



British Orienteering Long Distance Championships 2025 World Ranking Event – Bulletin 1

The clubs of the North West Orienteering Association welcome you to a World Ranking Event in the north west of England, as part of the British Championships Long and Relay weekend.

Date

Saturday 10th May 2025.

Type of competition

Long distance competition for both W21E and M21E.

Start lists will be ordered according to WRE rules based on [IOF World Rankings](#) on Tuesday April 22nd 2025, with highest ranked starting last. Competitors with no IOF world ranking will start before the IOF ranked competitors, based on British Orienteering ranking.

Venue

Grizedale East, near Hawkshead, Cumbria.

Transport

No transport to or from the competition is provided by the organisers.

- By air – Nearest airports are Newcastle (100 miles by road), Leeds / Bradford (80 miles), Manchester (100 miles).
- By rail – Nearest train stations are Windemere (10 miles by road) and Grange Over Sands (15 miles by road). See [National Rail](#) for times and tickets.
- By bus – Nearest bus stop is in Hawkshead village, 3 miles from event parking. The 505 runs every 2 hours on Saturdays, between Windemere & Coniston. See [505 Winter24.pdf](#) for timetable.
- By car – 25 miles from Keswick and 20 miles from Kendal, both of which are served by major trunk roads.

The start for WRE classes is remote from the parking and arena. It is around a 30minute walk. Full details will be given in bulletin 2.

Organiser and event officials

- Organising body: North West Orienteering Association
- Organisers: Gill Bowne & Louise Thompson (LOC)
- Planner: Chris Heppenstall (LOC)
- Controller: Paul Taylor (CLOK)
- IOF advisor: Ted Finch (FVO)
- Overall weekend coordinator: Richard Tiley (LOC)

Website and email / telephone number for enquiries

Website: <https://www.theboc.co.uk/>

Preliminary enquiries: Richard Tiley boc25coordinator@gmail.com or 07843 101242

Classes and participation restrictions

WRE classes of M21E and W21E (in addition to the non-WRE classes at the event)

As per the [British Orienteering competition rules](#) (2.1.1) “The British Long Distance Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.” Entrants must provide an IOF ID when entering. See [For athletes](#) on the IOF website for details on how to obtain an IOF ID by creating an IOF Eventor account if you do not have an IOF ID.

As per the [British Orienteering competition rules](#) (2.1.2) “To be eligible to be a British Champion, an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and either (i) be a British citizen or (ii) have been a member of British Orienteering in each of the three membership years preceding the year of the competition.” There will be separate results for (i) those eligible to be British Champions and (ii) all WRE competitors, and there will be a separate prize giving for the latter if someone in the top 3 in the WRE is not eligible to be British Champion.

Entries

Entries will open on January 1st 2025 at [Fabian4](#). All entries must be made online through Fabian4. It is not possible to enter through IOF Eventor. All entry fees must be paid via credit or debit card at the time of entering through Fabian4.

Latest date for entries

Sunday 20th April (midnight)

Entry fee for competitors

Entries open 1st January 2025

- Entry by 31st January - £26 GBP
- Entry by 31st March - £28 GBP
- Entry by 20th April - £30 GBP

General map of the region and embargoed areas



Map of Embargoed area.

[British Long & Relay Orienteering Champs 2025 – Google My Maps.](#)

Scale and contour interval

The maps will be printed at 1:15,000 with 5m contour intervals on waterproof paper.

Target time

The course estimated winning times (EWT) will be 88-92 minutes for both men and women. Note this is a change introduced in recent years (longer than previous for women, shorter than previous for men) to give gender equality and equal target times for both men and women classes.

Start times will be from 10:30am – 1:30pm, with the highest ranked competitors starting last.

It is envisaged that the last Women will be finishing around 2:30pm and last Men at 3pm.

Punching system

The primary punching system will be SPORTident. SI units will be enabled for touch free punching but can also be used in manual punching mode.

In the event of an SI control unit failing to register in touch free or manual mode (when the competitor does not get a visual and/or audible feedback that punching was successful), competitors must use pin punches to punch their map and show to an official at the finish to prove they visited the control.

Competition clothing

Full leg cover must be worn (as per British Orienteering rules). Rubber or dob spikes may be worn.

Prizes

For the World Ranking Event there will be prizes generously provided by Compass Point www.compasspoint-online.co.uk.

Accommodation and food

No accommodation or food is provided as part of the entry by the organisers. The event will have food traders on site, and there is plenty of accommodation in the area.

Obtaining entry permits (visas)

See the UK government website <https://www.gov.uk/check-uk-visa> to check if you need a visa to visit the UK, and if so see <https://www.gov.uk/apply-to-come-to-the-uk> to apply.

Terrain and climate

The terrain consists of mixed woodland. See map from [2022-08-11 Lakes-5 day4 \(Raven Crag\) Lakes 5 Days - Raven Crag](#).

Typical weather in Cumbria in May is 7°C – 15°C, and on average it rains on 16 days of the month.

For more details see [Bowness-on-Windermere Weather in May: Temperature, Rainfall, & More](#).

Event programme

The event programme and WRE bulletin 2 will be issued approx. 1 month before the competition.

Opportunities for training

There is no formal training provided by the organisers. If you are interested in visiting the area before the weekend of the event, and would like access to maps and areas, please contact boc25coordinator@gmail.com and we will see what can be arranged.