

BRITISH ORIENTEERING CHAMPIONSHIPS 2017

HIGH DAM AND SUMMER HOUSE KNOTT 6th & 7th MAY

EVENT PROGRAMME

Welcome

Final details at 26th April 2017.

North West Orienteering Association clubs are pleased to welcome you to the Finsthwaite Valley in the Lake District for a weekend of high class racing against the best orienteers in the country. We wish you successful races and an enjoyable stay in the area.

The British Long Distance Orienteering Championships will be held on Saturday 6th May on High Dam with the British Relay Orienteering Championships being held on Sunday 7th May on Summer House Knott.

The parking is planned to be in two fields, one adjacent to the Individual Assembly area near Finsthwaite Church, and the other adjacent to the Relay Assembly area near Finsthwaite House. There will be a walk of approximately 1.0km on footpaths from the far car parking to the Arena each day.

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IMPORTANT INFORMATION – Please read

1. Long Distance Championships: Entries have closed but may be accepted up to 3rd May via boc2017_entries@nwoa.org.uk subject to map and start time availability.

2. Relay Championships: Entries have closed but may be accepted through to 5th May via boc2017_entries@nwoa.org.uk subject to map availability. Entries will be accepted on Saturday 6th May subject to map availability.

3. Long Distance Colour Coded: via boc2017_entries@nwoa.org.uk and on the day.

4. The approach to both events is from the A590 (200m north west of the roundabout with the A592) where it crosses the River Leven by the Swan Hotel (LA12 8NB). This minor road is signposted towards Hawkshead.

Immediately past the Swan Hotel there is a turning for Newby Bridge Station (SD367865) which leads you into the western end of the Finsthwaite valley and the parking field closest to the South starts.

Continuing along the minor road away from the Swan Hotel past Lakeside towards the Stott Park Bobbin Mill (LA12 8AX) will take you to a turning into the eastern end of the Finsthwaite valley and the parking field closest to the North starts.

Please take care when crossing on-coming traffic.

5. There will be two parking fields.

- one close to Finsthwaite Church – close to Individual Arena
- one close to Finsthwaite House – close to Relay Arena
- Four wheel drives at Finsthwaite Church
- Large motorhomes must park at Finsthwaite House
- Mini buses and small motor homes can be parked at Finsthwaite Church depending on space

If you are intending to bring a mini bus, motorhome or coach please contact the Organiser – Sue Butterfield - bobsueb12@btinternet.com.

Each car park will use the entrance gate for exit as well so we ask that you try to arrive before 1300 and do not try to leave before that time unless your early departure is essential.

We would encourage people to share vehicles.

Both parking fields will probably need to be used both days.

On the Individual day on the Saturday we would ask people travelling on their own to use the car park by Finsthwaite House and then either walk through the fields to the Arena or to meet up with members of the same club and drive to the field by Finsthwaite Church.

6. Bibs and whistles must be worn on each day (different bib each day) and a “no bib/whistle no start” policy will be enforced. For your own safety will you please complete the personal, contact and medical sections on the back of the bib for each day.

7. Competitors must wear full leg and torso cover and are expected to take personal responsibility for wearing clothing appropriate to the conditions. All competitors should have and be prepared to carry or wear waterproof cagoules on their run if required, as shown by signs on the way to the starts.

8. On the Long Distance day fences and walls marked with purple overprint must only be crossed at marked crossing points but others may be crossed at will. See specific Planners comments for High Dam.

On the Relay day please only cross fences at marked crossing points.

9. Relay team captains are asked to make every effort to declare their teams on line by midnight on 3rd May and to complete the declaration forms and make any changes well before Enquiries close at 1700 on Saturday. Relay team captains should also note and ensure that their Ad Hoc teams are aware that for BOC 2017 Ad Hoc teams do not run the laps in the same order.

10. DOGS ARE ALLOWED ONLY IN THE CAR PARKING FIELDS AND ONLY ON A LEAD.

There will be ewes with young lambs in adjacent fields.

DOGS ARE NOT ALLOWED IN THE ASSEMBLY AREAS EITHER SATURDAY OR SUNDAY.

11. There will be a car park fee of £1 per car per day.

This has been a wet Spring by Lakes standards. This charge is to contribute towards the cost of hiring a large number of track mats.

If you are intending to bring a mini bus, motorhome or coach please contact the Organiser.

GENERAL INFORMATION – Common to both days

1. Travel Directions

The Finsthwaite Church field will be signed from Stott Park Bobbin Mill (LA12 8AX).

The Finsthwaite House field will be signed from hamlet of Town End (LA12 8BN).

2. The Arena:

The Arena includes:

Enquiries: Will be located in the marquee in the centre of the field.

The marquee will be used for:

- Day 1 race bib collection tent (and facilities to indicate on bib medications if needed.)
- Hired SI-card collection
- Registration for colour coded entry on the day
- Allocation of start times for helpers and those with open starts
- Relay registration, declaration, relay bib collection and registering team changes on Saturday
- Vehicle key drop off
- Lost/found children and property
- Trophy return (trophies, clearly marked with name and class, should be returned to Enquiries before you go for your race.)
- Lodging complaints and protests
- Post-race map collection

Traders: Ultra Sport, CompassPoint, Scottish 6 day information tent.

BOC O Top collection and sales (but very little stock available for sale on the day)

Caterers: Podium and ONosh (both days)

NWJS Saturday, UVHS Sunday, Finsthwaite WI on Sunday

Other:

- First Aid – see section 12 below
- JROS – Junior Regional Orienteering Squad display
- British Orienteering's 50 years celebration tent
- Public address caravan providing race commentary
- Marquee for competitor changing and shelter
- Toilets and a urinal situated in the Arena
- Helpers Car Parking

A copy of the start lists and an old High Dam map (used for Twin Peak 2012) will be displayed in the Arena.

Results will be displayed near the download tent and after the event via www.boc2017.org.uk There will be a Wireless Access Point with a range of up to 400m near to the download tent. Those who bring a suitably enabled

device with web access should be able to connect to the wireless network "BOC2017" and view provisional results. Your device will automatically locate the Live Results when you go to any web address. There will be no cost, as this will be provided through a local intranet. Assembly will be adjacent to the finish field.

There will be a large area for Club tents which are pitched at your own risk. Valuables should not be left in the Club tent if unoccupied. The Organisers may ask that Club tents are taken down for safety if the weather threatens to be rough. No-one may stay in the Arena overnight.

Please help to keep the field litter free by taking **all** your rubbish home.

3. Race Bibs

Different race bibs will be used on each day and each competitor must wear a bib. Safety pins will be provided on Saturday and should be retained for the Relay bibs on the Sunday. A no bib no start policy will be strictly enforced.

Race bibs for the Championship and colour coded courses should be collected from Enquiries from 09.00 on Saturday, where they will be arranged in race number order - see the start list on www.fabian4.co.uk Race bibs for the Relays should be collected from Enquiries by Team Captains.

The back of the race bib will be designed to enable competitors to declare pre-existing medical conditions and medication using waterproof marker pens adjacent to bib collection. For your own safety will you please complete the reverse side of your bib with your personal and contact details as well as details of any relevant medical condition.

Lone runners will be able to leave car keys/contact number at Enquires before they run.

4. Whistles

It is NWOA policy that both junior and senior competitors carry a whistle for emergency use on both days. There will be a whistle check at the starts with a 'no whistle no go' policy strictly enforced.

5. Clothing

Competitors (parents) are responsible for clothing appropriate to conditions and your legs and torso must be covered. Singlets/vests or shorts are not permitted. In the case of bad weather the Organisers may require competitors to wear or carry at least a lightweight waterproof jacket. Notices to that effect will be displayed in the Arena and on the way to the Starts on Saturday and in the Arena on the Sunday.

6. Maps

High Dam (BOC2017) is a new survey by Martin Bagness based on his previous orienteering maps of High Dam (MDOC) & Rusland Beeches (LOC). Scales of 1:15,000 and 1:10,000 and 1:7500 (5m contours) will be used for the Long Distance event.

Summer House Knott has been updated by Martin Bagness to reflect changes to rides and vegetation. Scales of 1:10,000 (classes A & B) and 1:7,500 (5m contours) will be used for the Relay event.

Maps are printed on waterproof paper and not bagged.

Neither maps have legends on the map. Copies of legends are available from Enquiries on both days.

7. Mapper's Comments

All symbols are IOF standard.

On both individual and relay maps, the black circle symbol has been used to show platforms (circular, man-made features historically used for charcoal burning). On the relay map, a large metal box has been shown with the black cross symbol.

○ = platform on long and relay maps

✕ = large metal box on relay maps

Mapped boulders are at least 1m in height and distinct from all directions. Mapped crags are at least 1.5m in height. Rock features which do not meet these criteria have not been mapped, even when they are adjacent to mapped features.

The individual map has been extended for BOC 2017 to include new woodland, and woodland not used since 1983. These areas have been mapped using lidar data and air-photos. The existing map has been completely re-surveyed where lidar data is available. In areas lacking lidar coverage, the existing map has been updated.

8. Planners Comments

On the Long Distance day fences marked with purple overprint must only be crossed at marked crossing points but others may be crossed at will. Runners seen crossing “uncrossable” fences will be disqualified.

On the Relay day please only cross fences at marked crossing points.

9. Electronic Timing

Sportident will be used. No course will contain more than 32 controls.

SIAC Battery check will be at Registration/Enquiries.

The usual clear and check boxes will be at all starts, for all types of SI card.

Runners on other courses requiring hired SI-cards should collect them from Enquiries.

Please hand in your hired SI-cards at Download after your race on Saturday unless you also need it for the Relays in which case please hand it in at Download after you have finished your run on Sunday. There will be a charge for lost or unreturned SI-cards of £75 SIAC (Contactless) or £45 for SI 9.

Each control consists of an SI box mounted horizontally on a stake with the code number vertically below it and the kite below that. A punch will be attached to the stake for use in case of failure of the SI box.

When using anything but a SIAC the SI boxes at each control will flash and beep to indicate a successful punch. When using a SIAC the card itself will beep and flash. In either case it is your responsibility to ensure that your visit to each control has been registered. If a box or SIAC fails to beep and flash at a control, you should punch your map with the pin punch and report the failure at Download.

SI boxes at the finishes will be set up in “swipe” mode, users of SIAC should swipe and users of other cards should punch by inserting their card into SI box.

It is essential that all competitors visit Download before courses close (16.30 on Saturday and 14.30 on Sunday), whether or not they have finished their course.

10. Safety

The competition area has rough terrain and is exposed. Competitors are responsible for their own safety and for assessing their ability to complete their course. There will be a strictly enforced bib and whistle check at each start. Should the carrying of waterproof cagoule be felt necessary on safety grounds, signs will be placed at the exit from the car park and will be enforced at the start. All competitors should come to event prepared to carry a cagoule on their run, if required.

You are asked to report any concerns about overdue competitors to the Download team or to any official.

Competitors travelling on their own should leave their vehicle key with Enquiries.

Mobile phones and GPS may be carried. Mobiles must only be used to call emergency assistance and not for navigational assistance. GPS must only be used to record data for use in post-race analysis.

The safety bearing on the High Dam map is EAST taking you to the Finsthwaite valley road.

11. Water

Competitors are responsible for their own hydration before and after their races. Competitors will need to make their own assessment if they feel that weather conditions make it necessary for them to carry personal water supplies.

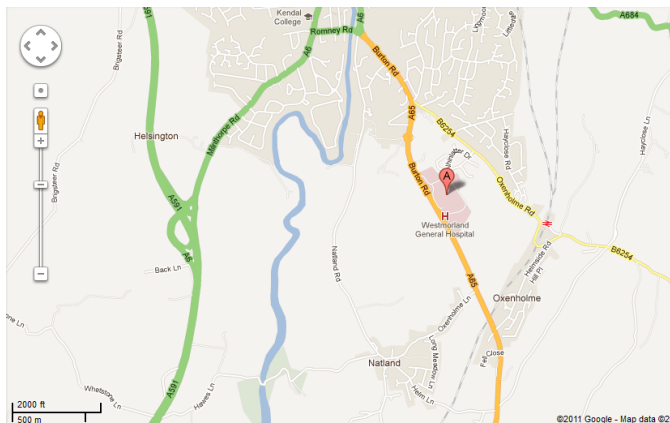
On the Individual day there will be water supplies on the longer courses using the Red South start.

Water will not be provided at the finish.

12. First Aid

A First Aid team from Kentdale First Aid Events Ltd will be based in the Arena.

Accident & Emergency Details

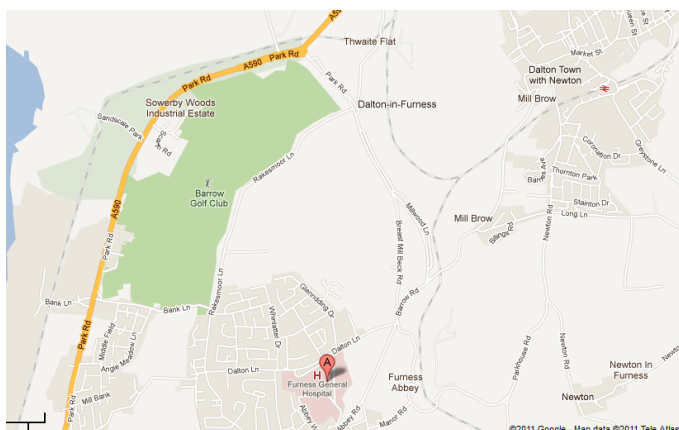


Address

Westmorland General Hospital
Burton Road
Kendal
Cumbria
LA9 7RG

Telephone

01539 732288



Address

Furness General Hospital
Dalton Lane,
Barrow-in-Furness,
Cumbria,
LA14 4LF

Telephone

01229 870870

13. Rules, Complaints, Protests and Appeals

The events will be run in accordance with the relevant Rules of British Orienteering including those for eligibility. Competitors should initially discuss any concerns they have with the Organiser, Planner or Controller, depending on the problem. If that does not resolve the issue a complaint should be made to the Organiser, via Enquiries, either orally or in writing. The complaint should be made as soon as possible after the problem has been identified and at least on the day that the contravention occurred (and preferably by 16.30 on the Saturday and 14.30 on the Sunday). A protest against the Organiser's decision must be made in writing to the Controller. If either official does not agree with the protest a jury will be convened.

14. Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, it is requested that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the above 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 speak to the Day Organiser.

Use of unmanned aerial vehicles (UAVs) or 'drones' is prohibited by any individuals associated with the event, spectators or members of the public within the boundary of the estate.

15. Environmental Issues

To assist in the prevention of transmitting pests and diseases will you please thoroughly clean your orienteering shoes before you come to the event and again after you leave the event.

Please take all your rubbish home with you.

16. Privacy

Personal information provided for the event will be used only to process entries, publish results, check for missing runners and track down missing SI-cards.

BRITISH ORIENTEERING LONG CHAMPIONSHIPS 2017

SATURDAY 6th MAY High Dam

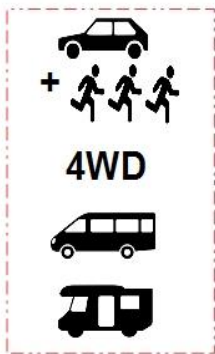


The parking, arena and competition area are all within the Finsthwaite Valley.

There will be two parking fields, one close to Finsthwaite Church and one close to Finsthwaite House.

P 1

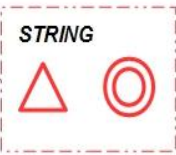
Finsthwaite Church



400m
20m climb



Next to Arena



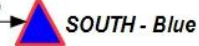
800m, 20m climb



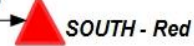
1200m, 85m climb



1400m, 100m climb

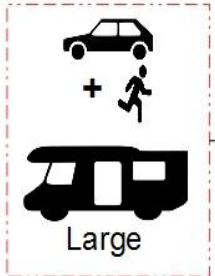


1600m, 100m climb



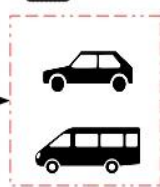
P 2

Finsthwaite House



1000m
20m climb

P Trail O



Close



2 km



1. Timings

Saturday 6th May	
Car park open to competitors	08.30
Enquiries open	09.00 to 16.00
Colour coded entry on the day registration	10.00 to 12.00
Colour coded course starts	10.00 to 14.00
Championship courses' starts	10.00 to 14.00
Courses close	16.30
String Course	10.00 to 15.00
Relay team registrations, declarations, bib collection and any changes	10.00 to 17.00
Prize giving	17.00

2. Courses

Course	Men	Women / Colours	Scale	Length	Climb	Controls	Start
				km	m		
1	M21E		1:15000	14.9	710	32	South
2	M18E, M20E		1:15000	9.9	500	23	South
3		W21E	1:15000	9.4	505	21	South
4		W18E, W20E	1:15000	6.4	350	19	South
5	M21L		1:10000	11.6	605	30	South
6	M35L		1:10000	10.0	510	24	South
7	M40L		1:10000	9.4	495	22	South
8	M18L, M20L, M21S	W21L	1:10000	7.2	395	18	South
9		W35L, W40L	1:10000	6.5	325	16	North
10	M16A		1:10000	6.5	325	17	North
11	M18S, M20S, M21V	W18L, W20L, W21S	1:10000	5.5	210	19	South
12		W16A	1:10000	5.1	255	16	North
13	M45L		1:7500	8.3	460	18	South
14	M50L		1:7500	8.1	415	18	South
15	M55L		1:7500	7.6	395	19	South
16	M60L		1:7500	7.0	355	19	North
17	M35S, M40S	W45L	1:7500	6.3	325	16	North
18	M65L		1:7500	5.9	305	17	North
19	M45S, M50S	W50L	1:7500	5.8	310	17	North
20	M70L, M55S		1:7500	5.4	280	16	North
21	M60S	W60L	1:7500	5.1	255	16	North
22	M75L	W35S, W40S, W65L	1:7500	4.9	190	16	South
23	M65S	W70L, W45S, W50S	1:7500	4.3	165	14	South
24	M80, M70S, M75S	W18S, W20S, W21V, W55S, W60S, W65S, W75	1:7500	3.7	150	14	South
25	M85, M90	W70S, W80	1:7500	2.8	115	11	South
26		W85, W90	1:7500	1.9	75	11	South
27	M14A, M16B		1:10000	5.3	215	18	South
28		W14A, W16B, Light Green	1:10000	3.9	135	12	South
29	M12A, M14B	W12A, W14B, Orange	1:10000	3.3	130	12	South
30	M10A, M12B	W10A, W12B, Yellow	1:10000	2.4	100	11	South
31	M10B	W10B, White	1:10000	1.7	55	11	South
32		W55L	1:7500	5.5	270	17	North

Notes:

- Courses 1-4 will have a spectator run through.
- Climb as per rule 3.2.2: "As a rule of thumb, if a competitor will go over it, count it in; if you're not sure whether they'll go over it, count it in."

3. Entry

Entries have closed but may be accepted up to 3rd May via boc2017_entries@nwoa.org.uk subject to map and start time availability.

There is no entry on the day for the Long Distance Championship courses.

Entry Fees: Long Distance late rate; Seniors M/W21+ £30 Juniors M/W20- and students M/W21+ £16.

For the Long Distance Championships, elite runners and the 20 highest ranked competitors on each course are seeded.

Non-elite start times were allocated according to their preferred start block (very early, early, middle, late, very late). Those with open starts will be given a start time at Registration just before they are ready to compete.

Copies of the final start lists will be displayed the Arena.

If you have any queries please contact the Entries Secretary at boc2017_entries@nwoa.org.uk.

3.1 Non-Championship (colour-coded) courses

White (very easy), Yellow (pretty easy/ easy), Orange (bit tricky/ medium difficulty) and Light Green (moderate difficulty) non Championship courses will be offered on the day. These courses are primarily aimed at people new to orienteering or those who have a little experience of the sport. You may choose any course you like, irrespective of age and gender.

Entry Fees for non Championship courses are £13.00 for Seniors M/W 21 + and £6.00 for Juniors M/W 20 -, all subject to availability. Unless you have your own you will need to hire an SI-card - £3.50 for SIAC (Contactless) but £1 for SI 9 Card. There is a charge of £75 for lost or non-returned SIAC Cards or £45 for SI 9 cards.

If you have any queries please contact the Entries Secretary at boc2017_entries@nwoa.org.uk.

3.2 Changes to Long Distance Event entries

Non Elite competitors can make changes to start time via the Entries Secretary at boc2017_entries@nwoa.org.uk until midnight on Wednesday 3rd May, subject to start time slot availability. Please contact the Entries Secretary and note there will be an admin fee of £3 for all changes. No changes will be permitted this way after 3rd May.

Seeded non-elites seeking a change of start time should be aware that it might be difficult to find a suitable spot for them leaving 4 minutes between other seeds.

The event is covered by the standard British Orienteering major events:

Cancellation Procedure and Policy

This policy covers cancellation due to adverse weather conditions, environmental concerns e.g. foot and mouth, and external authorities' e.g. emergency services. To be referred as 'acts of God'. In the event of an act of God the safety of those attending the event; participants, spectators, volunteers, members of staff, First Aid provider and traders involved in arranging and managing the event, is paramount. If, after considering all the threats and options a decision is taken to cancel, delay start times or curtail the event, the Day Organiser(s) with the Event Coordinator will initiate the Communication Plan which seeks to inform the entry of the decision as quickly as possible.

Cancellation, Curtailment and Refund Policy

This policy reserves the right of British Orienteering and the Organising Body to cancel or curtail the Event whether for operational reasons, Force Majeure or other reasons, in which case the Organising Body reserves the right to retain all or part of the entry fees. In the event of cancellation or curtailment British Orienteering or the Organising Body will immediately notify all registered participants (provided they had given a mobile number or e-mail address) through the entries provider and other interested parties directly and will post a notice on the British Orienteering and specific Event websites. British Orienteering or the Organising Body will not make any payments for compensation of cost or losses incurred by the Entrant as a result of British Orienteering or the Organising Body cancelling or curtailing the Event for whatever reason.

If a participant wants to cancel an entry they will contact the Entries Secretary who will manage it for them on Fabian site. The refund for both Long Distance and the Relay will be the entry fee minus an amount to cover the Fabian entry and cancellation fees and the cost of administration. It is anticipated that the deduction will be £10 per senior entry, £5.00 per junior entry. Competitors cancelling their entry after 27 April will receive no refund.

4. Planners' comments

People expecting "High Dam as usual" will be in for a surprise. The conifer-covered light-green hill-top with its confusing ditches, marshes and man-eating tussocks is all gone - clear-felled, lightly brushed and not used. On the other hand, the lovely wooded hillsides and the central areas of birches, larches, and heather all remain intact, with lots of mapped detail to keep you suitably entertained.

To get enough area for the competition, Martin Bagness has extended the 2012 map to the West, a sometimes-steep hillside of mature forest with considerable contour and rock detail formerly known as Rusland Beeches. With a couple more areas of new mapping as well, the longer courses will be running through an entirely new combination of varied and interesting terrain. The fastest running is usually where the map is white. Rough Open can be very varied - heather, bilberries, dead bracken, tussocks, rough grass. Areas of heather are generally criss-crossed with grassy bits and animal tracks so you can usually make good progress, if not exactly on the straight line you intended.

The arena area is overlooked by a steep and rocky-looking slope, which seems to have featured an experiment in bracken-removal which has left the soil very soft and the rocky bits very visible. We've found a variety of age-appropriate ways through, and we think it will be much nicer to run down than first impressions would suggest. Spectators will get superb views of the elites and many of the other competitors.

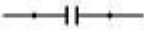
5. Out of Bounds Road

The road to the West of the area is strictly out of bounds and this will be marshalled. It is marked on the map with purple crosses. Anyone seen on the road will be disqualified.

6. Crossings

Anything marked with a purple line can only be crossed at mapped black or purple crossings.

All other walls and fences can be crossed anywhere; the crossing points are to help you and are not compulsory.

The black crossing point map symbol  covers a multitude of ways of crossing fences and walls - all of them are permanent features in the terrain and nothing special for this event.

This includes:



Gates



Step over stiles



Stone Steps sticking out of walls
(sometimes hard to see)



Wooden bars



Tunnels you can crawl through are not mapped or marked in any way, and none of them is likely to be useful.

The purple crossing point symbol



can be one of two sorts of things:



- Breaks which you may find useful in otherwise-not-ruined walls.
- Special things installed for the event - temporary step-over-stiles, bits of carpet, places you can squeeze through because we've (temporarily) pulled the wire aside.

Every purple crossing point will be marked on the ground with a small piece of red and white tape visible on the approach.

All courses from the South **Red** Start (eg. Elites, M18L-M55L inclusive, W21L) will have to cross a number of fences and ruined walls. Planning has assumed that you have the gymnastic ability to get over them without damaging yourself or the obstacle, but for the less agile, we have created a limited number of assisted crossings, marked in purple.

For all other courses, where a fence or wall crosses your route, either black or purple crossing points ensure you will be able to do so easily. Feel free to cross elsewhere, but you'll probably be best using one of the crossings.

Walls and fences mapped as "high" (i.e. with two tags or blobs) are serious obstacles that there should be no advantage in trying to get across.

For courses 30, 31 (Yellow and White) a number of gates will be held or left open. On all other courses, gates will not be pre-opened and you must close them behind you.

7. Starts

There will be four Starts:

- North Start - courses 9, 10, 12 and 16 to 21, 32.
- South Start – Yellow - courses 30 and 31, including white and yellow.
- South Start – Blue - courses 11 and 22 to 29, including light green and orange
- South Start – Red - courses 1 to 8 and 13 to 15.

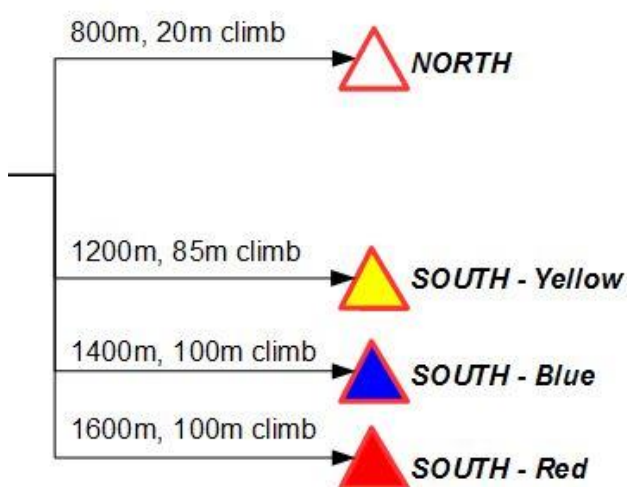
On leaving the Arena Competitors need to pay attention as to whether they should be heading to the North or South starts. They are in opposite directions (obviously) and are over 2km apart!

Competitors walking to the South Starts will follow a common route to the Yellow Start, then onwards to the Blue start and finally come to the Red start.

Competitors will be walking to all Starts along a minor country road and may expect to encounter local traffic. Please keep in to the side of the road.

Distances

FROM	TO	DISTANCE	CLIMB
Finsthwaite Church parking	Arena	400m	20m
Finsthwaite House parking	Arena	1000m	20m
Arena	North Start	800m	20m
Arena	South Start - Yellow	1200m	85m
Arena	South Start - Blue	1400m	100m
Arena	South Start - Red	1600m	100m



8. Start Procedures for all Starts

All Championship course and pre-entered Colour Coded competitors will have pre-allocated start times. Colour coded competitors who enter on the day will be given a start time by Registration. Helpers and parents seeking split starts will obtain a start time from Registration.

CALL UP WILL BE AT MINUS 5 MINUTES FOR ALL COURSES

Helpers should, preferably, use their allocated start time. If this is not possible, they should get a new start time from Registration. Only where this is impractical, they may go directly to their start and get a new start time. Note that due to seeding, course and class combinations changes of start times may not be possible at registration or start.

9. Start procedure for late competitors

COMPETITORS SHOULD MAKE EVERY ENDEAVOUR TO START AT THEIR PUBLISHED TIME.

If a competitor is late for their start they should report to the Late Start official at either start who will arrange for the competitor to be started at the next vacant slot on their course depending on how late they are (below). This, on some courses, could involve a long wait. Their allocated time will not be changed unless any subsequent complaint by the competitor is upheld by the Organiser.

- CALL UP WILL BE AT MINUS 5 MINUTES FOR ALL COURSES
- If you are 1-4 minutes late at call up every effort will be made to help you leave the start line at your allocated time but only after bib, whistle and SI checks have been made. This is at the discretion of the Late Start official.

- If you are 5+ minutes late for at call-up you will be given another time slot that will not conflict with other runners in the same class. Your original allocated start time will stand. You will be required to register your start using a safety check punch at the start line.

10. Control Descriptions

Control descriptions for the Long Distance event will be printed on the map and loose descriptions printed on waterproof paper will be available in the start lanes. All courses except 30 and 31 will have IOF pictorial descriptions. Courses 30 and 31 (Includes Yellow and White) will have textual descriptions.

11. Shadowing/Pairs

Shadowing or pairs are not permitted on any of the Championship courses. You will need to have completed your Championship run before shadowing on a colour coded course.

12. Finish Arena



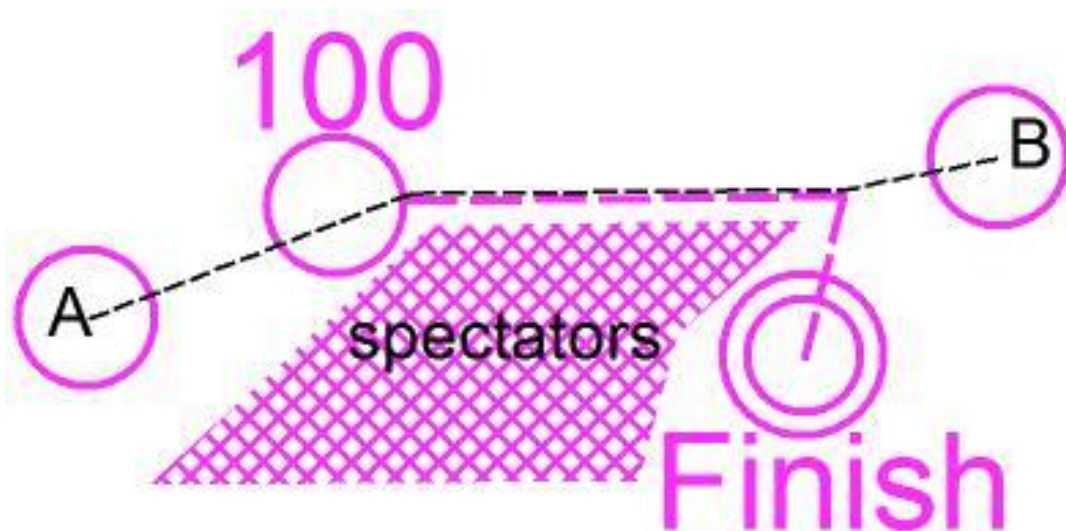
The Finish for all courses is in the Arena area. Once competitors have punched the finish box they will be directed to the Download tent where there will be an official to deal with any issues. On leaving the Download tent competitors should put their map in the appropriate club map collection bag and then follow the tapes to the club tents.

The map bags will be taken to the Enquiries marquee for collection at 14.00.

13. Spectator Run-Through

All courses, including the Elite courses, finish with control 100 and a taped run-in of around 300m.

The Elite spectator control is A in the diagram, and control B is the beginning of their final loop. To get from A to B, the Elite runners must pass close to (but not punch) control 100, and then follow the taped route until it turns at right angles for the final finish straight. At which point they will carry straight on past their drinks table out of the arena area to control B, which they MUST punch. Sometime later, they will arrive back at control 100 and follow the tapes to the finish like everyone else.



14. Water

Elite courses 1,2,3 have water at two controls – one at around 25% of the way round and one at around 80% close to Control B above.

Elite course 4 has water at one control at around 75% of the way round, close to Control B above.

The second Elite water point will be a table towards Point B on the arena run-through. Elite runners may place a (clearly marked) personal drink bottle should they wish to do so.

Other Non-Elite courses from the Red South Start have water at one control at around 30% of the way round.

No other courses have water supplied. There is no water at the Finish.

15. Prize Giving

Prize giving will take place at 17.00 in the Arena where British Championship trophies will be awarded to the winners of the Elite, Long and A age classes.

Medals awarded to the first second and third in each long age class.

16. Merchandise

O tops ordered can be collected from assembly. We do have a small stock to sell on the day and orders can be taken and sent on to you.

Thank you to everyone who has supported the NWJS.

BRITISH RELAY CHAMPIONSHIPS 2017

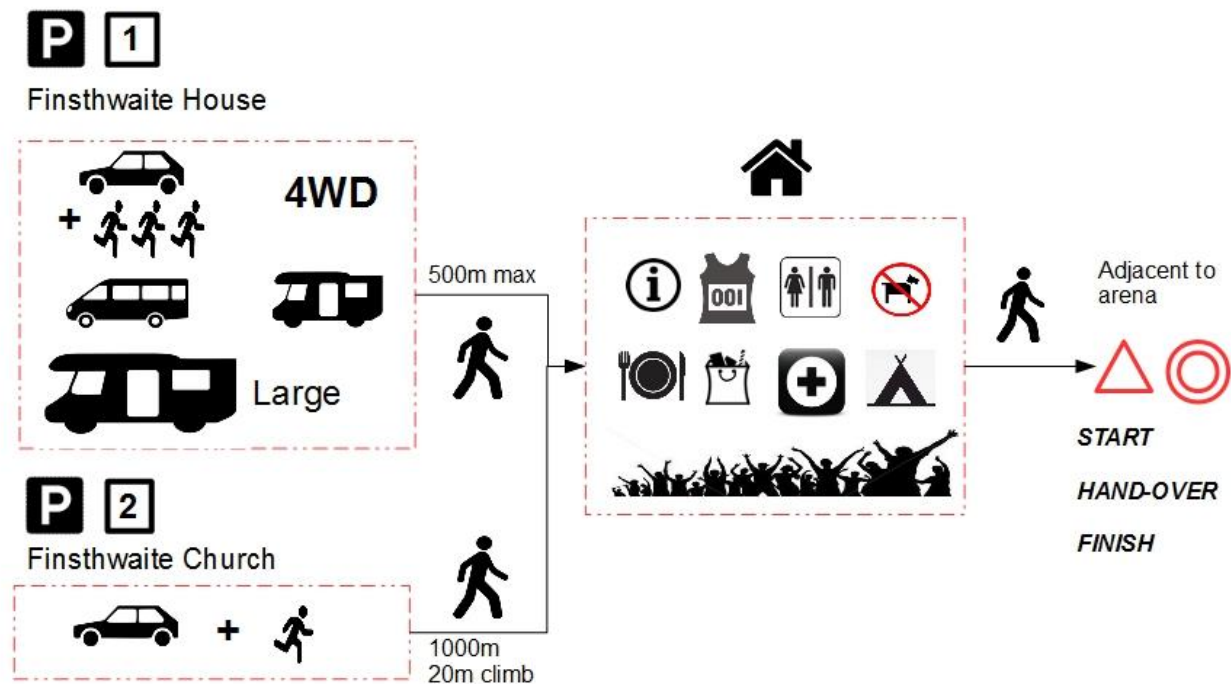
SUNDAY 7th MAY 2017 Summer House Knott Woods

Part of the competition area, Arena and parking field surround Finsthwaite House.

The pedestrian exit from the Parking field to the Arena uses the same gate for vehicle entrance/exit so please take care. It is 500m from the exit of the Parking field to the Arena.

The Start, hand-over and Finish are all within the Arena. There is plenty of space for club tents along the run-in to the hand-over and Finish. Routes from both the Handover and the Finish will be taped to the Download tent. The map issue tent, the lap 1 Start area and the hand-over area will be signed and taped.

There will be good spectator viewing points at the lap 1 start, hand-over and run-in. There is also a Spectator run-through within the Arena field for Mens & Womens Premier classes and the M40 class.



1. Timings

Online team declarations at www.fabian4.co.uk	to Weds 3 rd May
Saturday 6th May	
Relay team registration, declarations, collection of team bibs and any subsequent changes.	10.00 to 17.00
Sunday 7th May	
Car park open to competitors	07.30
Enquiries open	08.00 to 11.00
Deadline for any late team changes	09.15
First lap call up from	09.35
First lap mass starts from	10.00 to 11.00
Mini mass starts	12.30
Courses close	14.30
Prize giving	14.00

2. Classes

Class	Bib Nos	Call Up	Start	TD	Lengths km	Climb m
K – W60	6061+	09.35	10.00	5	2.2 – 2.3	140
L – M/W70	7001+				3.0, 1.9, 2.8	170, 130, 155
D – Women’s Short	301+				3.2 – 3.4	180
H – W50	5061+					
N – W18	1861+					
R – Mini Relays M/W12-	1201+	09.55	10.10	2	1.4	80
S – Mixed Ad Hoc	401+	10.05	10.20	5, 3, 5	3.3, 1.9, 3.9	190, 120, 225
T - Junior Ad Hoc (M/W18-)	501+			3, 2, 5	1.9, 1.4, 2.8	120, 80, 160
C – Men’s Short	201+	10.15	10.30	5	3.4 – 3.5	185 - 190
F – W40	4061+					
J – M60	6001+					
M – M18	1801+					
B – Women’s Premier	101+	10.25	10.40	5	4.4 – 4.5	245 – 250
E – M40	4001+				4.0 – 4.1	205 - 220
G – M50	5001+					
P – M14	1401+	10.35	10.50	3	1.9	120 - 125
Q – W14	1461+					
A – Men’s Premier	1+	10.45	11.00	5	5.3 – 5.6	235 - 250

Teams on course S – Mixed Ad Hoc and T – Junior Ad Hoc, have mixed lap lengths and technical difficulties. Unlike in 2015 & 2016, teams will not run these laps in the same order. The order will be determined at Team Declaration.

Clubs bringing competitors who will be running in the Mini Relay or Junior Ad Hoc class TD2 leg should be aware, and make sure that such competitors are aware, that their courses will be following paths. But, controls may be sited on features which are adjacent to those paths, not necessarily always on the path.

Other legs of the Junior Ad Hoc class need to be competent to follow different types of line features, as these courses are not restricted to following paths.

Bibs for all classes will have coloured bands to signify each lap as follows:

Lap 1 – RED	Lap 2 – WHITE	Lap 3 - BLUE
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Men’s Premier and Women’s Premier maps will be at 1:10,000. All other classes have 1:7,500 maps.

The **X** symbol indicates a man-made object.

3. Entries

Relay teams entries have closed but may still be accepted via boc2017_entries@nwoa.org.uk up until midnight on Wednesday 3rd May and at Enquiries on Saturday 6th May, both subject to map availability.

Entry Fees: Relay late rate; Senior courses A to L £66, Junior courses M to R&T £36

Changes may be made by contacting the Entries Secretary at boc2017_entries@nmoa.org.uk A charge of £3 will be levied to cover administration costs.

Copies of the final start lists will be displayed the Arena.

4. Planner's comments

Summer House Knott is a compact, very technical small area, perfectly suited for relay competition.

The majority of the terrain is woodland. The changes from coniferous plantation (with some fallen trees) to deciduous trees are very marked. This helps to give good variation to the courses, with speed and navigational techniques changing regularly from control to control.

The shorter courses for junior and older competitors will largely be in the deciduous parts of the forest.

The remainder of the area is semi open/ open, and will give a faster finish to our longer courses . The physical aspect of the terrain is significant, but we have avoided the worst of the severe slopes on the Southern edge of the map.

The wealth of ground features and contour detail will provide a good technical challenge. The map is clear and concise, aiding the competitor to have a good and enjoyable orienteering experience across all the courses.

The central siting of the assembly field has meant we were able to include a spectator run through on the premier classes.

We hope our efforts regarding the planning transfer into in a great day for everyone.

IMPORTANT – Due to the number of sheep grazing in the competition area please only cross fences at designated points.

Those crossing points that are not on the obvious line between controls have a control on or close to them – do not forget to punch it.

There is no advantage to be gained from not using one of the marked crossing points.

The black circle symbol has been used to show platforms (circular, man-made features historically used for charcoal burning). A large metal box has been shown with the black cross symbol.

5. Control Descriptions

Control descriptions for the Relay event will be printed on the map.

The Mini Relay (Class R) will have textual descriptions, as will the Junior Ad Hoc TD2 leg.

All other classes have pictorial descriptions.

6. Relay Registration

Team captains are expected to make every effort to declare their teams online by 3rd May.

Completed team declaration forms will be available at the Relay Registration desk at Enquiries on Saturday. After any changes the team captains should sign the declaration after checking the team eligibility status – see Competition Rule D: British Relay Orienteering Championships

Club bags containing the team bibs and any last minute instructions will be issued on receipt of the signed declaration forms. Team members are reminded that, for their own safety, they should complete the personal, contact and medical sections on the back of their bib. Any subsequent team changes should be made on a team change form, signed by the Team captain and handed to Enquiries no later than 17.00 on Saturday afternoon.

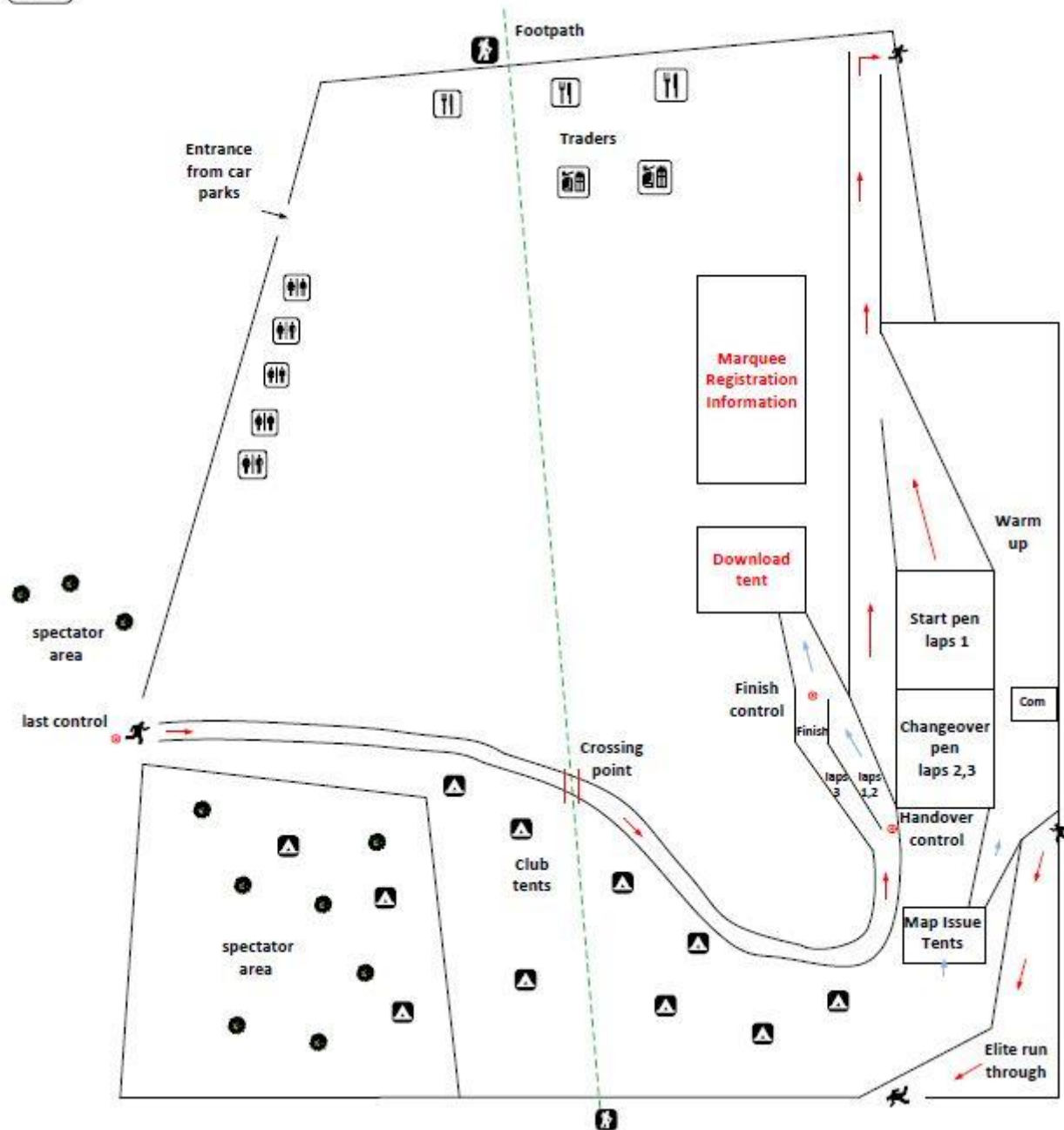
Should any further team changes become necessary, team captains must report them direct to Download in the Relay Arena by 09.15 at the latest on Sunday morning and sign the appropriate change declaration.

7. Call up

Call up is generally -15 minutes before each mass lap 1 start. There will be a mass start for all waiting lap 3 competitors between 11.30 and 13.00 and there may well be earlier mini mass starts.

8. Map Issue

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There will be clear and check stations just before the map issue tents and competitors are asked to ensure that their race bibs are clearly visible before they enter the tents. The maps will be labelled with at least the lap and team number. It is the competitor's responsibility to check that they have been given the correct map as labelled. Maps will be sealed and any attempt to see the map before the start will render the competitor's team liable to disqualification.

9. Handover

After punching the final control the incoming lap 1 and 2 competitors will follow a taped route before approaching the Handover. The incoming lap 1 and 2 competitors must first punch their finish box before touching their outgoing team member and then proceed along a taped route to the Download tent where there will be an official to deal with any issues. On leaving the Download tent competitors should put their map in the appropriate club map collection bag.

Incoming competitors on lap 3 should punch their final control and continue along a taped route before forking left and following a taped route to the finish line where their race ends. Their finishing order is that in which they cross the finish line. Their finish box will be a short distance beyond the finish line and should be punched in the same

order, at least class wise, that they crossed the finish line. The punch is to confirm the team's identity. Competitors should then proceed to Download.

The map bags will be taken to the Enquiries marquee for collection after the last competitor has started.

10. Spectator Control

There is a spectator run through for Classes A – Mens Premier, B – Womens Premier & E – M40.

It has not been possible to provide a Spectator Control for other classes although some courses do pass close to the Assembly area and competitors should be visible to spectators.

11. Prize Giving

Prize giving will take place at 14.00 in the Arena. British Championship Trophies will be presented to the winners of each age class Relay team and medals for the 1st, 2nd and 3rd teams in the Premier, Short and age class Relays (but not Ad Hoc).

ACKNOWLEDGEMENTS

Individual Day

Mr Stephen Watson for access to Finsthwaite Heights and Summer Sides Wood and the Arena & parking field

Mr John Chaplin for access to Yew Barrow and Low Heights and parking field

Mr Anthony Gornall for access to Stott Park Heights

Mr Martin Sleath of LDNPA for access to Bell Intake and Roger Height

Ms Teresa Morris of Natural England for access to Yewbarrow SSSI

Mr Sam Lumb of LDNPA for access to Brock Bank & Hall Brow woods

Mr David Archibald for access to Birch Parrock & Johnny Brow woods and Rusland Heights

Mr David Wilkinson for access to Johnny Brow pasture

Relay Day

Mr John Chaplin for access to Wintering Park and the Arena and parking field

Woodland Trust for access to Summer House Knott.

This event could not have happened without the huge amount of work undertaken by the event Officials and the support from many volunteers, particularly from LOC and WCOC, but also from NWOA and neighbouring clubs and friends.

Individual Planners John Britton & Ian Gilliver (MDOC) assisted by Martin Bagness, Organiser Sue Butterfield (LOC) and Controller Mike Forrest (BOK) assisted by Karen and Dan Parker (BL).

Relay Planners Rob Holder and Bob Barnby (WCOC), Organiser Alan Irving (WCOC), Controller Simon Thompson (HOC).

Finally thanks to you all for coming and supporting the event.

Richard Tiley Weekend Co-ordinator LOC