



British Orienteering Long Championships 2025

WRE Bulletin v2 & Final Details

On behalf of the North West Orienteering Association, welcome to the British Championships weekend!

British Relay final details are in a different pdf.

This is WRE Event Bulletin 2 version 2 published 30th April 2025

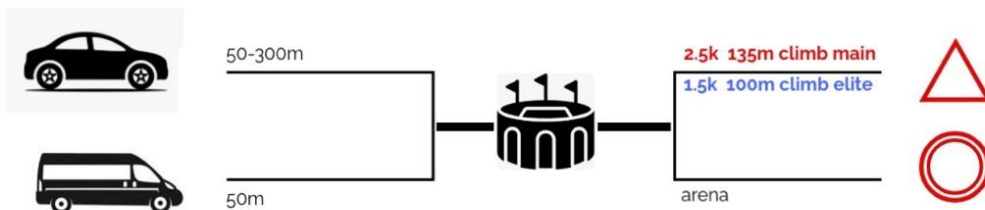
There may be subsequent versions.

Key information

Competition	British Orienteering Championships	
Date	Saturday 10 th May 2025	
Entry to parking	NZ 54.337796, -3.022574 ///grumbling.benched.asserts	
Car park open	08:30	
Distance to arena and start	50-300m from parking to arena 2.5km with 135m climb from arena to MAIN RED START 1.5 km with 100m climb from arena to ELITE BLUE START	
Prize giving	15:30	
Additional notes		
	GPS tracking for top 25 on M21E & W21E	
	No bib, no go. Whistles compulsory.	

Long: Grizedale – Saturday 10th May 2025

- Car park open 08:30
- **Elite Start times 10:00 – 13:45**
- **Main Start times 10:30 – 13:30**
- String course 10:30 – 14:00
- Elite start maps available 13:30
- Prize giving 15:30
- Courses close 16:00
- Car park close 17:00
- Relay team online declaration by 18:00



Parking

In fields adjacent to Grizedale main Visitors carpark, please note ANPR is in operation in the main carpark. Please park in the designated event parking fields where you will be removed from the ANPR system.

Larger vans and motorhomes will be parked in a designated hard-standing area. Please follow main carpark directions where marshals will direct you.

Nearest postcode

LA22 0QL

W3W location

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<https://maps.app.goo.gl/YZU4trXZNXQz3Eqg6>

All vehicles can depart after 12:30pm.

Grizedale is 8 miles from Newby Bridge and 3 miles from Hawkshead village in the south Lake District, in the North West of England.

Travel by public transport:

- By air – Nearest airports are Manchester (95 miles / 100 minutes by road), Liverpool (100 miles / 120 minutes), and Leeds / Bradford (80 miles / 120 minutes).
- By rail – Nearest station on the west coast mainline is Oxenholme (23.5 miles / 45 minutes by road). There are slightly closer stations on the south lakes branch line at Grange-over-Sands and Ulverston. See [National Rail](#) for times and tickets.
- By bus – No buses direct to Grizedale but possible to Hawkshead 3 miles away.

Acknowledgements

We are grateful to the Forestry Commission for allowing us to use the area and all of the help & support from Alison Leyshon and Rachael Morgan.

Thanks to farmer David Threlkeld for the use of his fields for parking and Assembly.

Arena

The arena is 50-300m from parking. Both fields flat and well drained.

One road crossing from 2nd parking field.

- Finish/ Download/ Enquiries
- Space for club tents
- Bibs collection
- Traders – Southwards Catering, Podium Catering, The Little Blue Pig (coffee Van), Yorkshire Dales Ice-Cream, North West Junior Squad/ cakes stall and merchandise, Compass Point, Compass Sport, VJ sports.
- Prize Giving
- First Aid
- String course on the hill adjacent to the route to the start and behind the finish funnel.
- Enquiries tent (open from 08.30) which includes
SI hire collection, key drop and medical forms, trophy return, last minute entry changes (e.g. SI card number.) complaints/protests.
- Elite map reclaim , enquiries (after 13:30)
- Elite tracker collection tent
- Relay bib collection for club captains (11:00 – 15:30)

Toilets

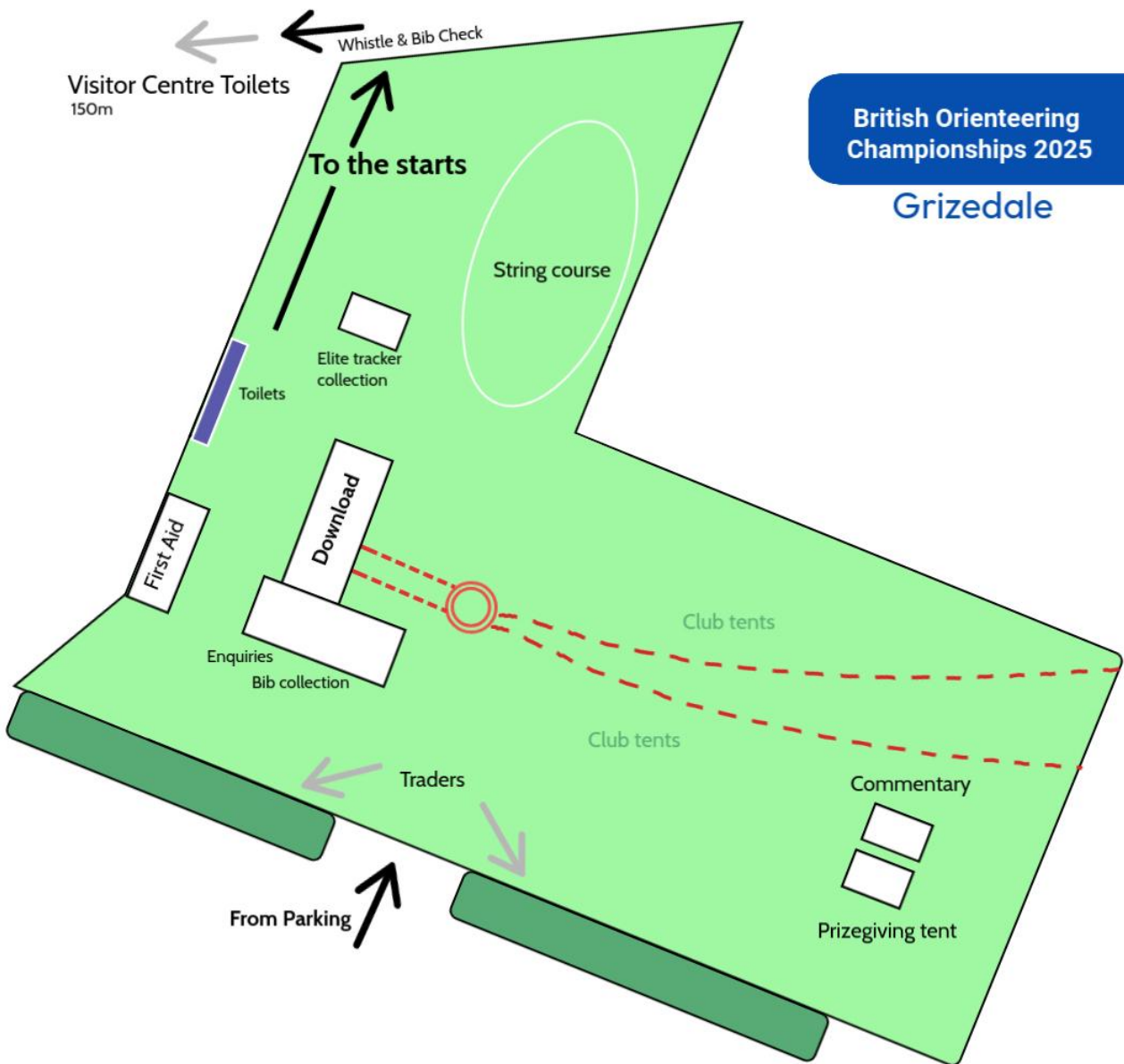
There will only be 5 portaloos in the Arena.

Grizedale Visitor Centre toilets (150m from Assembly field) are available to competitors.

There are 8 ladies cubicles and 3 mens cubicles plus a urinal.

There are also 2 disabled toilets.

There will be a further 4 portaloos on the way to the starts.



British Orienteering
Championships 2025

Grizedale

Distance to Starts and Water bottles

The **ELITE BLUE** start is 1.5km and 100m of climb.

The **MAIN RED** start is 2.5km and 135m of climb

Routes to both starts are through the arena field turning left following a marshalls instructions and a taped route. A small section of narrow footpath on the roadside followed by a rough uphill track occasionally used by motor vehicles and cyclists so please take care on this section followed by good footpaths/forest roads.

The walk to the Main start has been timed at 40 minutes for a fit 66 year old.

Given the length of time taken to walk to the start you may wish to take water in a plastic bottle.

Both starts will have black bin liners to collect these empty bottles.

Start Times

See [Fabian4 - Start List](#).

Bibs and Whistles

NO BIB/WHISTLES , NO GO.

All competitors collect bibs from Enquiries in the arena. Limited supply of safety pins – please bring your own. Bibs must be worn on the torso and not folded or trimmed. You are advised to complete emergency details on the back of your bib. **WHISTLES AND BIBS COMPULSORY** and will be checked on leaving the arena.

Hire Dibbers

Hired SI dibbers can be collected from Enquiries.

Lost dibbers will be charged £20 (non-SIAC) and £60 (SIAC).

All hire dibbers must be returned on the same day.

Any competitors who require hire dibbers for relays will be required to collect them on relay day.

GPS tracking

The top 25 competitors in each of M/W21E will be GPS tracked.

Tracked competitors must collect their GPS tracker in the arena on the way to the start.

It is a rule of the competition that Elite runners **MUST** exit the arena before the time that GPS live tracking is available.

W21E must have collected their GPS and left the Arena by 12:30 (Bibs 2001 to 2025 inclusive).

M21E must have collected their GPS and left the Arena by 13:00 (Bibs 1001 to 1025 inclusive).

Tracker vests may be borrowed but must be returned at the end of the competition.

If you have your own tracker vest, please bring and use it.

Tracking for men : <https://log.gl/BOC25Men>

Tracking for women : <https://log.gl/BOC25Women>

Terrain

Notes from the Elite course Planner, Chris Heppenstall.

Grizedale is a wonderfully complex forest, with a wealth of intricate contour and rock detail, overlaid with varied but largely coniferous plantation, a network of forestry tracks, bridleways, paths.

There are also some downhill mountain bike tracks, as well as a significant number of ruined walls.

The conifer plantation is of varying degrees of maturity, and hence also varied density and visibility.

The light green plantation has moderate to low visibility but is clean underfoot and can offer good progress.

However, there are scratchy branches at body/head height that require care; competitors may wish to consider eye protection and/or long sleeves.

Mid green is mostly similar to Light green, but denser and a bit slower.

Dark green is generally younger/denser with thick needle laden branches to a low level.

It is best avoided.

Mid- and Dark-green is also used to represent windblow.

White forest offers good visibility, with runnability varying from reasonable to excellent depending on location. The white forest on eastern slope offers some delightful forest, although it is steep and rocky with some bilberry underfoot. The western slope is also steep and rocky, and runnability can be impaired by fallen branches, windblow and scattered young trees.

Some areas visited by longer course are clean underfoot or lightly brashed and very runnable.

There are some areas of brambles and brashings, mapped using the undergrowth screen where they impede progress.

Semi-open land with an undergrowth screen represents areas previously clear felled, lightly brashed but now scattered with "Christmas Trees". These areas are runnable, albeit tough going.

Courses will be physically and technically tough, but we hope you will find the challenge rewarding.

Map

Notes from the Mapper, Martin Bagness.



Grizedale is unusually complex terrain with a lot of everything going on.

Contour detail, rock, paths, rides, ruined walls, assorted greens, and yellows.

To make the BOC25 map readable at 1:15000 (and nicer to use at other scales) it has been amended in several ways as illustrated above (different area, similar terrain).

Form-lines - removed where shapes can be shown by adjusting the main contours.

Knolls - may replace form-line hills.

Narrow rides (Extraction tracks) - removed to leave white or yellow gaps.

Vegetation change dot symbol - still used, but smaller sections removed.

Dots & stripes (semi-wooded/undergrowth/windblown) - smaller patches replaced with solid tones of yellow / green, which are less distracting to the eye.

Zip-wires - shown on previous maps have been removed.

Other notes - o = circular platform, x = wolves, wild boars, gruffalo

Notes from Forestry Commission.

You will find sections of Out Of Bounds on your map (red hatching), as specified by Forestry England.

These are normally not marked on the ground. Courses have been planned to avoid them as much as possible.

They are OOB for a mixture of reasons –

To preserve special flora – To provide deer quiet areas – To protect Pine Martin introduction program.

Individual Course Details

MENS	Scale	Length	Climb	Controls	Start	Men's	classes				
	1	15000	12.3	605	31	Elite	M21E				
	2	15000	9.8	455	26	Elite					
	3	15000	8.8	415	24	Elite	M20E	M18E			
	4	15000	6.6	290	20	Elite					
	5	10000	9.7	460	27	Main	M21L				
	6	10000	8.8	410	26	Main	M35L	M40L			
	7	7500	7.6	345	20	Main	M45L	M50L			
	8	10000	6.8	320	21	Main		M20L			
	9	7500	6.8	310	22	Main	M55L				
	10	10000	6.2	290	18	Main		M21S			
	11	7500	6.3	295	19	Main	M60L				
	12	7500	5.6	275	17	Main	M16A	M18L	M35S	M40S	
	13	7500	5.3	250	17	Main	M65L	M45S			
	14	7500	4.5	195	13	Main	M70L	M20S	M55S	M50S	M21V
	15	7500	3.8	145	13	Main	M75L	M60S	M18S		
	16	7500	3.3	120	13	Main	M80L	M65S			
	17	7500	2.9	95	12	Main	M70S	M75S			
	18	7500	2.4	75	9	Main	M85	M80S			
	19	7500	1.6	20	7	Main	M90	M95			
	20	7500	4.5	170	18	Main	M14A	M16B			
	21	7500	3.7	135	15	Main					
	22	7500	3.2	120	17	Main	M12A	M14B			
	23	7500	2.3	35	9	Main	M10A	M12B			
	24	7500	2.0	20	12	Main	M10B				

WOMENS	Scale	Length	Climb	Controls	Start	Women's	classes				
	1	15000	12.3	605	31	Elite					
	2	15000	9.8	455	26	Elite	W21E				
	3	15000	8.8	415	24	Elite					
	4	15000	6.6	290	20	Elite	W18E	W20E			
	5	10000	9.7	460	27	Main					
	6	10000	8.8	410	26	Main	W21L				
	7	7500	7.6	345	20	Main					
	8	10000	6.8	320	21	Main	W35L				
	9	7500	6.8	310	22	Main					
	10	10000	6.2	290	18	Main	W40L				
	11	7500	6.3	295	19	Main					
	12	7500	5.6	275	17	Main	W45L	W50L			
	13	7500	5.3	250	17	Main	W55L	W20L	W21S		
	14	7500	4.5	195	13	Main	W16A	W60L	W18L	W35S	
	15	7500	3.8	145	13	Main	W65L	W40S	W45S		
	16	7500	3.3	120	13	Main	W70L	W20S	W50S	W55S	W21V
	17	7500	2.9	95	12	Main	W75L	W18S	W60S		
	18	7500	2.4	75	9	Main	W80L	W65S	W70S	W75S	
	19	7500	1.6	20	7	Main	W85	W90	W95	W80S	
	20	7500	4.5	170	18	Main					
	21	7500	3.7	135	15	Main	W14A	W16B		Lt Green	

22	7500	3.2	120	17	Main	W12A	W14B	Orange
23	7500	2.3	35	9	Main	W10A	W12B	Yellow
24	7500	2.0	20	12	Main	W10B		White

START PROCEDURE

Officials will run quiet starts. This means they will avoid speaking unless necessary and competitors are asked to be silent in the start boxes. The standard instructions often spoken will not be given.

All competitors will have a timed start and those who start on time will not need to punch a start unit. Early starts will not be permitted. See below for the late start procedure.

- Pre-Start: SI clear, check and SIAC test units
- -5 minutes: Call up
- -4 minutes:
- -3 minutes: Loose control descriptions
- -2 minutes: Display of essential/late information (if any)
- -1 minutes: Stand by map boxes for your course
- Go on the final long beep. Competitors are responsible for checking that they pick up the correct map.
- Follow tapes to the Start kite for the Elite start.
- Start kite for the Main start is up to 100m beyond the map boxes.
- Water points are marked on the maps for Elite courses. The number of water stations differ between Elite courses up to a maximum of 4.
- All non-Elite courses from the Main start will NOT find any water on their course.

No blank maps in the start lanes (British Orienteering rules say they “should” be displayed, but not “must”, and IOF rules for WRE do not allow it, and we follow the IOF precedent). See previous maps on RouteGadget.

Late Starters

It is a **TIMED START** (not a punching start) for all competitors including helpers, split starts and colour coded. It is the competitor’s responsibility to get to the start on time. Late starters will be timed from their original start time unless they are late through the fault of the organiser. A punching start will be used in case of dispute after your run. If you believe your lateness is the fault of the organiser then please make your case after your run.

If you have missed your call-up, initially go the late start lane. If we can catch you up with your allocated start time you will be slotted in to the appropriate pre-start box and continue as normal.

If we cannot catch you up (your start time has passed), you must remain in the late start lane. An official will bring a map to you – it is your responsibility to check it is the correct course. If at this point you are only 30 or fewer seconds late (or 90 or fewer seconds late for elite classes) you will punch a start control (not contactless) and go immediately. If you are more than 30 seconds late (90 seconds for elites) you will be held until the next available half-start interval before you are allowed to punch and go. Late starting seeded runners (and on elite courses all runners are seeded) may be required to wait longer to ensure a minimum 90 second separation between seeded runners on the same course.

FINISH

In the arena.

Separate finish controls and run-in lanes for the elites (M/W21E, 20E and 18E) vs. All other competitors. It is your responsibility to ensure you punch the correct control.

All finish SI units will be contactless enabled. You will be funneled directly into download.

Courses close at 16.00, all competitors must report to download, whether or not you have finished your course. If you decide to retire (not finish your course) you must still report to download as soon as possible.

MAP COLLECTION

Maps will be collected from all 18/20/21 Elite competitors finishing before the starts (13.30).

Elite maps can be reclaimed after 13.30 from enquiries.

Maps will not be collected from non-elite competitors. Please do not show your map to anyone yet to start.

STRING COURSE

A string course is available from 10.30-14.00 to the northern end of the arena.

Small prizes for all competitors.

GENERAL INFORMATION

Grizedale is a popular venue for cyclists, especially mountain bikers, walkers, families & dog walkers.

The public has been advised of our Event & sections of the forest road have been closed for the duration of the event.

However competitors may come across other users so please be mindful & courteous.

Dogs will be allowed in the arena on leads but not on courses.

Please contact the organizers if you need to bring a medical assistance dog.

SAFETY INFORMATION

Competitors are responsible for their own safety.

Appropriate clothing and shoes should be worn according to the ground and weather conditions.

It is unlikely that Cagoules will be mandatory at this time of year.

Signs will be posted to say so in the event of unusual weather conditions.

If injured during the event consider retiring to avoid worsening of injury, but you must still download before leaving the event site.

If unable to get back to the assembly area and require assistance then blow your whistle six times, wait a minute and repeat until help arrives. Do not blow your whistle until it is necessary to seek external help.

Lone runners must leave their car keys or other important items at the Enquiries tent. At the end of your run, check for ticks, seek medical help if you do not know how to remove them. After your run, please remember to wash your hands before handling and eating food.

If a child becomes separated from their parents/guardians, the child must be instructed to speak to one of the event officials (in Hi-Viz tabards) or report to the enquiries tent. Any child found wandering around the assembly area or car park will be brought to the enquiries tent.

DRONES

There must be no drone flying over the car parking, assembly and event areas without prior permission of the Day Organiser.

Anybody caught flying drones without permission will be reported to the CAA.