

Competition Rules B: British Middle Distance Orienteering Championships

Text in bold below has mandatory status and shall be followed by event officials. Other content refers to material provided for guidance and for information. These Rules shall be read in conjunction with the BOF Rules and have the same authority. They shall be considered as their extension. Where these Rules vary or supplement BOF Rules, then these Competition Rules shall take precedence.

1. General Information

1.1 Level

1.1.1 The British Middle Distance Orienteering Championships is a Level A event.

1.2 Purpose

1.2.1 To find the British Middle Distance Orienteering Champion in each age class from M/W 10 to M/W 85.

1.2.2 For the Open classes, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.

1.2.3 To provide a high standard of competition for all members of British Orienteering through a high quality event.

1.3 Nature of Event

1.3.1 Single-day cross-country competition held in daylight. Runners compete as individuals in age classes.

1.3.2 The event should normally be held in late spring or early summer in order to fit in with the overall Elite orienteering schedule. The event may be staged on the same weekend as the British Sprint Orienteering Championships.

1.3.3 The event may be designated as a World Ranking Event (WRE) by the IOF in conjunction with the Elite Competitions Group. If this is the case IOF Rules will apply, but only to the two Open classes. The IOF Rules are to be found on the IOF website at www.orienteering.org.

1.4 Who May Compete

1.4.1 The event is open to National Members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.

1.4.2 Competitors are eligible to be British Championships medallists provided that on the day of the competition they are both a National Member of British Orienteering and a British Citizen. This must be declared at the time of entry to the competition.

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1.5 Responsibility

1.5.1 The British Middle Distance Orienteering Championships are organised by Constituent Associations or by clubs on behalf of British Orienteering. Financial responsibility is divided between British Orienteering and the organising Association or Club on a two thirds: one third basis.

1.5.2 The Event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

1.6 Officials

1.6.1 Controller: Grade A controller appointed by the Major Events Group.

1.6.2 If the event is a WRE, a separate IOF Licensed Adviser will be appointed. They should normally be a different person from the British Orienteering controller, even if they are qualified for this role.

1.6.3 If the event is not a WRE an Elite Adviser for the event will be appointed by Major Events Group.

1.6.4 Safety Officer appointed. First Aid provision to be covered within the Partnership Agreement.

1.6.5 Map Adviser: appointed by Map Group

1.6.6 The Planner and Controller should have experience of elite orienteering and be approved by the Major Events Group.

1.7 Timescale

1.7.1 This is intended to give guidance only and is not an all-embracing list:

- 27 months Area selected, officials agreed, timescales agreed. Map adviser appointed.
- 14 months Survey underway to ensure correct seasonal representation.
- 12 months Survey complete and draft colour map available for planning (new maps).
- 9 months Survey complete and draft colour map available for planning (updated maps).
- 8 weeks Planning completed.
- 4 weeks Controlling of courses completed. Map files and course overprints sent to printer.
- 2 weeks Overprinted maps available.
- EVENT Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Preliminary results submitted to the ranking list.

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2. Map and Terrain

2.1 Quality of Terrain

2.1.1 The terrain for the British Middle Distance Orienteering Championships should be generally runnable and of good technical quality. Technical merit is of major importance for the British Championships, especially so for Middle Distance courses. Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area. Variations between different parts of the country are inevitable, and Associations should reserve their best areas for these Championships.

2.1.2 The Grade A controller appointed by Major Events Group shall be responsible for assessing the suitability of the venue before the event is confirmed in the Fixtures List. The controller's report should confirm that the requirements listed below are met, and should be sent to the Major Events Group.

2.1.3 As a guide, the area should meet the following requirements:

- (a) The area should allow a Men's Open course with a winning time of 30 - 35 minutes without undue repetition
- (b) The terrain should be technically complex, allowing small and medium route choice.

2.2 Embargo

2.2.1 The competition terrain is embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the Championships.

2.3 Map

2.3.1 The maps shall be drawn to the latest IOF Specification for Orienteering Maps (ISOM) with a scale of 1:10,000 and a contour interval of 5m. For particularly detailed areas an enlarged scale map (1:7,500) may be necessary for competitors in classes M/W45 and above. Consult British Orienteering Map Group if in doubt.

2.4 Map Printing

2.4.1 All maps shall be offset litho printed unless agreed otherwise with Map Group.

2.4.2 The map shall be printed by an approved printer.

2.4.3 The British Orienteering map template shall be used.

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3. Event Organisation

3.1 Organisation

3.1.1 The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The British Middle Distance Orienteering Championships should normally provide the following facilities:

- An event web site for information, start lists, results, publication of previous maps and on-line entry and payment.
- entry closing date as close as possible to, and certainly no more than 28 days before, the date of competition
- start list at assembly area and at pre-start
- control description issue in the start lanes
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event)
- same control site format at each control, with sample on display at the pre-start
- frequently updated results display
- radio control sites for the Open courses
- public address system for commentary.
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes.

3.2 Start Times

3.2.1 Start time allocation and seeding shall be in accordance with Appendix L. Seeding for Open classes shall follow the guidance produced by the Elite Competitions Group.

3.2.2 Published start times for those running in the Open classes should only be changed under exceptional circumstances.

3.3 Trophies and Medals

3.3.1 Elite Trophies and Medals: The awarding of M/W18/20/21 trophies and medals shall treat these classes as though they were Open, Under 20, and Under 18 classes respectively, and in each class award trophies/medals to any eligible competitor regardless of their actual age class.

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3.3.2 The winners on each Open course shall be awarded the Men's or Women's British Middle Distance Orienteering Championship Trophies and medals shall be awarded to the first, second and third placed competitors.

3.3.3 The highest placed M/W20 or under shall be awarded the Men's or Women's British Middle Distance Orienteering Championship M/W20 Trophies and medals shall be awarded to the first, second and third placed competitors.

3.3.4 The example below shows how the medals would be awarded in one particular scenario. Trophies are awarded along with each Gold medal.

Position	Age class	M21 medal	M20 medal	M18 medal
1	M20	Gold	Gold	
2	M21	Silver		
3	M18	Bronze	Silver	Gold
4	M20		Bronze	
5	M18			Silver
6	M18			Bronze

3.3.5 British Championship medals shall be awarded to the first, second and third placed competitors in each age class M/W10 to M/W16 and M/W35 to M/W85. Competitors are only eligible for medals and trophies in the age class they have entered and if they satisfy the Eligibility Rule in 1.4.2.

3.3.6 Non British Citizens are not eligible for medals or trophies and shall not form part of the prizegiving even if their result places them in the top three. However they may be given a memento or small token of recognition at the discretion of the Event Organiser.

3.4 Badge Calculations

3.4.1 Badge times shall be calculated as described in Appendix J (The Badge Scheme), and included in the published results

3.5 Ranking Scheme

3.5.1 Preliminary results shall be submitted as soon as possible after (ideally on the day of) the event. Final results shall be submitted within one week of the event. See Appendix K (The Ranking Scheme) for details of how to do this

3.5.2 For a World Ranking Event results for the Elite classes must also be submitted separately to the IOF. Note that all runners on the two "Elite" courses (courses 1 and 2) shall be entered for World Rankings points, irrespective of the age class in which they are competing. Full details can be found on the World Ranking page of the IOF web site. As these results must include IOF runner ID information, it is important that elite runners are asked for their IOF IDs beforehand, perhaps via the entry process.

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4. Course Planning

4.1 Courses

4.1.1 Courses are to be provided for the following range of age classes: M/W 10 to M/W 85.

4.1.2 If one course is heavily oversubscribed, then parallel courses shall be provided (see Appendix L).

4.1.3 Colour Coded courses shall be provided for beginners and less competent competitors. Appropriate colours would be White, Yellow and Orange. However, the Championship courses must not be compromised by any colour coded courses and it is recommended that these are not the same as those used for the main event.

4.2 Class Combinations

4.2.1 The combining of junior classes must take into account not only the course lengths but more importantly the Technical Difficulty. On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

4.3 Planning Philosophy

4.3.1 Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive. TD5 courses should be planned to be as consistently technically difficult as possible. Very long legs should be avoided but small and medium scale route choice is encouraged. The emphasis should be on high speed running where competitors need to adjust their speed for the complexity of the terrain. There will be a higher density of controls than for an equivalent long distance race.

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Course Number	Course length ratio	Technical Difficulty	Men	Women
1	1.00	5	M18, M20, M21	
2	0.82	5		W18, W20, W21
3	0.92	5	M35, M40	
4	0.86	5	M45, M50	
5	0.77	5	M16, M55, M60	W35, W40
6	0.67	5	M65, M70	W16, W45, W50
7	0.53	5	M75, M80, M85	W55, W60, W65
8	0.40	5		W70, W75, W80, W85
9	0.45	4	M14	W14
10	0.35	3	M12	W12
11	0.30	2	M10	W10

4.4 Notes

4.4.1 Course 1 should be planned such that a top elite-standard competitor would win it in 30-35 minutes. All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. This should ensure winning times for the TD5 courses are all in the range 30-35 minutes.

4.4.2 Planners should note that course length ratios refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

4.4.3 For courses of TD2/3 (courses 9 and 10) it is more important that the course is of the correct TD than of the correct length. Also, these courses must not be made harder than usual “because it’s the British”.

4.4.4 If the number of entries means that not everyone can be accommodated within the available start block, parallel courses may be used. For example, if course 4 is oversubscribed introduce course 4A for M50, which will be of the same length as course 4 and may have a number of common legs (but obviously not the first leg).

5. Further information

5.1.1 Appendices B (Course Planning), E (Event Safety), and G (Protests, Juries and Appeals).

5.1.2 If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via British Orienteering National Office.