



British Orienteering Championships 2023

Individual Long Distance: Saturday 25th March

Team Relays: Sunday 26th March

Event Programme

Please read this page if nothing else!

	Saturday – Long	Sunday - Relay
Location / entry point	Off Everington Lane, east of Hermitage village, West Berks. Grid reference SU520737 Postcode RG18 9XP What3Words: ///returns.maybe.enchanted	Off A4155 Marlow Road north of Henley-on-Thames, Bucks. Grid reference SU776856 Postcode RG9 3AS What3Words: ///approvals.book.chefs
Parking	In arena field	Field, 600-800m level walk from arena
Arrival & Departure	Arrive by 1220 No departure before 1230 Single track access road	CLOCKS GO FORWARD OVERNIGHT Don't be late for your run Exit gate open from 1030
Race Bibs (No bib, no go!)	Collect from outside marquee	In team bags issued to Captains
Control Descriptions	On maps and loose at start	On maps only
Route to starts	Near start: 700m, 10-15 mins Far start: 1600m, 25-30 mins	In arena
Entry on Day	Online only. White/Yellow/Orange only. No EOD for Championship classes	None
Water provision	None	None
Children's activity	String course in woods next to car park/arena field	None
Eligibility	In order to run a Championship course, you must be a member of British Orienteering or an IOF affiliated Federation.	

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WELCOME

From South Central Orienteering Association

Welcome to the British Orienteering Long Distance and Relay Championships for 2023. Although the areas will be familiar to many we hope you will enjoy the new challenges set by the planners and the generally fast running conditions in the forests. We look forward to crowning a new set of champions as the weekend unfolds.

The individual long race is a selection race for our junior elite competitors (M/W 18/20) and some younger juniors at M/W 14/16. We wish them well as they strive to achieve their goals for the year ahead. The event is also part of the 2023 UK Orienteering League.

The whole weekend would not take place without the goodwill and cooperation of the landowners and their tenants, and the voluntary commitment of the key officials, supported by over 150 volunteers. These club members have all given their time and effort (in some cases, a considerable amount of time and effort!) for your enjoyment. On your behalf I thank them in advance, and urge you to share your appreciation and courtesy towards them throughout the two days of competition.

Lets look forward to a great weekend of exciting Championship racing.

Paul Fox, Weekend Coordinator

From The Chair of British Orienteering

On behalf of British Orienteering, I'd like to welcome everyone to the forests of Royal Berkshire and Buckinghamshire for the 2023 British Individual Long and Relay Championships.

We anticipate an exciting two-day Championship weekend with people travelling from far and wide in the United Kingdom and beyond.

As always, we are grateful to all the volunteers for their hard work during the weekend itself and for putting in so much time and effort in preparation. A particular thank you goes to the team from the South Central Orienteering Association, Berkshire Orienteers and Thames Valley Orienteering Club. We also recognise the efforts of athletes, coaches and others across the country.

I sincerely hope you all enjoy the competition and wish you all every success in the Championships.

Drew Vanbeck, Chair, British Orienteering

THE OVERALL WEEKEND

PARTICIPANT CODE OF CONDUCT

All competitors are reminded that they should adhere to the British Orienteering Participant Code of Conduct [here](#).

Note: as at 17/3/2023 this document is under review by BO to make it less Covid-specific, but the principles will be retained. Whilst there are no current mandated Covid restrictions, please do not attend if you feel ill or are probably infectious (with Covid, flu, etc).

TRAVEL, PARKING AND ARENA

See the specific location information relating to each day. Car parks will be open from 0815 each day.

Both parking areas are accessible to campervans and minibuses. If anyone is bringing a coach or larger vehicle you must notify the Organisers in advance by emailing bocenquiries@britishorienteering.org.uk.

Event facilities and amenities will be found in the arena each day. There are minor differences between the individual and relay days.

Arena contains:

- Equipment traders - CompassPoint
- Catering – British & Continental (Tom's Wagon), Podium Catering
- Toilets
- Individual Long Race Finish (Saturday only)
- Relay Start/Finish/Changeover (Sunday only)
- Download/Map collection and reclaim
- Prize giving
- First Aid
- MAIN MARQUEE
 - *Individual Race Bib Collection (Sat only, outside the Marquee)*
 - *Enquiries & Key Drop*
 - *Trophy Return (Sat only)*
 - *SIAC Hire/Collection*
 - *Entries & Relay Desk (EOD Registration & Team Pack Collection)*
 - *Helper Desk*
 - *Safety Officer*

There will be space for club tents adjacent to the run-in on each day

MAIN MARQUEE

ENQUIRIES, INCLUDING KEY DROP & MEDICAL FORMS

Saturday from 9.00 until 16.30

Sunday from 8.30 until 14:30

Competitors travelling alone can leave car keys here as a safety check.

Competitors with a known medical condition that we may need to be aware of in an emergency should deposit the appropriate form in a sealed envelope at Enquiries before their run.

TROPHY RETURN

Please return all trophies (Individual and Relay) in a suitable condition for presentation as soon as you can, and no later than 13:00 on Saturday. If you are only coming to the Relay, then please return your relay trophy as soon as possible (preferably via a friend on Saturday) and at the very latest by 12:00 on Sunday.

SIAC HIRE & COLLECTION

For both pre booked and on the day hire. (£2 per day, cash only, please bring exact change). SIAC hire will mostly have been paid for as part of individual pre-entry, but those hiring for relays will need to collect and pay £2 on the day. Lost SIAC cards will be charged at £65 each.

ENTRIES AND CHANGES

Entry on the day (for colour coded courses only): you will first need to enter online via Fabian4 and then report to the entries desk to collect a race bib and agree a start time. If you need assistance please ask at the entry desk.

Any late changes to SI/SIAC details, including incorrect information, should be made before you run. Due to pre-event seeding, no changes are permitted from B to A classes, from S to L or from L to E classes. There may be an option to change from A to B, from E to L or L to S, subject to map and start time availability.

RELAY DESK

Team Captains can collect club packs containing bibs and team details for all their teams between 09:00 and 15:30 on Saturday. Any late changes to teams must be made online by 20:00 Saturday.

HELPER DESK

Contact point for all Helpers, including Helper Refreshment Voucher Collection (if not distributed via your team leaders).

SAFETY OFFICER

Any safety concerns, including overdue competitors, lost children etc.

BIBS

All competitors (including Colour Coded) are required to wear bibs on both days. **NO BIB, NO GO.**

- Bibs for the Long Race on Saturday will be hung on a line by the Main Marquee in **Surname order**. If you cannot find your bib please go to the Entries desk in the main marquee.
- Bibs for the Relay Race on Sunday will be in Club Team Packs issued at Relay Registration

All competitors must wear bibs which must not be folded or trimmed. Bibs must be worn on the chest, on the outside of any clothing, and with the race number and other information clearly visible to aid officials and commentators. You are advised to complete the emergency details form on the back of your bib.

A limited supply of safety pins will be at Enquiries. **Please use your own pins** if you have them.

BRITISH ORIENTEERING MEMBERSHIP

In order to run at the British Championships, you must be a member of British Orienteering or an IOF affiliated Federation. Eligibility for awards is as stated in the relevant BO Competition Rules.

ENTRY ISSUES?

Check your competitor information now. If there is an issue contact the Entries Secretary by email **at once** at bocentries@britishorienteering.org.uk . Please don't leave it until the day of the event. You cannot amend your own details via Fabian now that entries have closed. Team Captains please also check your online team declarations and ensure any changes are made before the cut-off at 8pm Saturday.

MAPS

Drawn to ISOM 2017-2 specification, 5m contour intervals. See relevant day information for map scales and sizes and any special symbols. Both areas have been updated during winter 2022-23. Maps will be digitally printed by Hassall & Lucking (individual) and BML (relay).

CONTROL PUNCHING

SportIdent is used on both days. All controls, including the Finishes (but not Late Start controls on the Saturday) will be contactless enabled so competitors using a SIAC can "swipe" rather than "punch/dib". A

SIAC battery test unit will be situated near the main marquee each day where you can test before you go to the start.

If a SIAC card fails to register at a control in contactless mode, you should **revert to 'dibbing'**. A SIAC card with a flat battery will still function in dibbing mode, and the beep/flash feedback from the control unit will confirm you have punched. Only switch to using the backup pin punches, in the reserve boxes printed on your map, if you believe the control unit itself has failed.

Radio controls are in use on both days. These can cause a heavy drain on SIAC batteries and a weak battery may fail at this point. Do check that your SIAC continues to beep/flash at each control (your responsibility). If your SIAC stops working you can revert to manual dibbing (See appendix A for further info).

If you are unfamiliar with contactless punching, see **Appendix A: SI Information** at the end of this document for an explanation of how SIAC is used at these events, and note the pre-start process.

DOGS

Dogs are allowed in the car park fields, along the routes to the Arenas, and in the event Arenas themselves. **But nowhere else.** Dogs are not allowed in the woods or elsewhere within the competition areas (except registered assistance dogs for competitors who require them). All dogs must be kept under control at all times. **Please clean up after your dog.**

At the Saturday venue there may also be livestock in fields adjacent to the car park/arena.

SAFETY AND RISK

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

Whistles plus Windproof jackets with a head covering may be compulsory depending on the weather. If required, signs announcing this will be displayed in the Arena.

There is a form for contact details and medical information printed on the back of race bibs (both days). You are advised to complete this both for your own benefit and to assist the event officials in the case of an incident. In addition competitors can also complete the form available from the BO website [here](#), and place it in a sealed envelope addressed with their name/club and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

Competitors travelling alone can leave car keys at Enquiries as a safety check. You are advised to label your key clearly – so many do look very similar these days!

There will be a mobile phone number printed on competitor maps for use in an emergency. This will enable you to contact an official in the arena. If any incident occurs in the arena please inform Enquiries at the main marquee.

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition areas, and put in place mitigation of found risks, please be aware that competitors take part at their own risk. Each competitor is responsible for their own safety. Suitable clothing and footwear should be worn, paying attention to the weather on the day.

GPS DEVICES & MOBILE PHONES

Competitors are reminded that they are only permitted to use a GPS device to record data for post-race analysis, and are only permitted to use a mobile phone to call for assistance in the event of an emergency. Such devices must not be used to assist with navigation.

SHADOWING

Shadowing of Championship competitors is not permitted. On the individual day shadowing is permitted on colour coded (White, Yellow, Orange) courses only, and only where the person offering assistance has already completed their own run. On Relay day there are no non-championship courses and therefore no shadowing.

WATER

None is provided either on courses or at the finish on either day. Competitors should bring their own drinks and ensure adequate hydration pre and post event.

RESULTS

ON THE DAY

Aside from your own split times, we are paperless. Live results will be available online (only) at <https://www.mdoc.org.uk/live-results> .

These will be updated every 5-10 mins. The QR code for the results site should be on display in the Arena on each day and is also included here. The commentary team will also keep you informed of leading times throughout the day.



FINAL RESULTS

Links to the final results, Routegadget, Winsplits and Splitsbrowser will be on the BOC website as soon as possible after the event www.theboc.org.uk .

PA AND COMMENTARY

Commentary on both days will be provided by Katherine Bett and her team.

PRIZEGIVING

Prizegiving for each day will take place in the Arena adjacent to the Main Marquee. Our target times are:

- **Saturday:** Individual Prizegiving at 15:30
- **Sunday:** Relay Prizegiving at 13:15

Please listen for announcements regarding the prizegiving sequence and process, and be there in good time for your class. Medals and trophies will be presented at the podium; a small prize can be collected as you leave the podium. Winners will be asked to provide contact details to assist with trophy recall next year.

MEDICAL SERVICES

FIRST AID

On site First Aid will be provided by White Star Medical. They will have the ability to recover an injured competitor from the competition area if required. We extend our thanks for their assistance. There is space for medical information on the reverse of the race bib – this may be useful if you need to be treated.

EMERGENCY HOSPITAL SERVICES

See **Appendix B** at the end of this document.

ASH DIEBACK & GENERAL BIOSECURITY PRECAUTIONS

The spread of invasive species is a major threat to British woodlands. Competitors should arrive with all kit checked and cleaned following use at any previous orienteering event, as per British Orienteering biosecurity advice [on BO website here](#). Remember the motto: **CHECK, CLEAN, DRY**.

RULES, COMPLAINTS & PROTESTS

These events will be run in accordance with the following BOF rules & guidelines:

[Competition Rule A British Long Distance Orienteering Championships v2.7](#)

[Competition Rule D British Relay Orieneering Championships v2.8](#)

If you are unhappy about something, please discuss your concerns initially with the relevant Planner or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue, then invoke the *BOF*

Complaints, Protests and Appeal procedure (Rule 16), i.e. a Complaint should be made in writing to the Day Organiser as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed (uploaded). The Organiser is the adjudicator. If you are unhappy with the Organiser's decision, you can protest in writing to the Organiser, again via Enquiries. If the Organiser or Controller does not agree with the protest, they will convene the Jury. A Protest should be made no more than 15 minutes after the result of the Complaint is known.

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's 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 Day Organiser, contactable via Enquiries. Official photographers are required to register with British Orienteering and wear a special Hi Vis vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website and hand it in to Enquiries. You will be identified by your bib number.

Approved photographer Wendy Carlyle will be taking pictures throughout the weekend which will be made freely available after the event.

OVERNIGHT CAMPING

We have the landowner's permission for competitors to stay overnight in the Cold Ash arena field for **Saturday night only**. Tents and campervans should be situated towards the western end of the field (where we intend to park campervans during the day). Please be aware that there is a public footpath across the field (roughly east-west). You may use the marquee for shelter and the event toilets will remain on site, but there are no other facilities and no drinking water supply. **A fee of £10 cash per vehicle/tent will be collected** late afternoon on Saturday. If you are not present at collection time please pay at Enquiries on Sunday. Please vacate the field no later than 1000 on Sunday and take all your belongings and litter with you.

THE SMALL PRINT

Personal data: Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to the governing body or any affiliated organisation for the purposes of insurance, safety checks or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age group

ACKNOWLEDGEMENTS

Without help from these organisations and people, this event would not be possible!

- Eling Estates (access to majority of Cold Ash)
- Ed and Kate Walters (tenants, Cold Ash arena/parking field and overnight camping)
- Marlston Estate (access to part of Cold Ash)
- Bernard Clark and David Edwards-Moss (access to Westrop Woods, part of Cold Ash)
- Bucklebury Estate (access to part of Cold Ash)
- Culden Faw Estate (access to Hambleden)

LONG CHAMPIONSHIPS: COLD ASH

TIMETABLE - SATURDAY

- 08:15 Car park open
- 10:00 First start time
- 12:20 Last entry for vehicles to car park
- 12:30 Car park exit opens
- 13:30 Last start time
- 15:30 Prize giving for Long Championship Races
- 16:00 Courses close

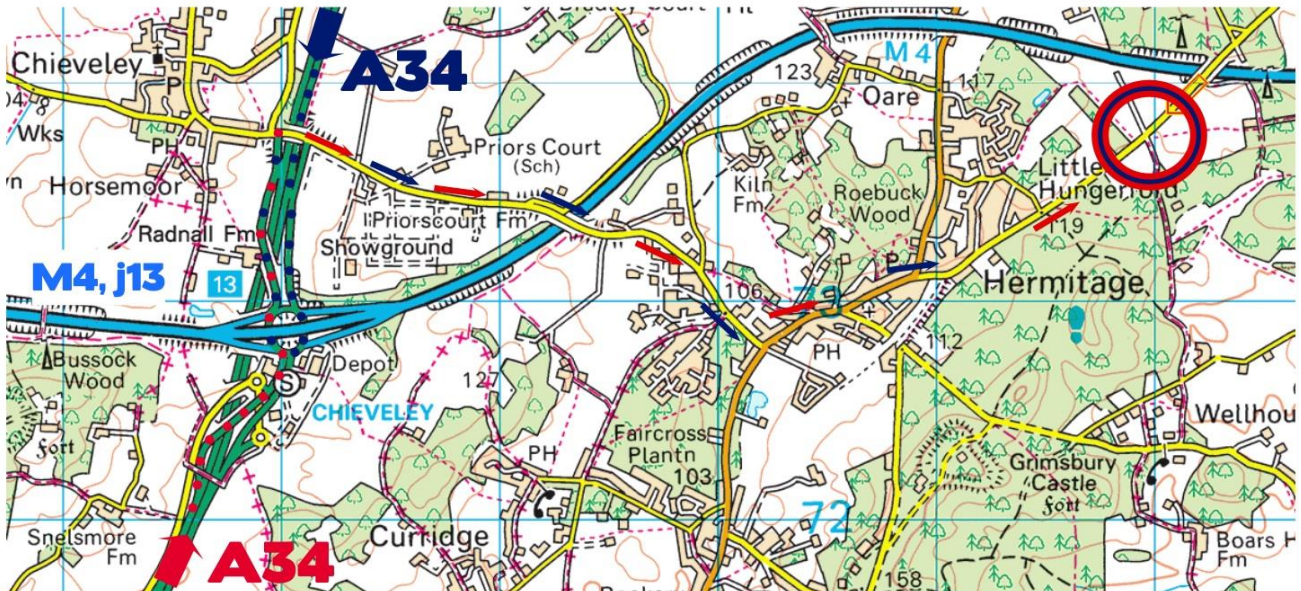
TRAVEL

The event Car Park and Arena can be accessed only from Everington Lane, Hermitage, Berkshire.

- Grid reference: SU520737
- Post Code: RG18 9XP
- What3words: ///returns.maybe.enchanted

By Road: Competitors are advised to approach from the west through Hermitage village. (**NOTE:** if travelling north or south on the A34 **you must initially exit onto the M4 J13 interchange**). **From the roundabout at M4 J13 (A34) take the exit for A34 northbound** (towards Oxford). Keep left and filter off **BEFORE** you rejoin A34(N) following signs to Hermitage and Newbury Showground. It's a long detour if you miss this turn!

At the top of the slip road turn right towards Hermitage. After 2.5km at the mini roundabout turn left onto B4009 through the village. After 800m turn right, signposted Yattendon/Pangbourne (O signs at this junction only). After 1.3km turn right onto a single lane gravel track leading south to the event parking and arena.



A34 from south follow red dots and arrows

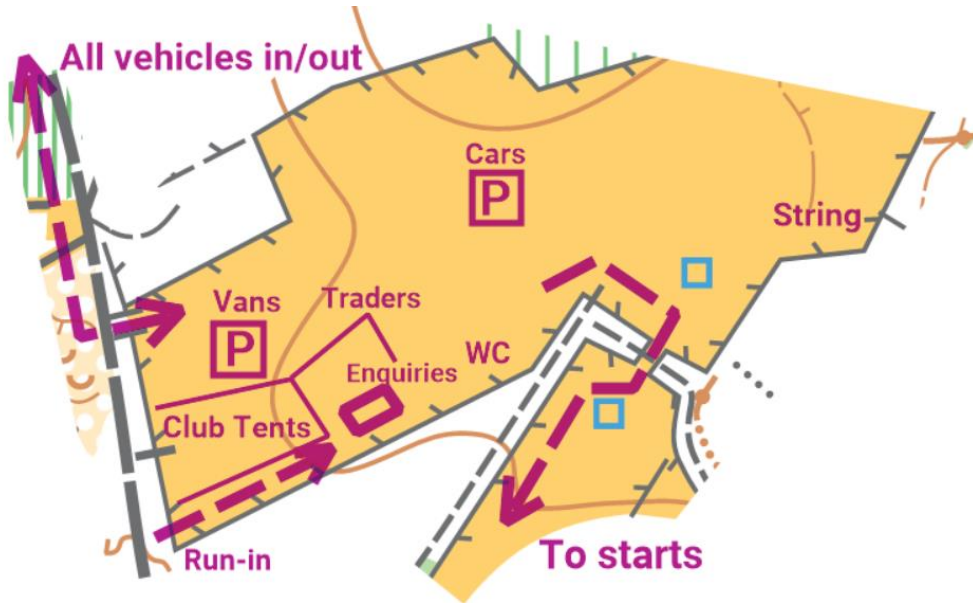
A34 from north follow blue dots and arrows

M4, exit at Junction 13 and follow alternating red/blue dots

By Public Transport: The nearest railway station is Newbury (First Great Western) which is approx. 8km from the vehicle entrance. Taxis are normally available. There is only a very limited bus service from Newbury to Hermitage on Saturdays, and it is still a lengthy walk from the nearest stop in the village.

CAR PARKING AND ARENA

All in the same large field. Open from 0815. **Arrive by 1220. No departure before 1230.** The final approach is a single lane gravel track with no passing places. Vehicles will be parked in a gently sloping well-drained field which also contains the arena. It is also crossed by a public footpath. Please give way to all pedestrians.



See whole weekend information for full details of Arena facilities. Maximum walk from furthest parking to main marquee/enquiries: 200m.

MAP

Drawn to ISOM 2017-2, 5m contours, scale and map size as specified in the table of courses/classes. Updated Nov/Dec 2022 by Peel Land Surveys. The most recent event on the area was Day 3 of JK2019. The map for that event can be found [here on Routegadget](#).



Special map symbols are as follows:

Black circle **O** A small fenced enclosure
Black cross **X** A car wreck

Note that:

- Powerlines are not mapped
- Small ditches along the edges of paths are generally not mapped
- Undergrowth symbols generally indicate bramble rather than bracken or brashings (which are in general not mapped)
- Depending upon conditions, some ponds may be dry and at the same time(!) some pits and small depressions may be wet
- Forestry work in some areas has created extraction lanes and brashings that are generally not mapped. This is particularly noticeable following recent work in the NW of the area
- Fences mapped as impassable (double tags) are generally deer fences – please do NOT attempt to climb.
- In the north of the area mapped pits and small depressions are generally quite large and deep; in the south of the area they are generally much smaller and shallower.

SAFETY BEARING

The competition area runs generally north to south with an undulating ridge along its western edge, bordering mainly onto farmland to the east and the minor road from Cold Ash to Hermitage along the west/south-west edge. In most parts of the map you can head west until you encounter a road then north towards Hermitage. The arena is at the northern end of the area, so generally a bearing of north will take you back towards the finish.

STARTS

NEAR START: 700m from Enquiries/Marquee, allow 10-15 minutes

FAR START: 1600m from Enquiries/Marquee, allow 25-30 minutes

There will be a SIAC Battery Check station at the main marquee in the Arena (not at the start).

The route to both starts will begin on the south side of the car park/arena field through a gate between two areas of woodland. You will cross fields with short grass before following public rights of way along footpaths and tracks, with no major hills. There are several gates, but no stiles. **For the far start only** you must also cross two minor roads and pass adjacent to some private properties. Please heed the advice of marshals, and keep disturbance to a minimum.

All wooded terrain to the west of the marked routes to the start is part of the competition area and is therefore out of bounds. Competitors at the near start may warm up on the track from the arena, but not in the woods. Competitors at the far start may warm up in the woodland to the east of the start, but not further south than the start. There are no warm-up maps. **There are no toilets at the Starts** and no clothing dump/return.

COURSE & CLASS DETAILS

COURSE	MALE AGE CLASSES	FEMALE AGE CLASSES	DISTANCE (KM)	CLIMB (M)	CONTROLS	MAP SCALE	SIZE	START
1 **	M21E		17.8	480	34 *	1:15,000	A3 x2	FAR
2	M21L		14.5	355	32 *	1:15,000	A3	FAR
3	M18E, M20E	W21E	12.2	285	27	1:15,000	A3	FAR
4	M35L, M40L		12.1	290	25	1:15,000	A3	FAR
5	M18L, M20L, M21S	W21L	9.3	210	25	1:15,000	A3	FAR
6		W18E, W20E	8.0	215	19	1:15,000	A3	FAR
7	M18S, M20S	W18L, W20L, W21S	6.3	135	19	1:15,000	A3	FAR
8	M45L		10.7	245	22	1:10,000	SRA3	FAR
9	M50L		10.0	235	23	1:10,000	SRA3	FAR
10	M55L		9.3	240	22	1:10,000	SRA3	FAR
11	M60L		8.4	240	23	1:10,000	A3	FAR
12	M35S, M40S	W45L	7.8	210	21	1:10,000	A3	FAR
13	M16A	W35L, W40L	8.3	200	23	1:10,000	A3	FAR
14	M65L		7.1	190	22	1:10,000	A3	FAR
15	M45S, M50S	W50L	7.3	160	23	1:10,000	A3	FAR
16	M70L, M55S	W55L	6.8	155	21	1:10,000	A3	FAR
17	M60S	W16A, W60L	6.3	180	20	1:10,000	A3	FAR
18	M75L	W65L, W35S, W40S	5.7	140	19	1:10,000	A3	FAR
19	M65S	W70L, W45S, W50S	5.1	130	17	1:10,000	A3	FAR
20	M80, M70S, M75S	W75, W18S, W20S, W55S, W60S, W65S	4.1	120	14	1:10,000	A4	NEAR
21	M85, M90	W80, W70S	3.0	75	12	1:10,000	A4	NEAR
22		W85, W90	2.0	35	10	1:10,000	A4	NEAR
23	M14A, M16B		5.8	140	18	1:10,000	A4	NEAR
24		W14A, W16B	4.3	120	15	1:10,000	A4	NEAR
25	M12A, M14B	W12A, W14B,	3.8	70	19	1:10,000	A4	NEAR
26	M10A, M12B, YELLOW	W10A, W12B,	3.4	50	15	1:10,000	A4	NEAR
27	M10B, WHITE	W10B,	2.4	50	18	1:10,000	A4	NEAR
28	ORANGE		3.0	55	14	1:10,000	A4	NEAR

* Courses 1 (M21E) and 2 (M21L) have more than 30 controls. Please check that your SI card has sufficient capacity. There is a helpful table on the SportIdent web site [here](#). If you need a higher capacity SI card please contact bocentries@britishorienteering.org.uk before the event.

** Course 1 (M21E) is a double-sided map. Turn the map over for Part 2.

CONTROL DESCRIPTIONS

Control descriptions will be printed on the map using IOF symbols, except for courses 26, 27 and 28 (including colour coded courses) where they will be in text.

Loose descriptions will be available in the start lanes at -3 minutes. To calculate the approximate minimum required length of your description sheet in mm (i.e. without hiding any essential course information), take the number of controls on your course, add four, then multiply the total by six.

E.g. if you have 19 controls, the approx. length is $(19 + 4) \times 6 = 138\text{mm}$. The width is approx. 60mm.

CONTROL SITE LAYOUT

Controls will have a vertically mounted number attached to the stake, and a SIAC-enabled box mounted horizontally on the top of the stake, which will also have the number displayed on it. A back-up pin punch will be attached to the kite hanging from the stake.

ROAD CROSSINGS

There are several minor public roads crossing the area. Courses from the near start do not cross any of them. All courses from the Far start will have a marshalled and timed out (max 1 minute) road crossing as they re-enter the northern part of the map (indicated in control descriptions). **Please follow any instructions from marshals for your own safety.** Whilst the road is not busy, the speed limit is 60mph and some vehicles may be travelling at speed.

All courses from the Far start will cross at least one other (quieter) public road shortly before the above road crossing. In the case of courses 13 and 16 (which are being run by the M16A and W16A classes among others) this road crossing will be marshalled but not timed out. Again, please follow any instructions from marshals at this road crossing for your own safety.

If your course crosses any other public or private road, please take care. The roads are generally quiet, but drivers with local familiarity may be travelling quickly and may not be expecting to encounter pedestrians. Any such other road crossings are NOT listed on control descriptions.

Note that most roads around the edges of the area are forbidden routes (marked with purple crosses). **For your own safety (as well as compliance with the rules), please do not run along any such road.** You invite disqualification if you do not follow this rule.

FORBIDDEN-TO-CROSS BOUNDARY AND CROSSING POINTS

Competitors on some longer courses will encounter a double-strand barbed-wire fence. It is forbidden to cross this fence except at the marked crossing points. The fence has been overprinted with a thick purple line (Out-of-bounds boundary symbol) and crossing points shown using purple brackets (Crossing point symbol).

MARKED ROUTE ON COURSES 26 AND 27 (INCLUDING YELLOW AND WHITE COLOUR-CODED COURSES)

In addition to the marked route to the start kite (see below), courses 26 and 27 both include a marked route early on, where a number of bike tracks and junctions could cause confusion. The marking will consist of red and white tape streamers hung at intervals along the route.

Course 26 (incl. Yellow): The marked route follows a path from one control in the direction of the next control, but does not go all the way to the next control. The control descriptions have the instruction "Follow tapes away from control".

Course 27 (incl. White): The marked route is along a path between 2 controls. The control descriptions have the instruction "Follow tapes between controls".

Parents of junior competitors on these courses are asked to alert them to this and advise them to follow the streamers to ensure they stay on the right route to the next control.

TERRAIN & PLANNER'S NOTES

Cold Ash is an area of mixed woodland with several gently sloping hills and a fairly extensive path network. The northern part of the area is mostly commercial forest with a mixture of broadleaf and needle leaf plantations. Longer courses cross into the western part of Bucklebury Common, a series of shallow, marshy valleys mainly comprising fast runnable broadleaf woodland interspersed with holly which tends to be thicker on higher ground.

The area is crossed by a number of public roads, all of which are generally quiet but do have occasional fast-travelling cars. See above for road crossing information.

Following a dry winter, the water level is low and some ponds have become depressions. These have been updated as far as possible but be aware that depending on weather just before the event, some ponds could look like depressions and at the same time some depressions and pits could look like ponds.

The storms of early 2022 did cause some areas of windblow, but most of this has been cleared over the last year leaving occasional felled trees that are not mapped. However, clearing work has also disrupted some areas of forest. This is particularly noticeable in the NW of the area. Courses have been planned with consideration of physical difficulty in this area.

The area has multiple owners with some small areas, especially in the central and southern parts, that are under private ownership and out of bounds. The parts that must not be entered are clearly shown with purple out-of-bounds hatching. Please keep out of these areas, to safeguard the use of this area in the future. Please be considerate towards local residents and other users of the area.

There are a number of small bike tracks and jumps in the north eastern part of the area. These are constantly changing and some may not be mapped.

There is no spectator control, however the commentary team have access to data from radio controls that are approximately 35 to 40% and 80% of the way round the Elite courses.

RISKS

Aside from the usual risks inherent in orienteering in woodland, the main risks that competitors should be aware of are: road crossings (see above); forestry work – please keep away from any machinery or log piles you come across; and water features (ponds and ditches) – you are advised not to go into any pond, no matter how shallow it looks, and to take care crossing any ditch. Parents please remind your juniors of these latter points in particular.

SEEDING

Elite, Long and A classes will be seeded in accordance with Appendix A Section 3 of British Orienteering Rules. Seeded runners in non-elite classes may not all be in a single seeded block as start time preferences may be taken into account.

START PROCEDURE

This is the British Championships; the officials will run quiet Starts. This means that the Officials 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. Colour coded competitors who have entered very late or on the day should make themselves known to a start official when their start time is called as they will not be on the pre-printed list of competitors.

At -1 minute competitors should move forward to stand by the map box for their course. There will be a sign showing the layout of map boxes. Elite courses (1,3,6) will have a dedicated lane.

Maps will be in trays/boxes and partly extracted so the course number is visible. Please ensure you are standing beside the correct box. Competitors are responsible for checking that they pick up the correct map.

At -10 seconds to go (first short beep) you may hold your map ready to extract it. At -5 seconds to go (next short beep) you may extract the map taking care not to rip it. Start on the long (zero) beep from the start clock.

Pre-Start	SI Clear Units
-5 mins	Call up
-4 mins	SI Check Unit + SIAC Test Unit
-3 mins	Loose control descriptions
-2 mins	Display of blank maps and essential/late information (if any)
-1 min	Stand by Maps (in boxes/trays with course number visible)
Hold map at -10 secs (first short beep), extract from box at -5 secs (second short beep), and go on zero seconds (the final long beep of the start clock). Follow tapes to the Start flag	

Note that at both starts competitors will be required to follow a short **mandatory marked route** from the start line (map issue point) to the start kite (the start triangle on the map). **All competitors must follow this marked route to the start kite.** There will NOT be an SI unit at the start kite. Parents of junior competitors might want to explain this to them in advance.

LATE STARTERS

It is a TIMED START; it is the competitor's responsibility to ensure that they get to their Start on time. **Late starters will be timed as if they had started at their original start time unless they are late for their start time through the fault of the organiser.**

If you have missed your call-up (i.e. more than a minute late) you will be treated initially as a late starter. If you are able to catch up with your allocated start time before reaching the start line you will be slotted in to the appropriate pre-start box and continue through the remainder of the process. You must not by-pass the Check official, and clearing your SI card before entering the start system is your responsibility.

If you fail to catch up and arrive at the start line (map pick-up point) after your allocated start time **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 one. If at this point you are only 30 or fewer seconds late you will punch a Start control (NOT contactless, you must dib) and go immediately. If you are more than 30 seconds late you will be held until the next available half-start interval before you are allowed to punch and go. Late seeded runners may be required to wait longer to ensure a minimum 90 second separation between seeded runners on the same course

For full details of the rules that the Start officials will follow refer to *Appendix C: Rules for Late Starters* at the end of this document. The start interval for Elite (M/W 18E/20E/21E) classes is 3 minutes; for all other classes it is 1 minute. There are some additional rules for seeds in non-elite classes.

No conversations/negotiations will be held at the Start as regards changes to start times. If you believe your lateness is the fault of the Organiser then you will need to make that case to the Organiser after your run. You will be required to punch at the Start so that the time at which you actually started is recorded.

COLOUR-CODED COURSES

ENTRY

Entry for the three Colour Coded courses (White, Yellow, Orange) will remain open ONLINE ONLY and subject to map availability until 12:30 on race day. There is no paper based EOD process. Start times are 10:30-13:30. If you enter online on the day of the race you will then need to attend the Entries desk in the marquee to get a start time and bib. If you entered before Friday 24th March, then you should have been notified of a pre-allocated start time, and your bib will be available to collect outside the marquee.

STARTS

All colour coded courses start from the Near start, approx. 10-15 mins walk from the arena field. Please arrive at the start 5 minutes before your allotted start time. If you entered after Thursday 23rd March (including on race day) you will need to make yourself known to an official when your start time is called as your name will not be on the pre-printed lists.

A taped off area adjacent to the entrance to the late start lane will be available to starters on the White and Yellow colour-coded courses ONLY (i.e. NOT championship competitors, even if on the same courses) to study a sample of their map. **Any person that wishes to assist such a competitor must either not be competing in the championships or have already completed their run.** They will be asked to give their name and, if running, their start time. If this is after the current time, they will be advised not to assist or they will be declared non-competitive. These sample maps must not be shown to any other competitor and must not leave this area. Championship competitors must not attempt to view these maps. There will be a helper on hand who will assist any unaccompanied competitor requiring advice on their course.

FINISH

In the Arena. The Finish units will be contactless enabled. Follow tapes directly to Download. All hired SIACs will be collected – any hired SIACs for relays will be issued (and paid for) only on Sunday morning.

MAP COLLECTION

Maps will be collected from all competitors finishing before the last starts (13:30), placed in bags for each club. They can be reclaimed after 13:30 – one representative per club please!

EVENT FOR CHILDREN (OF ALL AGES)

STRING COURSE

In woodland at the far (east) end of the car park/arena field. (Need to cross a fence to access)

Open from 1030 to 1400.

Terrain is off-track and definitely **not** suitable for buggies.

Free entry.

Turn up and Go!

ALL COURSES (CHAMPIONSHIP AND COLOUR CODED) CLOSE AT 4:00PM!

All competitors must report to download by this time, whether or not you have finished your course. Having started, if you decide to retire (not finish your course) you must still report to download as soon as possible (and in any case by not later than the course closing time of 4.00pm).

RELAY CHAMPIONSHIPS: HAMBLEDEN

TIMETABLE - SUNDAY

Remember that clocks go forward overnight. Don't turn up late!

- 08:15 Car park open
- 10:00 First start (call-up at 09:45)
- 11:00 Last start (call-up at 10:45)
- 12:30 Mini mass start for remaining runners
- 12:30 Maps returned to teams
- 13:15 Prize-giving for Relays
- 14:00 Courses close

TRAVEL

The event Car Park will be signed off the A4155 Henley to Marlow road.

- Grid reference: SU776856
- Post Code: RG9 3AS
- What3Words: ///approvals.book.chefs

By Road: From the centre of Henley-on-Thames follow the A4155 north towards Marlow. The event is on the north (left) side of this road about 4km from the centre of Henley. Continue 600m beyond the field exit gate (DO NOT turn into this gate - it is for exit only). If approaching from Marlow take care turning right into the event.

By Train: The nearest station is in Henley, on a spur line from Twyford (London Paddington main line) with a shuttle service every 30 mins. A public footpath follows the River Thames from the town northwards most of the way to the event, which is about 4.5km from the station.

CAR PARKING

In a large gently sloping field with an exit gate at the bottom (this gate is exit only, open from 1030). Car park open from 0815. After turning off the A4155 take care on the narrow lane leading to the main field entrance.

ARENA

500m level walk from the NW corner of the car park field. Maximum 800m from your vehicle.

See weekend information for a list of arena facilities and the map on the next page for an indication of layout. The main marquee will be situated between two lightly wooded areas set aside for club tents.

SIAC HIRE

Relay competitors who are hiring a SIAC need to collect and pay in the marquee **by 1130 latest** (£2 per SIAC card, cash only, exact change please). SIAC cards used on Saturday must not be retained overnight. Lost SIAC cards will be charged at £65.

CHANGES

Team declarations and late changes must be made by 20:00 on Saturday via the online Fabian entry system. The Entries Desk will handle any genuine last minute changes before you go to Map Issue.

TROPHY RETURN

Please return all trophies at the individual event on Saturday if possible. Otherwise deliver them to the marquee as early as you can on Sunday.

Club Tents can be erected among the trees adjacent to the run-out (beyond the marquee) or the final part of the run-in. No tents to the south of the final bend on the run-in please. See arena plan on next page.



MAP

ISOM 2017-2, except for special symbols (see below). Scale 1:10,000, contour interval 5m for all courses.

The map has been completely redrawn in 2021/22, with recent updates for the event using LiDAR data from the Chilterns Conservation Board (Beacons of the Past project) funded by the National Lottery Heritage Fund. LiDAR products were kindly generated by Bob Beresford, TVOC. Cartography and mapping by Mark Thompson and John Farren, TVOC.

Special symbols

- × Permanent horse jump
- ▲ Platform
- × Rootstock >1.5m

The most recent use of the area for a major event was British Night Championships 2020, which can be viewed on [Route gadget here](#).

TERRAIN & PLANNER'S NOTES

Typical fast runnable Chilterns woodland consisting of two major valleys running NNW, and a NNW trending ridge in the east visited by the longer courses. There are areas of rhododendron and some box. Fields marked 'Out of Bounds' with the standard purple cross hatch symbol in the central part of the map must not be crossed. The courses have been planned to avoid these fields. There are some areas of newly planted trees within either runnable forest, rough open or rough open with scattered trees. These areas are not mapped and can be traversed.

All TD2 and TD3 legs (Classes P to T) include a taped route towards the end of the courses, approaching the last control.

SEEDING

Top teams from last year's Relay championships (maximum of 6) will be seeded in accordance with BO Competition Rule D.

SAFETY AND RISK

GENERAL

There is a small pond near the south end of the arena. Please do not allow children to play near the water.

Some routes go around the edge of pheasant pens, especially on TD2 and TD3 variations. There are cage-like constructions and some sturdy (but short) posts supporting the wire. The worst of these will be taped.

SAFETY BEARING

Head south down one of the two major valleys and you will return to either the arena or the entrance to the car park.

COURSES & CLASSES

Call Up	Start Time	Class	Title	Order	EWT Mins	TD	Distance (km)	Climb (m)	Bib nos
09:45	10:00	R	Mini Relay (M/W12-)		12	2	2.0	75	1201+
09:55	10:10	A	Men's Premier		32	5	6.3	240	1+
10:05	10:20	E	M40		32	5	5.1	190	4001+
10:05	10:20	B	Women's Premier		32	5	5.1	190	101+
10:05	10:20	D	Women's Short		21	5	3.6	120	301+
10:05	10:20	H	W50		32	5	3.6	120	5051+
10:05	10:20	N	W18		25	5	3.6	120	1851+
10:15	10:30	P	M14		18	3	2.5	90	1401+
10:15	10:30	Q	W14		22	3	2.5	90	1451+
10:25	10:40	S	Mixed Ad Hoc	M/S/L (any order)*	-	5/3/5	3.6/2.5/4.8	110/75/160	401+
10:25	10:40	T	Junior Ad Hoc (M/W 18-)	M/S/L (any order)*	-	3/2/5	2.4/2.0/3.6	90/75/130	501+
10:35	10:50	G	M50		32	5	4.6	170	5001+
10:35	10:50	K	W60		32	5	2.8	90	6051+
10:35	10:50	L	M/W70	L/M/L (fixed order)**	32	5	3.6/3.1/3.7	100/100/125	7001+
10:45	11:00	C	Men's Short		21	5	4.4	140	201+
10:45	11:00	F	W40		32	5	4.4	140	4051+
10:45	11:00	J	M60		32	5	4.4	140	6001+
10:45	11:00	M	M18		25	5	4.4	140	1801+

* **For Mixed Ad Hoc and Junior Ad Hoc** all teams have Long, Medium and Short legs. The order varies between teams, being pre-determined for each team number (leg order provided at time of declaration).

** **For M/W70** all teams run in the order Long, Medium, Long. Teams must contain at least one woman.

CONTROL DESCRIPTIONS

Only on the front of the map, there will be no loose control descriptions.

- Class R (Mini Relay) and T (Junior AdHoc) have text descriptions only.
- Class S (Mixed Ad Hoc) has both IOF symbols and text descriptions.
- All other courses/classes have IOF symbols only.

CONTROL SITE LAYOUT

Control boxes will be mounted horizontally on un-numbered stakes. **Only the control boxes themselves will be numbered.** A back-up pin punch will be attached to the stake.

TEAM DECLARATIONS & BIBS

Final team declarations and late changes should be made online by 20:00 on Saturday 25th March.

Team Captains should check any details they have submitted to make sure that runner names, SI cards and eligibility are shown correctly.

Team Captains can collect a bag containing bibs and a team list for their club at the Relay Desk between 09:00 and 15:00 on Saturday in the main marquee. Team Captains should check that the bag contains a complete set of bibs for every team they have entered.

Bib number ranges are given in the table of age classes and courses. Bib colour is **Red** for Lap 1, White for Lap 2, **Blue** for Lap 3. Pins are not provided – please supply your own.

START/CHANGEOVER/FINISH PROCESS

SI CARD CHECKS AND MAP ISSUE

All controls (including finish) will be enabled for SIAC use. Clear and Battery Check stations will be located outside the Map Issue tent. Your SI card will be electronically checked as you enter Map Issue. Make sure your bib is visible so the official can confirm your team number and lap matches the SI card.

Map issue will be split by lap, make sure you select the correct lane. After collecting your map and exiting the tent you should use the Check unit to ensure that (i) you have cleared your card, and (ii) to activate your SIAC (if you have one). A SIAC test unit will be placed after the Check station for you to confirm activation.

MAPS

Team and lap numbers will be visible on the folded map. It is the competitors' responsibility to ensure they receive the correct map – check against your bib! The map will be folded and sealed with tape.

Competitors must not open their sealed map until, for lap 1, the race start signal has been given or, for laps 2 and 3, physical contact has been made with their incoming runner. Anyone observed opening their map early risks being disqualified.

CALL UP FOR FIRST LAP RUNNERS

Call up is 15 minutes before your start time. Listen to announcements and only come forward when your relay class has been announced. Please be on time (within the 10 minute window) to ensure a smooth process. First lap runners will move into the final waiting area at -5 minutes. There will be a timed mass start.

CALL UP FOR 2ND & 3RD LAP RUNNERS

Lap 2 and 3 runners can proceed to the map issue tent and enter the waiting pen at any time after their previous runner has started. There will be no announcements to call up 2nd and 3rd lap runners until the mini mass start (see below).

START

Lap 1 runners have a mass start on the starter's signal. Refer to your class in the timetable above. The run out will take you to a start kite on the edge of the arena, being the location of the start triangle on your map. Laps 2 and 3 will follow the same run out from the changeover line.

CHANGEOVER AND FINISH

Incoming runners will NOT be announced. Runners may enter the changeover waiting area at a time of their choice. It is the competitor's responsibility to be there on time.

Outgoing runners will have a good view of incoming team-mates from the waiting area, about 200m before the actual handover point. Please allow smaller runners access to the front so they can have a clear view. To avoid crowding at the handover line please stay in the waiting area until your incoming runner has reached the final hairpin bend on the run-in.

Incoming runners on Laps 1 and 2 should keep right at the split to approach the handover line. After handing over (by **physical contact**), remember to swipe/punch the finish control and proceed directly to download.

Incoming runners on Lap 3 should keep left and head directly for the finish line/arch. Results will be based on the order in which teams cross the Finish line. Competitors must then swipe/punch the Finish unit **in the order that they crossed the line**. Marshals will be on hand to adjudicate if necessary.

MINI MASS START

There will be a mini mass start at 12:30 for all remaining lap 2 and lap 3 runners who have not started. Call up for any remaining runners will be announced at about 12:20.

MAP COLLECTION

Maps will be collected from all finishers up until the mini mass start. Club representatives can reclaim club bags as soon as this has taken place.

EVENT FOR CHILDREN (OF ALL AGES)

At the time of issuing these final details it has not been possible to confirm any specific activity. There is an open grass area to the south of the arena and traders where younger members may play responsibly. Please stay away from the pond in front of the lodge.

If this situation changes and we are able to provide a specific activity we will announce something via the News page on the web site.

RELAY COURSES CLOSE AT 2:00PM!

OFFICIALS:

Weekend Co-ordinator: Paul Fox SN
Entries Secretary: Alun Jones TVOC
Website Administrator: Alun Jones TVOC
Prizegiving: Carol and Ian Prosser BAOC
Treasurer: Martin Ricketts TVOC

BRITISH LONG ORIENTEERING CHAMPIONSHIPS

Organiser: Jane Courtier BKO
Assistant Organiser: Fiona Clough BKO
Planners: Mark Foxwell BKO and Simon Moore BKO
Controller: Graham Louth WAOC
Safety Officer: Derick Mercer BKO
Arena Manager: Steve Waite BKO
Start Team Leaders: Andy Macgregor BAOC, Liz Yeadon SARUM, Jon Wheatcroft TVOC
SI Equipment Coordinator: Gordon Parker SLOW
String Course: Katy Stubbs and Lynn Moore BKO

BRITISH RELAY CHAMPIONSHIPS

Organiser: Neville Baker TVOC
Planner: Mark Thompson TVOC
Assistant Planner: Peter Riches TVOC
Controller: Michael Chopping RAFO
Safety Officer: Chris Poole TVOC
Start Team Leader: Andy Macgregor BAOC
SI Equipment Coordinator: Robin Bishop TVOC
Childrens activity: n/a

THANK YOU TO OUR PRINCIPAL SERVICE PROVIDERS

Download and Results: Eddie Speak MDOC
Radio Controls: Ian & Helen Marsden HH
Commentary: Katherine Bett & Holly Stodgell
PA System & Generators: Amplified Sound
First Aid: White Star Medical
Toilets: Site Equip Ltd

AND A SPECIAL THANK YOU TO THE CLUB VOLUNTEER COORDINATORS

Andy Macgregor BAOC/BADO: Individual Start teams
Di Smith SOC: Individual Start teams
Sue Parker BKO: Individual Long Championships
John Dalton TVOC: Relay Championships and support to Long Championships
Jane Archer SN: Download, map collection/reclaim (both days)

And to their combined teams of over 150 SCOA members (and a few friends from elsewhere) who are helping in some capacity during the weekend.

APPENDIX A: SI INFORMATION

UNIT	LOCATION		FOR USE BY	COMMENT
	INDIVIDUAL	RELAY		
BATTERY TEST	At or near Enquiries in main marquee	Before Map Issue	SIAC Users only	TESTS SIAC BATTERY POWER <i><u>Dib</u> SIAC and remove it immediately – if it doesn't beep or if it beeps 10 times in quick succession, the battery needs replacing</i>
CLEAR	In pre-Start area	Before Map Issue	All Competitors	CLEARs DIBBER MEMORY
CHECK	In Start lanes	In funnel after Map Issue	All Competitors	CHECKS DIBBER HAS BEEN CLEARED ACTIVATES SIAC CARDS
SIAC TEST	In Start lanes after Check	In funnel after Map Issue	SIAC Users only	TESTS SIAC HAS BEEN ACTIVATED <i><u>Swipe</u> SIAC over the box - if activated correctly it will beep and flash. If not, revisit Check unit.</i>
START	Late starters only	Not in use	n/a	TIMED START (no punching) for mainstream competitors, including Colour Coded on Saturday
CONTROLS	On course	On course	All Competitors	CONTACTLESS.
FINISH	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.

APPENDIX B: EMERGENCY HOSPITAL SERVICES

URGENT CARE CENTRE

SATURDAY only:

West Berkshire Community Hospital

London Rd, Benham Hill, Thatcham RG18 3AS

Web: [West Berkshire Community Hospital | Berkshire Healthcare NHS Foundation Trust](#)

01635 273300

Opening hours: 0830 - 1700

Approx. 6 miles / 15 mins from Cold Ash arena

ACCIDENT & EMERGENCY

SATURDAY and SUNDAY:

Royal Berkshire NHS Foundation Trust

London Road, Reading RG1 5AN

Web: [Royal Berkshire NHS Foundation Trust](#)

0118 322 5111 – Switchboard

0118 322 7019 – Emergency Department (Centre Block, Craven Road, RG1 5AN)

Open 24 hours

Approx. 19 miles / 35 mins from Cold Ash arena

Approx. 12 miles / 30 mins from Hambleton arena

SATURDAY only:

Great Western Hospital (near M4 Junc 15)

Marlborough Road, Swindon SN3 6BB

Web: [Home | Great Western Hospital \(gwh.nhs.uk\)](#)

01793 604020

Open 24 hours

Approx.. 25 miles / 30 mins from Cold Ash Arena

APPENDIX C: RULES FOR LATE STARTERS

British Orienteering Rules 27.6.1 and 27.6.2 apply to all competitors: elite and non-elite. *“If the competitor is at the start line less than half the start interval after their start time, they shall start immediately. 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.”*

Late starters will not have their start times changed at the start. No conversations/negotiations will be held at the start. You will need to make a case for any change after your run with the Organiser. You will however be able to (and required to) punch (dib) at the start so that the time at which you actually started is recorded.

If multiple late starters on the same course are present at the start line at the same time they will be started in order of their arrival, on consecutive half start intervals (but see below re additional restriction on late starting seeded competitors). Under no circumstances shall two runners on the same course be started at the same time. No late starters will be started at 00s (on the exact minute), even if that start time appears to be vacant.

ELITE LATE STARTERS

The start interval on Elite courses only is 3 minutes. Elite late starters can start anytime up to and including 90 seconds (i.e. half the start interval) after their allocated start time. If they have missed their start time by over 90 seconds, they will be started 90 seconds after the next start time, whether occupied or not.

NON-ELITE LATE STARTERS

The start interval on all non-elite courses is 1 minute, though competitors may in practice be spread at greater intervals across the start period where entry levels allow greater separation.

Seeded non-elite late starters can start anytime up to and including 30 seconds after their allocated start time. If you arrive at the start line later than this you will be started on the first available half start interval thereafter, provided it is also **at least 90 seconds away from the start time allocated to any other seeded runner on your course.** If you arrive at the start line less than 90 seconds before the next seeded runner is due to start then you will have to wait until 90 seconds after that runner was due to start (whether or not they actually start at that time).

Unseeded non-elite late starters can start anytime up to and including 30 seconds after their allocated start time. If you have missed your start time by over 30 seconds you will have to wait until the first available half start interval thereafter (whether or not anyone on your course actually starts on the whole minute(s) in between).