finsthwaite village

Residents at Stock Park

## Day 3: Sunday 9<sup>th</sup> April – Long – Bigland

### Important notices

- Water will be provided at the finish for elite competitors only. Everyone else please bring your own supplies.
- Please take your 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 exit of the assembly field. Full leg and body cover is also **MANDATORY**.
- For those with SIAC cards, there will be a battery check next to the Enquiries tent



### Travel Directions

**Before you travel**, we recommend you check traffic updates for up-to-date information on road conditions/closures.

All event traffic will be directed at Haverthwaite on the main A590 approaching from both directions. Please follow appropriate signs for Cars (including 4x4) minibuses/Campervans to the designated car parks.

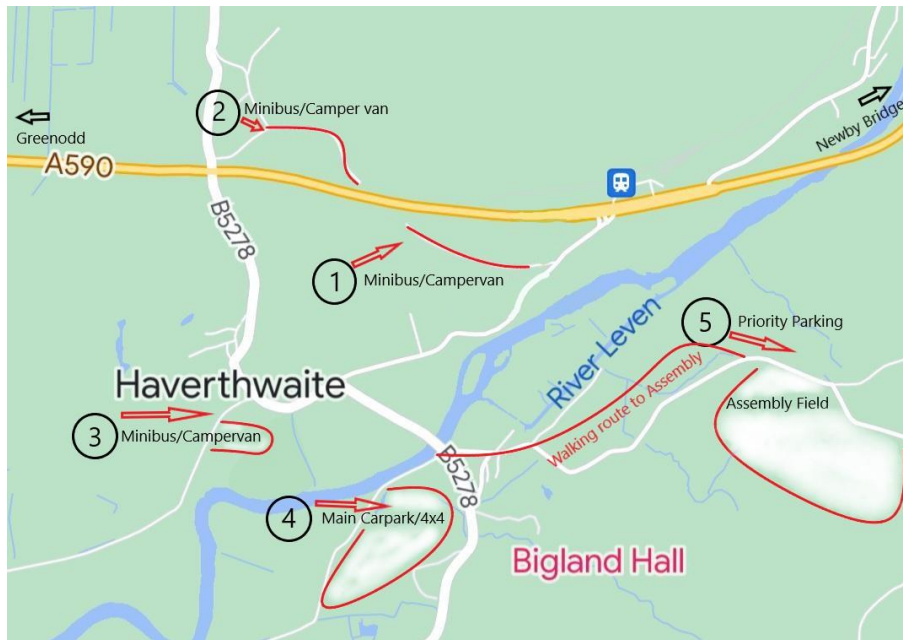
### Parking

No vacating of the main carpark area till 2.00pm

All cars/4x4 vehicles will be directed to our parking fields at Haverthwaite. A walking route from parking will be taped to assembly crossing a busy road. Please follow marshalls instructions.

Any families with small children if appropriate can request priority parking. Please see Priority Parking.

Camper vans & Minibus Parking will be directed off the A590 at Haverthwaite please follow MINIBUS CAMPERVAN parking signs. Shuttle minibuses will be used from Campervan/Minibus parking to the assembly field. Please allow plenty of time.



## Priority Parking

Priority parking is available for the following competitors.

Families with young children, anyone with mobility issues, carriers of club tents & TrailO competitors.

These competitors will be able to vacate the Priority Parking carpark at any time during the day.

Please contact day Organiser Gill Browne for a Priority Parking carpark voucher prior to the day, this will require printing. You will be required to display this for access to the PP fields. Please contact Gill Browne (Day Organiser [gillbrowneJK@gmail.com](mailto:gillbrowneJK@gmail.com))

## Dogs

Dogs are allowed in the parking fields only. 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.

## Enquiries

The Enquiries point will be in the arena, located in one of the gazebos. This will provide for:

- Bib collection
- Collection of backup timing chips – Courses 1 & 2 only
- Colour-coded EOD
- EOD SIAC card hire
- Trophy return
- Car key deposit
- Lost property
- General enquiries

## 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 (09:45 for M21E1 and M21E2) and colour coded
13:00	Colour coded entries close
14:00	Last start time for championship and colour coded
15:30	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



## String Course

Silly Knott string course will be available for younger competitors at the top of the assembly field, signposted from the white start route.



## Club tents

Will be signed along assembly NE boundary wall.

## Terrain

Bigland was first mapped for the JK in 1992 and since then it has been used for several other major events. The area is a superb and varied mix of Lake District terrain with almost no green on the map. The most testing part of the area in terms of both running and navigation is an area of broadleaf woodland on a steep slope. This includes many knolls, re-entrants and rock features. Above the wooded slope lies a plateau visited by longer courses, divided by numerous walls into enclosures of open and semi-open fell and woodland. These all contain intricate contour, rock and marsh detail.

## Map

The entire competition area has been totally remapped using LIDAR data by Martin Bagness in 2022/23.

A black circle ○ has been used to show charcoal burning platforms, on the ground these features are circular, 5+m across and are more distinct on steeper slopes where a low retaining wall may be visible.

Rocky ground, where it impedes progress, is shown with small black dots (rather than small triangles). Mapped boulders are at least 1m+, crags 1.5m+.

Some boulders smaller than 1.0m have been mapped where they are especially prominent.

In a few particularly detailed places, short sections of index contours use the normal contour thickness line width to aid clarity.

Fallen trees, gorse and other undergrowth is shown with either the close vertical green stripe symbol (best avoided) or solid green (almost impassable).

The most challenging knee-high holly bushes are mapped with either the slow run symbol (small patches) or the spaced green stripe symbol (larger areas).

## Planners' Notes

The wooded slope on the western part of the area is steep with many rock features. These can be slippery; particularly under wet conditions. Take care, especially when descending.

There are a large number of dry stone walls/fences throughout the area. Where boundaries are overprinted with the uncrossable boundary symbol (a thick solid purple line) they **MUST NOT BE CROSSED** except at marked crossing points. Any other intact walls/fences should only be crossed where there is a gate, stile or gap. Any competitor seen crossing uncrossable boundaries except at marked crossing points will be disqualified. Access for future events may be in jeopardy if we do not comply with landowners requests. To reduce the length of the description lists, crossing points have been omitted in many instances but it's very clear from the map where they must be used.

We have not been able to obtain permission to orienteer across one block of woodland, having damaged some bluebells in a previous event. 2 taped routes have been agreed, to enable runners to cross this block. If you have one of these taped routes on your course, please follow it assiduously and please avoid treading on any bluebells. We hope to be able to orienteer in this area again in future years.

The tarmac roads through the area and the main road along the west and southwest edge of the map are shown as forbidden routes.

Competitors will notice that on many courses, particularly starting from the Red start, the climb significantly exceeds the recommended maximum of 5% of course length. Climb has been calculated as required by the Rules. Course lengths have been adjusted for climb, so courses with higher percentages of climb are shorter than they would have been, had their climb been lower. Courses starting from the White start generally have less percentage climb, 5% - 6%. Of course some climb can generally be avoided by careful route choice.

Runners starting from the White start may encounter docile cattle and may cross or use a path used by horses and mountain bikes. Please be courteous to other users, especially horse riders.

White start courses cross a minor road with a drinks point and two controls. This is a timed out section of the course of 1 minute. Any time more than a minute will be added to your time. Please follow marshal's instructions.

WRE Elite courses will have drinks points.

Course 30/White has two short sections following a dry stone wall, rather than paths or tracks. Some competitors might need preparing for this. Course 29/Yellow has 2 taped routes marked with red and white tapes. At the end of the 2nd taped route, for a very short distance the course 29/Yellow runners will be heading in the opposite direction to all the runners making their way to the Red start, this will be signed. Please give way to the course 29/Yellow runners.

### Safety bearing:

If east of road head west to road using crossing points as necessary.

If west of road head east until you hit open fields & head north to the Assembly field.

### Classes

Course	Classes	km	Climb	Controls	Start	Map Size/scale	Parts*
1 - 1	M21E1	13.5	785	40	White	1:15,000	2
1 - 2	M21E2	13.7	770	42	White	1:15,000	2
2	W21E	10.7	530	38	White	1:15,000	2
3	M18E M20E	9.8	520	34	White	1:15,000	
4	W18E W20E	7.2	410	25	White	1:15,000	
5	M21L	11.0	540	33	White	1:10,000	
6	M35L	10.1	510	36	White	1:10,000	2
7	M40L	10.6	520	36	White	1:10,000	
8	M18L M20L M21S W21L	6.9	375	24	White	1:10,000	
9	W35L W40L	7.3	420	26	White	1:10,000	
10	M18S M20S M21V W18L W20L W21S	3.8	290	17	Red	Small 1:7,500	
11	M45L	8.1	445	27	White	Large 1:7,500	
12	M50L	7.7	415	24	White	Large 1:7,500	
13	M55L	7.2	355	23	White	Large 1:7,500	
14	M60L	6.5	385	23	Red	Large 1:7,500	
15	M35S M40S W45L	5.8	380	20	Red	Large 1:7,500	
16	M16A	6.1	370	22	Red	Large 1:7,500	
17	M65L	5.4	340	22	Red	Small 1:7,500	



18	M45S M50S W50L	5.3	405	21	Red	Small 1:7,500	
19	M70L M55S W55L	4.4	290	17	Red	Small 1:7,500	
20	W16A M60S W60L	4.1	290	18	Red	Small 1:7,500	
21	M75L W35S W40S W65L	3.4	275	14	Red	Small 1:7,500	
22	M65S W70L W45S W50S	3.1	210	11	Red	Small 1:7,500	
23	M80 M70S M75S W18S W20S W21V W55S W60S W65S W75	3.0	195	12	Red	Small 1:7,500	
24	M85 M90 W70S W80	2.4	90	11	Red	Small 1:7,500	
25	W85 W90	1.6	70	7	Red	Small 1:7,500	
26	M14A M16B	3.8	280	18	Red	Small 1:7,500	
27	W14A W16B Light Green	3.0	180	15	Red	Small 1:7,500	
28	M12A M14B W12A W14B Orange	2.6	150	11	Red	Small 1:7,500	
29	M10A M12B W10A W12B Yellow	1.9	120	13	Blue	Small 1:7,500	
30	M10B W10B White	1.8	65	12	Blue	Small 1:7,500	

Note \*, some courses have 2 maps, with a map exchange

### 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

**White start,** Directly after road crossing en route to the White Start is a 400m linear area available as a warm up area prior to crossing the wall to where the White Start is situated.

A small area of rough land next to the start can also be used while awaiting start times. Please be aware of the public footpath and possible members of the public. The area will be taped please do not cross the taped area.

**Red Start,** the red start is accessed by a wide track where competitors can await start blocks. There will be a taped out of bounds area to the SW please do not cross this area. NB the access track has a crossing point for Blue start competitors please give-way and be aware not to distract while awaiting start blocks.

**Blue start,** the blue start is directly off a large open field where competitors can await start blocks and warm up.

**Please observe the OUT OF BOUNDS signs – they are there to ensure fair competition for all.**

### WRE/ELITE

There are two drinks points on the area primarily for courses 1-1, 1-2, 2, 3 and 4. Courses 1-1, 1-2 and 2 will pass close to both, courses 3 and 4 will pass close to one.

There are other courses which may go near one or more of the drinks points but the priority should be given to elite runners.

Courses 1-1, 1-2, 2 and 6 are in two parts with a map exchange. 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.

### SI Card Capacity

We ask that you check the capacity of your SI card, some courses on Day 3 (courses 1,2,6 & &) have a number of controls greater than the capacity of some cards

- Courses with more than 30 controls – Can not use SI-Card8 (2,000,000 range)
- Courses with between 31 and 36 controls – Can use SI-Card5 (number less than 500,000) but don't get split times for the last 6
- Courses with over 36 controls – Can not use SI-Card5

If your SI Card does not have the capacity required for your course, you will need to hire a card that does, go to Enquiries.

### Start

Three starts will be in operation on Day 3. Distances to the starts are from bag drop area.

#### White start (silent start)

1-9 & 11-13, 1600m 75m climb

#### Red start

10 & 14-28, 1000m 50m climb to the start

There will be 2 give-way areas on the way to the red starts. Please take note of signage follow marshal instructions and give-way to younger competitors on their courses.

#### Blue Start

29-30 , 360m 30m climb to the Blue Start

All starts will be clearly signposted from the centre of the arena. White start will be heading up SE out of the top side of the arena. Red/Blue will both head out SW from the centre of the arena. All starts will be signed and followed with coloured flags in the appropriate colours.

Please allow plenty of time to the starts.

### Start Procedure

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 courses only and released after the start closes.

## 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. Entry on the day is in the Enquiries tent.

## Event Officials

Organisers: Louise Thompson, Gill Browne (LOC)

Planners: Dick Towler, Jo Cleary, Derek Allison (LOC)

Controller: Tony Carlyle (AIRE)

IOF Event Adviser: Simon Thompson (HOC)

British Orienteering Jury	IOF Jury
Steve McKinley (SN) Graeme Ackland (INT) Paul Taylor (CLOK)	Simon Thompson (HOC) Chair Ronan Cleary (LOK) Ted Finch (FVO) David Rosen (SROC)

## Hospitals

The nearest hospitals with Accident and Emergency departments are:

Journey for serious injury	Miles (min)
Furness General Hospital Dalton Lane Barrow In Furness Cumbria LA14 4LF Grid ref: SD 211718 W3W: motivator.warnings.green 01229 870870	14.4 miles (approx. 24 mins)
Westmorland General Hospital Burton Road Kendal Cumbria LA9 7RG Grid ref: SD 524903 W3W: boom.funds.shape	18.3 miles (approx. 30 mins)

## Acknowledgements

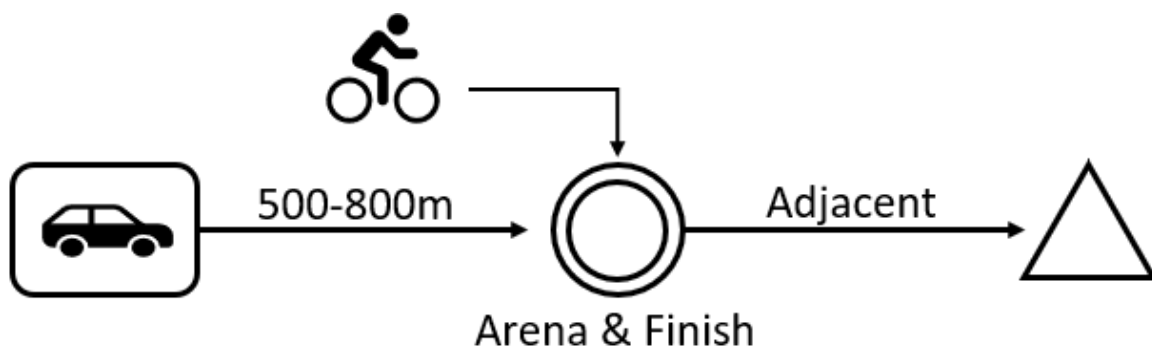
Thanks to the volunteers from Lakeland OC (LOC) and other regional and national clubs.

We are grateful to the Bigland Estate, Otter Tarn, Hard Cragg for kindly allowing us permission on competition areas and Mrs W Salter, Mr J Barrett and Rob/Miranda Church who have given permission for the parking fields.

## Day 4: Monday 10<sup>th</sup> April – Relay – Dale Park

### Important notices

- Please take your rubbish away with you.
- TEAM bibs **MUST** be worn by all competitors.
- Whistles are **MANDATORY** and will be checked at the Start. Full leg and body cover is also **MANDATORY**.



### Travel Directions

The Event Arena is located at High Dale Park (postcode LA12 8LJ) on the minor road that links Hawkshead and Haverthwaite crossroads (A590).

Parking will be in two separate fields approximately 600m to the south of the arena.

Roads from both directions are narrow with some passing places. Please proceed with caution and give way any on coming local traffic.

### Parking

There are two parking fields. Please follow the instructions of the parking marshals. The car parks open at 08:30 and entry closes at 11:30. No exit before 12:00 noon.

All traffic from the north (Hawkshead direction) will park in the north field. Entrance at Grid ref SD353927, [what3words ///times.merchant.decorated](#).

All traffic from the south must approach from Haverthwaite crossroads on the A590, grid ref SD 340842 [///blocking.unopposed.propose](#). Parking will be in the south field. Entrance at grid ref SD353925, [///trap.yours.cropping](#).

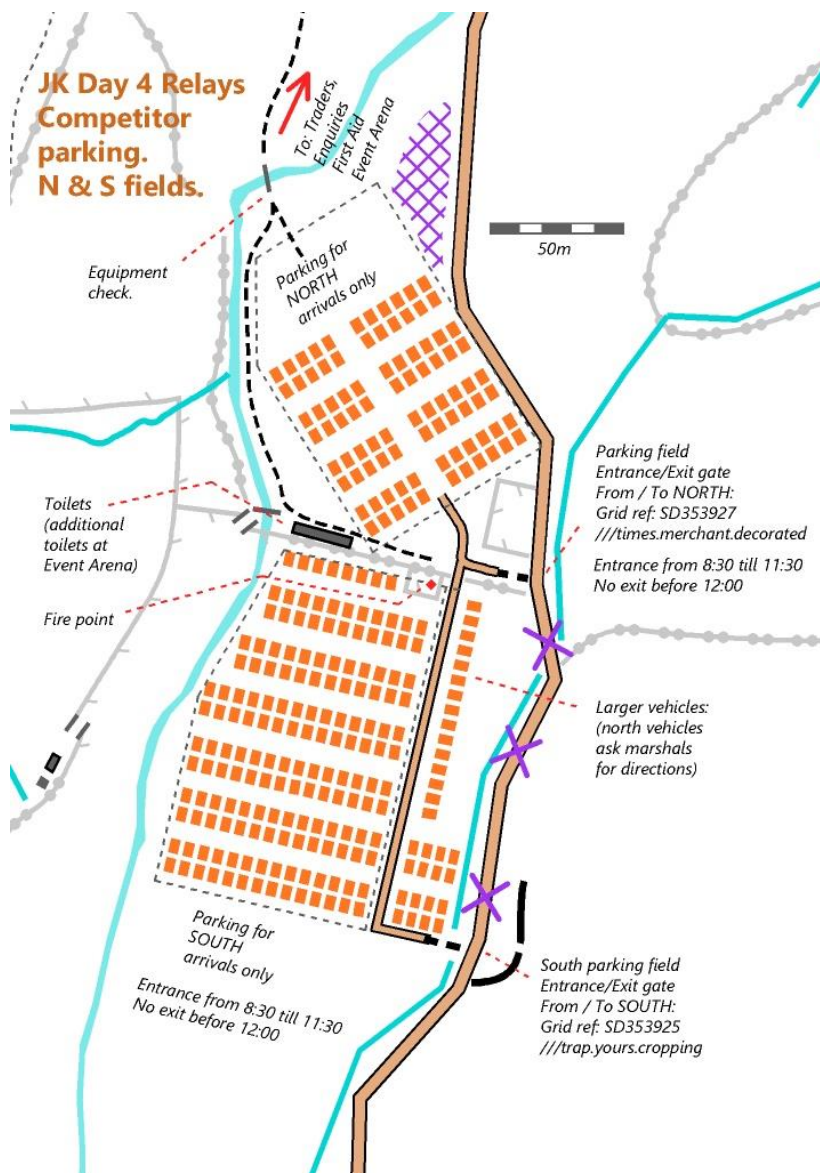
Note: South traffic from the A590 **MUST NOT** approach via the minor roads from Newby Bridge, as these minor roads are **VERY** narrow in places with no passing places.

Please enter the fields quickly as directed and follow marshals' instructions to park.

Toilets are in the north field adjacent to the walking route to the Event Arena. There are more toilets 100m from the Event Arena, next to the road crossing.

Enquiries, First Aid and all traders are also located next to the road crossing.

Club tents must be carried from the parking fields as, due to the narrowness of the roads, there is no opportunity to drop equipment off en route.



## Dogs

Dogs are allowed in the parking field only.

## Timings

Please note: Timings are subject to change.

08:30	Parking opens
09:00	Registration opens for Team Bag collection and "last minute" team changes. (May be earlier if we are ready)
09:00	General Enquiries opens.
09:45	Deadline for "last minute" team changes
09:50	First call-up (Mini Relay M/W12-)
10:05	First starts for first lap (Mini Relay M/W12-)

11:00	Last starts for first leg runners
12:30	Mini mass start call up. (Arrangements subject to change listen for announcements)
13.00	Prizegiving.
14:30	Courses close. Controls removed progressively from 14:30
14:00	Enquiries closes

### Team Bag collection

A single representative from each club should report to Registration to collect their **CLUB** bag. **Each Club bag will contain an envelope per team with bibs for each team member.** Every effort should be made to do this on Day 3, at the enquiries tent.

It is the responsibility of the club captain to get the bibs to the right team members.

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)

### Relay Team Declaration

Deadline for the on-line team declaration by the captains is 8 pm Sunday 9<sup>th</sup> April. Our aim is to have as many declarations finalised by this time.

There will be a relay enquiries/registration desk on Day 3 and 4, to answer queries and assist with team declarations.

Points to note,

- (1) If your team becomes 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 but only until 09:45. The level of "last minute" changes has historically been high and we ask all Team Captains to make as many changes as possible online by **8pm on Sunday 9<sup>th</sup> April**. This will minimise changes and the risk of error on Relay Day itself.

### Relay Registration Team Bag collection and "Last Minute" changes

On Day 4, Relay registration is located at enquiries in the field immediately before the road crossing to the event arena.

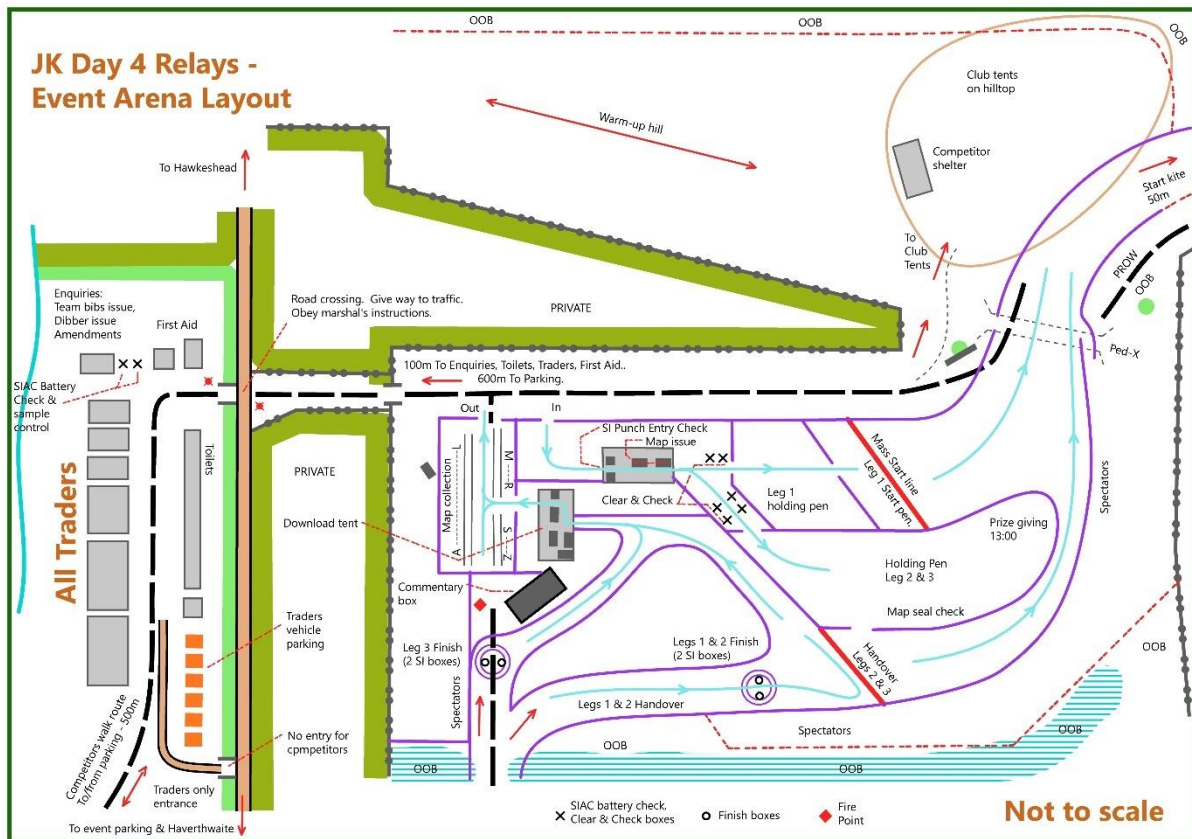
### Last Minute changes and very limited EOD

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

We regret that we cannot accept late entries.



## Arena layout



## Club tents

Club tents can be put up in the area indicated on the diagram above. Due to the road layout next to the arena it will not be possible to stop to drop tents off. Tents must be carried from event parking.

## Map

Map scale is 1:7500 for all TD5 senior courses except Ultra Vets M/W210+ who will have 1:5000.

All TD 2 & 3 Courses will have 1:5000 maps (this includes the Short lap of the Mixed Ad Hoc)

The JK Trophy and Senior Men M120+ have side by side maps - the second half of the course is on the Right Hand map, control descriptions for each part are on the relevant map.

## Safety Bearing

The safety bearing is due West. Proceed until you reach either the Event Arena field or the High Dale Park road. Make your way to the Event Arena. You **MUST** report your retirement to Download.

## Control Descriptions

Control Descriptions are pictorial for all courses except the Mini Relay who have text only. For clarity the control codes have not been shown on the **map**, only on the descriptions.

## Terrain & Course Notes

The area is almost entirely deciduous open forest. There is lots of contour detail and many rock features. Underfoot the ground can be rocky but there is little undergrowth except for some areas of Brambles which are mapped. The TD 2 courses (Mini Relay & Lap2 Junior Relay) will use open woodland and fields North of the assembly for the first part of their course, they will re-enter the main forest past the start kite (this will be marshalled). Some paths used by the TD2 & 3 courses are



indistinct, these will have some flagging to make them more obvious. The fields South of the assembly area are NOT out of bounds but the wall/fence separating them from the forest can only be crossed at the 4 marked crossing points, the wall fence is overprinted in purple. A Black open circle is used to mark a Charcoal Burning area (Platform).

## Clothing

British Orienteering rules require that you **MUST** wear full leg and body cover.

In case of bad weather it may be decided that a waterproof jacket with a hood must be carried/worn. This will be clearly signed at the parking area and on entry to the arena.

## Course Details

(Lengths and climb are approximate because of the gaffling)

Class	Lap1	Lap 2	Lap 3	Map Scale	Map size
	<b>Approx. length / climb / controls</b>				
<b>A JK Trophy</b>	4.5k 205m 16c	3.6k 180m 15c	4.5k 205m 16c	1:7500	A4
<b>B JK Women's Trophy</b>	3.3k 155m 12-13c	2.8k 140m 11c	3.3k 155m 12-13c	1:7500	A4
<b>C Men's Short</b>	3.1k 150m 13c	2.6k 130m 10c	3.1k 130m 13c	1:7500	A4
<b>D Women's Short</b>	2.5k 110m 11c	1.8k 90m 8c	2.5k 90m 11c	1:7500	A4
<b>E Senior Men (M120+)</b>	4.5k 205m 16c	3.6k 180m 15c	4.5k 205m 16c	1:7500	A4
<b>F Senior Women (W120+)</b>	3.1k 150m 13c	2.6k 130m 10c	3.1k 130m 13c	1:7500	A4
<b>G Veteran Men (M165+)</b>	3.3k 155m 12-13c	2.8k 140m 11c	3.3k 155m 12-13c	1:7500	A4
<b>H Veteran Women (W165+)</b>	2.5k 110m 11c	1.8k 90m 8c	2.5k 90m 11c	1:7500	A4
<b>J Ultra-Veterans (M/W 210+)</b>	2.5k 110m 11c	1.8k 90m 8c	2.5k 90m 11c	1:5000	A4
<b>K Intermediate Men (M48-)</b>	3.1k 150m 13c	2.1k 90m 8c	3.1k 150m 13c	1:7500 /1:5000	A4
<b>L Intermediate Women (W48-)</b>	2.5k 110m 11c	2.1k 90m 15c	2.5k 110m 11c	1:7500 /1:5000	A4
<b>M Junior Relay (M/W 40-)</b>	2.1k 90m 14-15c	1.6k 60m 13c	2.1k 90m 14-15c	1:5000	A4
<b>N Mini Relay</b>	1.6k 60m 13c	1.6k 60m 13c	1.6k 60m 13c	1:5000	A4
<b>P Mixed Ad Hoc</b>	3.4k 160m 15c	2.1k 90m 14c	2.5k 120m 10c	1:7500 /1:5000	A4

Note: Ad Hoc fixed running order Long, Short, Medium

Mini Relay and Middle lap Junior Relay are TD2 (Yellow Standard)

Junior Relay (legs 1&3) and Middle Leg Classes K & L are TD 3 (Orange Standard)

On the Yellow and Orange Standard courses there are sections of flagging where paths are indistinct.

## Seeding

Teams who have been highly placed at recent BOC (not 2023) and JK Relays and who are entered again have been identified and wherever possible have been assigned different gaffles on at least one leg of the relay they are entered on.

## Start Schedule

Start and call up times are listed in the course table below. Please note that the Mini Relay start is different to BOF guidelines this year for safety reasons.

Class	Team numbers	Call up	Start
N Mini Relay	7001+	09.50	10:05
A JK Trophy	0001+	09.55	10:10
E Senior Men (M120+)	2001+	09.55	10:10
B JK Women's Trophy	0101+	10.05	10:20
G Veteran Men (M165+)	3001+	10.05	10:20
M Junior Relay (M/W 40-)	6001+	10.15	10:30
P Mixed Ad Hoc	8001+	10.25	10:40
K Intermediate Men (M48-)	5001+	10.35	10:50
F Senior Women (W120+)	2501+	10:35	10:50
C Men's Short	1001+	10:35	10:50
D Women's Short	1501+	10:45	11:00
H Veteran Women (W165+)	3501+	10:45	11:00
L Intermediate Women (W48-)	5501+	10:45	11:00
J Ultra-Veterans (M/W 210+)	4001+	10:45	11:00

## Start Process

If you are concerned about your SIAC battery level, you can check it before entering the Event Arena at the Enquiries tent. If your battery is low you can hire a new dibber for the day, or punch manually at all controls and the Finish.

On entering the map issue area you will need to dib the Punch Entry Check box. This will confirm that you are a registered team member and that you have the dibber number assigned to your bib number. If you have the wrong SI number you will need to go to the problem desk in the map issue area.

Maps will be issued by Leg - please join the correct queue for your leg and have your bib number clearly visible.

When you get your sealed map, you must check that the label on the map corresponds to your leg and team number.

We will do our best to get this right, but it is your responsibility to make sure that we have.

Any problems will be dealt with by the problem desk, not the map issue team.

There will be a further bib/map check at the start/changeover line. If the map or map seal has been tampered with your team may be disqualified.

For Leg 1 competitors only, there is a secondary Start pen. Your class will be called forward 5 minutes before your timed start and your bib/map checked. The Start marshal will verbally countdown to your class mass start time (see table for call-up time and mass start time for your class). There will be no time display clock.

After starting, you must follow the taped route all the way to the start kite.

For Leg 1 competitors only, there is a secondary Start pen. Your class will be called forward 5 minutes before your timed start and your bib/map checked. The Start marshal will verbally countdown to your class mass start time (see table for call-up time and mass start time for your class). There will be no time display clock.

### **Leg 1 Mass Starts**

Courses are planned with the mass start in the Arena. The run-out to the Start triangle is approximately 150m. Take care, as part of the run-out is uphill over rough ground which is, in places, slippery. The run-out lane passes the club tent area. All of the run-out lane is out of bounds to spectators, except for a manned crossing point about 30m from the mass start line, which leads to a rough spectator area from where both starting and finishing competitors can be viewed. The crossing point will be closed during each mass start.

#### **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 12:30. 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 are no on-course spectator controls. Spectators will have a good view of the run in to the changeover and Finish controls.

### **Changeover and Finish**

Laps 1 & 2 fork right to changeover, lap 3 goes straight ahead to the Finish.

When Lap 2 & 3 runners see their incoming team runner, or hear the commentary announcing their imminent arrival, proceed to the changeover line. A marshal will check your map seal, which must not have been tampered with. It is the competitor's responsibility to be at the changeover line in time.

Lap 1 & 2 runners must punch the finish (2 boxes available, SIAC enabled) and then go to the changeover line, before proceeding to Download. Do not block any following runner's path.

Lap 2 & 3 runners must only open their map after physical changeover has occurred.

Lap 3 Runners. The finish line will be marked clearly on the ground. This is the point where the last legs finish.

Once you have finished you must keep in the order in which you finished and punch (this box is NOT contactless) the finish box which will be just beyond the finish line. Please do not collapse in a heap until you have punched the finish box. Better still, do this after you have downloaded.

### **Map Collection**

Maps will be collected from all finishers up to 12:30, when club map bags will be released and made available for collection by each club's representative.

### **Results**

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

### **Prize giving**

Targeted for 13:00 or earlier if possible.

### **Hospitals**

The nearest hospitals with Accident and Emergency departments are:

Journey for serious injury	Miles (min)
Furness General Hospital Dalton Lane Barrow In Furness Cumbria LA14 4LF Grid ref: SD 211718 W3W: motivator.warnings.green 01229 870870	22.2 miles (approx. 40 mins)
Westmorland General Hospital Burton Road Kendal Cumbria LA9 7RG Grid ref: SD 524903 W3W: boom.funds.shape	19.5 miles (approx. 40 mins)

## Event Officials

Organiser: George Crawford Smith (PFO)

Planner: Andy Lewsley (BL)

Controller: Tony Thornley (AIRE) Assistant Controller: Richard Foster (AIRE)

British Orienteering Jury
Neil Crickmore SO Andrew Yeates WCH Alan Rosen HH

## Acknowledgements

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

The many volunteers from NWOA regional clubs and other national clubs.

Graythwaite Estate and their tenants for the use of their land.

## Weekend information

### Courses and Classes

There will be two courses each day, Standard and Elite. The Elite course will have Open, Physically-Challenged ("Pclass") and Junior Classes. Eligibility for the Physically Challenged category will be by possession of an IOF Physically Challenged Certificate or in the opinion of the organiser could reasonably expected to be granted one.

Both courses use the same Start and Finish on each day.

NOTE: On all days you may answer PreO controls in ANY ORDER. You must however punch your answers in the numbered rows in your control card corresponding to the control number). The control numbers will show the order that the decision points will be found in. Tapes at the decision point may be used to indicate which kites are under consideration.

### EOD

There will be no entry on the day for the Elite class, but very limited EOD is possible subject to map availability.

### Prizes and Results

There will be a medal for the first 3 in each of the Elite Classes on each day. Results will be available each day as soon as possible as all have finished and on the JK 2023 event website that evening.

### Race Number

TrailO race numbers will be available at FootO Registration for those who are also doing the FootO, and at TrailO Registration for those who aren't.

Please wear it when competing in TrailO (on your front – chest, waist, thigh, wheelchair) and write any personal medical information (and medication) on its back.

### Registration / Assembly

The following will be located at the Registration Tent:

- Control Card and race number handout
- Pin punch and SI-card rental/borrowing
- Download / Control Card hand-in
- Enquiries (help should be available for first timers)
- Basic First Aid and map to nearest hospital
- Results and Solution Sheets (once all competitors have started)

### Zero Controls

In both Elite and Standard courses, "Zero" controls are possible; if a control is intended to be a Zero control (none of the kites on offer are correct) then the nearest kite to the correct empty location will be at least 4m away. For longer distance controls a larger tolerance will be used.

### Timing and Punching System

- Standard and Elite courses will use the same Start and Finish on each day
- SI-cards are used for PreO Start and Finish and the Day 2 PreO Timed Section (the boxes will not be SIAC-enabled). Personal pin punches also need to be carried to record your answers on your control cards (these pin punches can be borrowed at Registration).
- SI rental/borrowing is available at Assembly

## Dogs

Dogs are not permitted on the courses. In the car parks please keep dogs on leads at all times (this is particularly important on Day 2 where the car park is part of a large field in which there'll be sheep come down for lambing).

## Fair Play / Rules

- TrailO is a silent sport, you **MUST NOT** discuss the course with other competitors on the course.
- In PreO competitions (including PreO Sprint):
  - You **MUST** stay on the tracks (brown infill on the map) and are forbidden from entering the terrain. It will also be forbidden to go down some of the marked tracks. This will be marked in the terrain by no-entry signs and/or tape, and on your map by a solid purple bar see Day 1 PreO 1 map segment below..
  - You **MUST NOT** pass back through the Start, or pass beyond the Finish line until you have finished the course (Exception: Day 3's Finish is in the middle of the track so you can go round it, where you are allowed to go will be clear on the ground).
- In the D1 TempO you **MUST**
  - Follow the indicated route between stations and wait at the "Wait Here" signs until called forward
  - Answer the problems one at a time, in order
  - Not try and stand up to get a better view of the terrain/kites
- Electronic communication and navigation devices
  - In accordance with IOF TrailO Rules, all devices that can transmit or receive information, including positional information, are prohibited in the competition areas for competitors on the Elite Course. This includes mobile phones, GPS watches (Garmin, Suunto, Coros etc) and other smartwatches (Apple, Samsung, Google etc). Checks will be made at the start and/or finish, and any Elite competitor who is found to have carried a mobile phone, GPS watch or smartwatch will be disqualified.
  - Competitors on the Standard course must not carry a mobile phone in the competition area and must not use the navigation or communication features of any GPS watch or smartwatch.

## BriTOL

All three events will be part of the 2023 British Trail Orienteering League (BriTOL)

## 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 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 Organiser, contactable via Enquiries.

Official photographers are required to register with the Organiser and wear an accreditation badge. Anyone who does not wish to have their photo taken should obtain a form from the British Orienteering website [HERE](#) and hand it in to Enquiries. You will be identified by your bib number.



## Day 1 – Combination TrailO

### Venue and Parking

Parking at University of Cumbria, LA1 4AA,  
W3W:///grin.narrating.status, GR: SD482608

Then follow signs to car park.

Parking charges will be waived on the condition that there is no overnight parking and there are no open fires.

It is about a 10 minute drive from the FootO at Lancaster University.



### Format

The Standard course will be PreO only, with neither Time Controls nor TempO. PreO controls can be taken in any order. It may also be possible to try the TempO in quiet times when there are no queues.

The Elite course format is Combination TrailO which comprises a medium distance PreO course followed by a small number of TempO stations (as this is what each leg does in a TrailO Relay it is often referred to as “One Man Relay”). PreO controls may be taken in any order.

NB: these are NOT PreO Time Controls, they are TempO so Zeroes are possible.

The key difference to that of a normal PreO is the way of calculating results which will be calculated as follows:

*Combined time = TempO answer time + 30s per TempO mistake + 60s per PreO mistake + t<sub>over</sub> time*

*+ NB the penalty for being over the time limit is different to the usual TrailO Relay rules and other forms of PreO. This is a harsh penalty for those who are more than a few 10s of seconds late – don't be late!*

Lowest combined time wins

### Assembly

- Registration tent is adjacent to the car park
- There are toilets available nearby (incl accessible), close to the route to the start, but not at assembly.

### Starts and Finishes

- Start times 14:00-16:00
- There will be a Model TempO adjacent to Assembly
- Assembly -> PreO Start is ~300m (or ~500m if going via toilets) with 10m climb, please take care crossing the road
- PreO Finish -> Assembly / TempO Start is ~500m and has some steeper uphill and downhill sections, please take care crossing the road
- After the 2<sup>nd</sup> TempO station, please follow the marked route to return to Assembly (from where the Elite TempO will be signed, see below)

## Map and Terrain

### PreO

ISSPrOM 1:3,000 2.5m contours. Williamson Park is a typical town park with mixed woodland and open spaces (see map segment above). The terrain we will be using is hilly (just the terrain, not the paths).

### TempO

TempO: ISSPrOM 1:3,000 2.5m contours (scaled from 1:2,500), maps produced using TempO Maker.

St Martin's Campus of the University of Cumbria houses their sports centre and various office buildings.



## Tracks

Mostly on tarmac or other hard surface, width ~2m

## Courses

As the terrain isn't overly technical, the Elite course time limit will be based on 2 mins per problem with the Standard course based on the traditional 3 mins per problem. Both courses will also have the usual additional 3 mins per 100m.

Some additional time (TBD) will be given to those in the Physically Challenged class.

### Standard PreO

12 Controls, 300m, time limit provisionally 45 mins

Follow the tapes back to Assembly. There are no TempO stations for Standard, but we encourage you to try the self-service Model TempO station (attempting the other TempO stations might be possible at quiet times).

### Elite PreO

16 Controls, 450m, time limits provisionally 44 mins Open

Follow the tapes back to Assembly where you will find the route to the first TempO station (don't forget the Model station if you didn't do it beforehand).

### Model TempO

The model TempO is an example of the map and terrain for the Elite TempO course so it is recommended you try this before starting. It will be self-service/unmanned so experienced competitors please help any novices understand how a manned TempO station works.

### Elite TempO

2 stations, each comprising 6 kites (Alpha-Foxtrot), 5 problems; it is TempO so Zeroes are possible. 500m, 5m climb.

Please follow the marked route from Assembly, through stations 1 and 2 (stopping at "Wait Here" signs until called) and then continue following tapes back to Assembly to hand in your control card.

The usual IOF time limits apply per station – 150s per station – beginners please note, this is a time LIMIT, not a target. There will be a warning at 20s. Once you reach the time limit you cannot give any further answers.

Please use the phonetic alphabet when selecting kites in TempO ("Alpha", "Bravo", "Charlie", "Delta", "Echo", "Foxtrot") or "Zero" for when all kites are wrong.



## Officials

Planner: John Kewley MDOC

Organiser: John Kewley MDOC

Controller: Graham Urquhart OD

Jury: TBC

## Day 2 - PreO

### Venue and Parking

Parking at Rydal Park, Ambleside, LA22 9PN, W3W://belt.lift.landlords, GR NY370054

Go through the gate and park on the right; note if there are sheep in the field we MUST ensure the gates aren't left open unattended.

This is approximately a 40 min drive from the Day 2 FootO at High Dam.

NOTE: TrailO Helpers who need to exit the FootO car park before 12:30, and cars containing Pclass competitors who are attending the FootO need to contact the Day 2 FootO Organiser Sam Drinkwater for D2 car park permits for an alternative car park.

### Format

PreO, but with a preceding Timed Section (see below) instead of Time Controls for Elite and neither for Standard (it will just be PreO).

Results will be sorted on correct PreO controls, followed by correct Timed Section (TS) controls followed by your time to complete the TS.

If you are over the PreO course time limit then you will lose 1 PreO point for each 3 mins (or part of 3 mins) you are over time (*different to IOF rules which is 5 mins or part of*). Pclass will have additional time for PreO.

If you are over the TS time limit then you will lose 1 TS point for every 30s (or part of 30s) you are over. Pclass will have additional time for the TS and their TS time will also be multiplied by the ratio of *Open-TS-limit / Pclass-TS-limit* for calculating position.

### Assembly Facilities

- Registration tent is adjacent to car park
- There will be a portable Accessible toilet adjacent to the car park

### Starts and Finishes

- Start times: 14:00-16:00
- Elites do the Timed Section before the main PreO, Standard course go directly to the PreO.
- When you have finished, you must proceed silently back through the PreO course to download at Registration.

### Map and Terrain

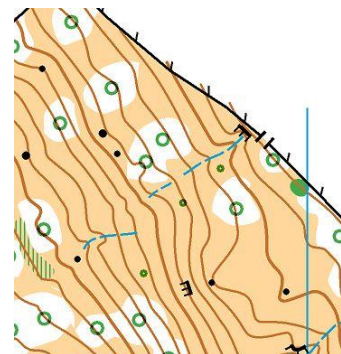
ISSprOM 1:4,000 2.5m contours

Open and semi-open grazing land with some rock features. Note that there are many small trees with small fences round them. These are not mapped.

### Tracks

On the course is exclusively a hard surface, width between 2 and 3m. Getting to the track from the car park requires crossing a flat, mostly firm, grassy field.

There may be other pedestrians and the occasional farm vehicle on the track. Please keep eyes and ears open.





## Course Details

### Standard PreO

18 Controls (subject to final controlling), 800m, time limit TBD, around 70 mins

### Elite PreO

24-28 Controls (subject to final controlling), 800m, time limit between 90 and 100 mins

### Timed Section (Elite Class only)

4 A/Z controls in 10m

A timed section (TS) is a VERY short A/Z PreO course (very similar to PreO Sprint) which you have to answer as fast as you can against the clock. You will have a max time of 30s per problem with penalties for being late (see above).

Standard Class are encouraged to have a go at the TS after their PreO if there are no queues.

Timed Section Start and Finish symbols (but not control circles) are reduced in size for clarity

## Officials

Planner: John Kewley MDOC

Organiser: John Kewley MDOC

Controller: Iain Philips LEI

Jury: TBC

## Day 3 – PreO Sprint

### Venue and Parking

Great Tower Scout Camp LA23 3PQ, W3W://raves.deprives.blur, GR SD393913

Limited parking for Pclass in top car park up a rough track, others should park at bottom car park beside the road and walk up. Whether driving or walking to the Assembly you MUST follow the signs so as not to enter the course.

This is a 15-20 minute drive from the Day 3 FootO at Bigland.

NOTE: Trail Orienteers who are at the FootO will need to park in the Priority Parking car park so they can leave before 14:00. Please contact Day 3 FootO Day Organiser Gill Browne

### Format

All controls are A/Z, i.e. there is a single relevant kite in the terrain for each problem and you must decide whether it is in the correct place (A) or not (Z). Controls may be answered in any order. Controls are technical, but the maximum permitted time to complete the course is significantly shorter than for normal PreO. Results will be ordered first by the number of correct controls (points); competitors who get the same number of points will then be ordered by the time taken to complete the course.

The time limits are based on 1 min per control (2 mins for Standard) plus 1 min per 30m. You will lose 1 point for each minute (2 mins for Standard) or part of a minute you are late (2 for standard) – please don't be late!

Pclass competitors get additional time and a ratio applied to their time to complete (in a similar manner to that of the Timed Section – see Day 2)

### Assembly Facilities

- Registration tent is at the Top (Pclass) car park. Toilets (incl. accessible) will be adjacent

### Starts and Finishes

- Start times: 14:00-16:00
- When you have finished, you must proceed silently back through the course to download at Registration.

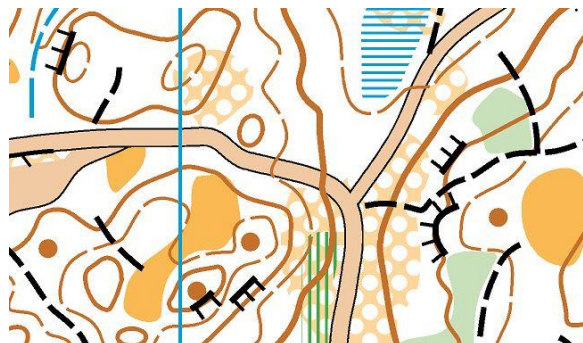
### Map and Terrain

ISSprOM 1:4,000 5m contours with map (not overprint) symbols at 125%. Control circles will be 6mm.

Start and Finish symbols, but not control circles, are reduced in size for clarity

Lakeland mixed woodland

Good surface track on the course, but steeper, rougher sections getting to Assembly for those who are walking from the bottom car park.



### Course Details

#### Standard PreO Sprint

13 Controls, 210m, time limit provisionally: 33 mins





Elite PreO Sprint

20 Controls, 240m, time limit provisionally: 28 mins Open, 35 mins Pclass

### Officials

Planner: John Kewley MDOC

Organiser: John Kewley MDOC

Controller: Scott Collier KERNO

Jury: TBC

## Appendix A SI Information

UNIT	INDIVIDUAL	RELAY	FOR USE BY	COMMENT
<b>BATTERY TEST</b>	At or near Enquiries	Before Map Issue	SIAC Users only	TESTS SIAC BATTERY POWER <i>Dib SIAC and remove it immediately – if it doesn't beep or if it beeps 10 times in quick succession, the battery needs replacing</i>
<b>CLEAR</b>	In pre-Start area	Before Map Issue	All Competitors	CLEARs DIBBER MEMORY
<b>CHECK</b>	In Start lanes	After Map Issue	All Competitors	CHECKS DIBBER HAS BEEN CLEARED ACTIVATES SIAC CARDS
<b>SIAC TEST</b>	In Start lanes after Check	After Map Issue	SIAC Users only	TESTS SIAC HAS BEEN ACTIVATED <i>Swipe SIAC over the box - if activated correctly it will beep and flash. If not, revisit Check unit.</i>
<b>START</b>	At start	Not in use	n/a	ELITES TIMED START FOR ALL DAYS Non Elite Punching start for on Day 1, Timed start on Day 2 & 3
<b>CONTROLS</b>	On course	On course	All Competitors	CONTACTLESS.
<b>FINISH</b>	At finish line	After Handover / Finish	All Competitors	CONTACTLESS.

Note: If your SIAC unit fails to register at a control in contactless mode you should **revert to 'dibbing'**. Control units will beep/flash to confirm you have registered in dibbing mode. Only switch to punching your map if 'dibbing' also fails to register (control unit does not beep/flash), as this may indicate a failed control unit.

Radio Controls are in use on both days and these may consume more of your SIAC battery, which could cause the card to fail if it was in poor condition before you started.

Download will switch off your SIAC card to conserve the battery until your next event.