

## **British Orienteering Championships 2018 - Balmoral and Torphantrick 19<sup>th</sup> and 20<sup>th</sup> May**

### **Event Programme and Final Details**

#### **Welcome**

The Scottish Orienteering Association (SOA) welcomes you to the British Orienteering Long Distance Championships and British Relay Championships as well as the British Trail Orienteering Championships (Crathes Castle). British Orienteering confirmed that the SOA has the authority to host the British Orienteering Long Distance Championships and the British Orienteering Relay Championships.

Thanks go to the Balmoral Estates and in particular Garry Marsden for permission to stage the Long Distance Championships at Balmoral on Saturday 19<sup>th</sup> May – the same day as the Royal Wedding between Prince Harry and Meghan Markle.

Torphantrick is part of the Inchmarnoch Estate, and thanks go to Mrs J C Carson for permission to use this area for the British Relay Championships on Sunday 20<sup>th</sup> May.

We hope that competitors will take the opportunity to travel north to Moray and Nairn for the Scottish Orienteering Championships on the following weekend.

#### **Key Officials and Clubs**

Thanks go to the clubs who have given up their time as volunteers to help stage this competition. MAROC, ESOC, TAY, ECKO, CLYDE and FVO are the main clubs involved with the Long Distance Championships. GRAMP and BASOC are the main clubs involved with the British Relay Championships. Individuals from other clubs across Scotland are also involved.

Event Coordinator, Day Organiser and Safety Officer: Colin Matheson, Events Manager, SOA

Assistant Coordinator: Ross Lilley, ECKO

Treasurer: Jackie Reynard, GRAMP

Entries: David Nicol, FVO

Payments: Sarah Hobbs, Membership & Communications Officer, SOA

*Long Distance:*

Planner: Steve Nicholson FVO

Assistant Planner: Ian Hamilton, GRAMP

Controller: Brian Bullen, FVO

Assistant Controller: Dave Armitage, GRAMP

*Relays:*

Planner: Clive Masson, ESOC

Assistant Planner: Chris Huthwaite, BAOC

Controller: Donald Grassie, MOR

#### **Sponsors**

Thanks go to Aberdeenshire Council for their financial assistance as well as help in kind including loan of equipment and signage; advertising traffic restrictions and waste and recycling services for the event.

Commercial law firm Burness Paull have kindly sponsored the String Course.

## General Information

**Biosecurity:** Please come to the area with clean shoes and clothing and keep these and paws/wheels clean between areas to avoid spread of forest diseases.

**Merchandise:** Orienteering suppliers Ultrasport and CompassPoint will be at the event. There is no official event merchandise on offer. Please consider spending at local shops and helping out the economy in Royal Deeside.

**Waste:** Aberdeenshire Council are kindly providing waste and recycling facilities at race arenas. Please sort waste properly to avoid contamination. Pick up the plastic tape from your shoes and leave no litter.

**Travel and Signage:** Public transport is limited and there is no event bussing service. Black on yellow signage (Orienteering Race Arena) will help you find your way.

**IMPORTANT NOTICE:** Due to emergency bridge repair works at Gairnsheil Lodge the only access from the Cockbridge direction is a 24 mile detour via the A944 to Strathdon then the A97 to Dinnert.

**Security:** Please download the parking permit from the SOA website [https://www.scottish-orienteeing.org/documents/general/Parking\\_permit\\_British\\_Orienteering\\_Championships.pdf](https://www.scottish-orienteeing.org/documents/general/Parking_permit_British_Orienteering_Championships.pdf) or display the back of this programme. The permit should be shown on arrival at Balmoral but is not required for Torphantrick. Blue Badge permits available on request.

**Campsite and Event Centre:** No special facilities are being provided. There will be an enquiries and information tents both days and they will try and assist.

**Social Programme:** No formal social programme has been organised.

**Dogs:** These are allowed in parking and race arenas only and must be on a lead at all times. They are not allowed into the competition area. Owners must clean up after their dogs.

**First Aid:** F1 Training Services are providing first aid and will be based in the race arenas.

**Emergency Medical:** In emergency dial 999. A&E is at Aberdeen Royal Infirmary, AB25 2ZN Tel: 0345 456 6000.

**Ticks:** Ticks are common in the competition areas. Check yourself carefully after each run and remove using a tick twister or similar. Lyme disease does occur, and if you develop a rash or feel other symptoms seek medical advice.

**E-Coli:** Farm animals do graze at Torphantrick and you are advised to wash hands thoroughly before eating.

**Training:** There are no specific training activities associated with this event. An informal Sprint Race is being organised in Ballater on Friday evening by Graham Gristwood of Masterplan Adventure [https://race-entry.store/masterplanadventure/select\\_competition](https://race-entry.store/masterplanadventure/select_competition) Following the competition there is World Orienteering Day on Wednesday 23th May and local clubs MAROC and GRAMP will be staging small events. A new permanent course (part of Sarah Dunn's Community Orienteering & Protection of the Environment project) will have just opened at Linn of Dee as part of the Cairngorms Nature Big Weekend. Controls are also out at Glenmore Lodge and maps can be requested from [colin.matheson@scottish-orienteeing.org](mailto:colin.matheson@scottish-orienteeing.org) (£3.50 to non-SOA members).

**Filming:** The Adventure Show featuring Dougie Vipond will be filming the Long Distance Championships and Trail Orienteering for future transmission on the BBC. There will be cameras in the forest and occasional use of a drone. Head or chest cams are being used by some competitors. Photographers Wendy Carlyle and Steve Rush have already been granted permission to take photographs in the area. In accordance with the British Orienteering Welfare and Safeguarding Policy, it is requested that any person wishing to engage in any video, zoom or close-range photography should make themselves aware of this policy. See <https://www.britishorienteering.org.uk/safeguardingandsafety> for further information. 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.

**GPS Tracking:** Some Elite athletes may be required to wear vests/tracking devices as part of the TV coverage.

**Entry at the Event:** There will be entry at the Long Distance Championships for colour coded courses only. £13 for Seniors and £7 Juniors for White, Yellow, Orange and Light Green. There is no entry at the event for Championship courses, but these competitors can change to a colour coded course for an additional £3. Subject to availability late entries can be accepted for the British Relay Championships (go to Relay Registration as below).

**Relay Registration:** This will be co-located in the enquiries tent on Saturday but at a separate table. Relay teams can collect bibs (Red – 1<sup>st</sup> lap, White – 2<sup>nd</sup> lap, Blue – 3<sup>rd</sup> lap) here when confirming team order and runners. On Sunday Relay Registration will be adjacent to the map collection area.

**Burness Paull String Course:** There will be a non-competitive string and off-string course at Balmoral led by Jacqui Chapman and with pictures by children from nearby Crathie School. Emit punching will be used. The string course is very close to the race arena. No string course is available on Sunday.

**Electronic Punching:** The SPORTIdent punching system will be used, including touch-free punching using SIAC. SI-cards can be hired for £1 but SIAC (SPORTIdent Active Cards) are also available to hire for £4 (to cover just one day or the weekend). If you decide to hire and change to a SIAC card (price as shown) at the event, please let us know so we can inform the download team. There will be a SIAC battery check at enquiries. If SIAC will not work in contactless mode, try to punch in “normal mode” inserting your SI-Card in the hole. If this also fails, or your SI-card does not appear to register a punch (flash/beep) punch manually (in order if necessary) on your map using the pin punch.

**Maps:** Jon Musgrave of Deeside Orienteering & Leisure Mapping has updated maps to ISOM2017. The most noticeable change is that north lines are now 300 metres apart. Overprint symbols on 1:15,000 maps (some classes in Long Distance) are reduced in size to 5mm. On the Balmoral map there are now no green dots – significant trees are not shown unlike previous versions of the map. BKO have produced a handy guide to explain changes <http://www.bko.org.uk/sites/default/files/basicpage/KYS-ISOM-2017.pdf>

**Shadowing Children:** No shadowing is allowed on Championship courses. No shadowing on colour coded is allowed before your own run.

**Safety, Clothing and Equipment:** Balmoral is rough and rocky in places, and there are some significant and potentially dangerous crags. The area is mainly afforested so not exposed to the elements. The safety bearing is north to hit the estate road but avoid descending steep craggy terrain. Torphantrick terrain is more forgiving and the area is devoid of crags. The River Dee

constrains the area to the north and a minor road to the south. Remember competitors take part at their own risk and are responsible for their own safety.

Braemar Mountain Rescue are aware the event is taking place. Any problems should be reported to event control at the race arena (Colin Matheson, Coordinator and Safety Officer). This includes concerns over overdue competitors.

The torso and legs must be covered, and we strongly recommend carrying a whistle, especially at Balmoral. In the event of bad weather, we may mandate wearing or carrying a suitable waterproof jacket. Mobile reception is variable, especially on south facing slopes at Balmoral.

**Race bibs:** Race bibs will be on a self-collect system (bib number order) near enquiries at Balmoral with the exception of the Elite competitors who must collect theirs at the Start. Bib numbers will be on start lists with start times. Safety pins will be provided but we prefer you to bring your own. There is space on the reverse of bibs to enter contact details and other relevant information e.g. medical conditions.

**Water:** No water will be provided either on the courses or at the finish. In the event of hot weather please consider hydration levels before, during and after running.

**Race Arenas:** The race arena will include a tent for enquiries/entry at the event/hired dibber collection/key drop off/trophy return/relay registration & team declaration & bib collection as well as a download tent where we will handle complaints and protests.

Ultrasport and CompassPoint will be selling equipment. ONosh and EatVanDrink are the only caterers. Helen Mann will be providing sports massage and can be pre-booked through [cornishpixie29@gmail.com](mailto:cornishpixie29@gmail.com).

There is no shelter tent provided. Club tents have been allocated space on both days. Please note there will be no collection and move of club tents by the event organisers.

Chris Poole and Andy Munro will be providing race commentary, with Dave Coustick sorting out radio controls. Robin Strain and Keith Roberts are overseeing computing and are hoping to make use of our new satellite broadband system. Live results will be available in the race arena.

Results boards will be used to display results (brush and paste).

**Rules, Complaints, Protests and Appeals:** The British Orienteering Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations. Those with the new "Scottish" membership may enter their age classes in the Championship courses but are not eligible for medals or trophies. Eligibility rules to be a British Champion are detailed in British Orienteering's Competition Rule A.

All individual long distance championship age class courses and all relay classes will be offered. There are minor variations to the course/class combinations shown due to a limited number of competitors on some courses so please check the tables in the details.

Any concerns should initially be discussed with organiser, planner or controller but if this does not resolve the issue complaints should be made to the Organiser orally or in writing. 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.

The jury has yet to be appointed – if suitably qualified please contact the Event Coordinator [colin.matheson@scottish-orienteeing.org](mailto:colin.matheson@scottish-orienteeing.org)

**Results:** These will be published at [scottish-orienteeing.org/boc2018/results](http://scottish-orienteeing.org/boc2018/results)

## British Orienteering Long Distance Championships – Saturday 19<sup>th</sup> May 2018

**Competition area:** The Championships will be staged on the Balmoral Estate adjacent to Balmoral Castle in Royal Deeside.

**Directions:** Balmoral is situated on the south side of the River Dee just off the A93 between Braemar and Ballater. Entrance for competitors is available from 0900 hrs on the Saturday – not before. Please do not try and drive into the main entrance. Follow orienteering race arena signs south and east along the B976 and turn into the estate via the east gate via NO264941 (57.032561,-3.213431). The parking area is approximately 1.2 km, passing down by the walled gardens just south of the castle. Parking is on flat and well-maintained grass suitable for all vehicle types.

**Race Arena:** The race arena is between 0.1-0.5 km west of the parking areas at NO251947 (57.037284 -3.235832).



**Starts:** There are three starts – Red, Green and Blue. The Red Start is west of the arena i.e. towards Braemar and follows the estate road for 1.8 km before a final 0.6 km uphill (75 m climb) through the forest. Please do not pet or feed Her Majesty's ponies en route. There will be a single chemical toilet just before the final uphill section by the estate road.

Green and Blue starts both go up a track to the south east of the arena and after approximately 0.5 km split. The Green start has a further 0.3 km steep uphill on a track (60 m climb) and the Blue start has a further 0.8 km of which the last 0.4 km is in slow terrain (15m climb). There will be a single chemical toilet just north of the Blue start, position indicated by red and white tapes. No toilet at the Green start.

The String Course is immediately northwest of the race area. From the parking area it is possible to join the route to the Green and Blue start route without passing through the race arena but please

do not walk out by the incoming traffic and remember to collect your race bib first. Coloured tape red, green and blue marks the way to the starts.

### Timings:

Parking open to competitors	09.00
Enquiries Open	09.30
Colour Coded Entry at the Event	10.00 - 12.30
Start times*	11.00 - 14.00
Relay registrations	11.00 - 15.00
Enquiries close:	15.00
Courses close	16.30
Prizegiving**	Sunday

\*Timings may be extended for some courses depending on final numbers. Links to start lists will be on the SOA website

\*\*Medals are awarded to the first, second and third in each long age class and there are Trophies for the winners.

### Courses:

Course	Classes	Scale	Length	Climb	Controls	Start
			Km	m		
1	M21E	1:15000	13.9	600	29	Red
2	M18E, M20E	1:15000	9.5	425	17	Red
3	W21E	1:15000	9.2	320	21	Red
4	W18E, W20E	1:15000	6.3	240	14	Red
6	M21L, M35L	1:10000	9.5	425	17	Red
7	M40L	1:10000	8.9	375	20	Red
9	M18L, M20L, M21S, W21L, W35L, W40L	1:10000	6.3	240	14	Red
11	M45L	1:10000	8.7	310	17	Red
12	M50L	1:10000	8.3	270	17	Red
13	M55L	1:10000	7.8	285	19	Red
14	M60L	1:10000	7.0	270	17	Red
15	M35S, M40S, W45L	1:10000	5.9	275	18	Blue
16	M16A	1:10000	6.2	235	15	Red
17	M65L	1:10000	5.9	210	14	Red
18	M45S, M50S, W50L	1:10000	5.7	215	13	Red
19	M55S, W55L	1:10000	5.6	185	12	Red
20	M18S, M20S, M21V, M60S, W16A, W18L, W20L, W21S	1:10000	4.7	195	11	Blue
21	M75L, W35S, W40S, W65L	1:7500	4.1	165	10	Blue
22	M65S, W45S, W50S, W70L	1:7500	4.2	135	13	Green
23	M70S, M75S, M80, W18S, W20S, W21V, W55S, W60S, W65S, W75	1:7500	3.4	110	12	Green
24	M85, M90, W70S, W80	1:7500	2.6	75	9	Green
25	W85, W90	1:7500	2.0	60	7	Green
26	M14A, M16B	1:10000	5.0	130	12	Red
27	W14A, W16B	1:10000	3.9	85	10	Red



28	M12A, M14B, W12A, W14B	1:10000	3.0	115	11	Blue
29	M10A, M12B, W10A, W12B	1:10000	2.6	115	12	Blue
30*	M10B, W10B	1:10000	1.8	85	12	Blue
31	W60L	1:10000	5.1	210	11	Blue
32	M70L	1:7500	5.1	245	17	Blue
Orange	Orange	1:10000	3.0	115	11	Blue
White*	White	1:10000	1.8	85	12	Blue
Yellow	Yellow	1:10000	2.6	115	12	Blue
L Green	L Green	1:10000	3.0	150	10	Blue

\*Courses 30/White have a marked route between two controls which is flagged by WHITE tapes.

**Entries:** Entries have closed but a “waiting list” will be held by SIEntries till 11<sup>th</sup> May and maps and start times allocated subject to availability. Note there is no entry at the event for Championship courses. Any queries please contact [entries@thenicols.net](mailto:entries@thenicols.net)

**Seeding and Start Blocks:** Seeding will be carried out according to the British Orienteering rules. We have tried our best to allocate runners to their preferred start block. Copies of the start lists will be displayed in the arena and at the starts. Any queries please contact [entries@thenicols.net](mailto:entries@thenicols.net)

**Colour Coded Courses:** White (very easy), Yellow (easy), Orange (bit tricky) and Light Green (moderate difficulty) non-Championship courses will be offered for entry at the event. These are primarily aimed at those new to orienteering. Entry fees are £13 for adults and £7 for juniors. Additionally, you may have to hire an SI-card for timing.

**Changes to Entries:** Non-Elite competitors may request changes to start times up until 12.00 on Wednesday 16<sup>th</sup> May, subject to availability. Please contact [entries@thenicols.net](mailto:entries@thenicols.net) but note there will be an administrative fee of £3 for all changes. No changes are permitted after this time. Seeded non-Elites may find it difficult to find a suitable start time.

Late cancellations will be charged to cover administration costs and very late cancellations will receive no refund.

**Cancellation or Curtailment of the Event:** The organisers reserve the right to retain all or part of the entry fees in the event of BOC 2018 being cancelled or curtailed.

**Terrain:** Balmoral Estate was used for the World Ranking Event at Race the Castles 2014 and the Scottish Orienteering Championships 2016. Embargoed areas were published in May 2016. Balmoral Castle is located at grid reference NO253948.

Thanks go to Her Majesty the Queen and Balmoral Estates for allowing us to use the area and in particular Garry Marsden, Estate Visitor Enterprise Manager, for his great co-operation.

Balmoral is one of the more runnable Deeside forests but does have some extensive areas of rocky ground and deeper heather. The area has spectacular views out over the River Dee (and Scottish 6 Day area Glen Fearnar) as well as Munros including Lochnagar and Ben Avon. There are three main hills in the area, the southwest and southeast craggier and rockier. Many substantial cairns adorn the area, erected in memory of various members of the Royal Family.

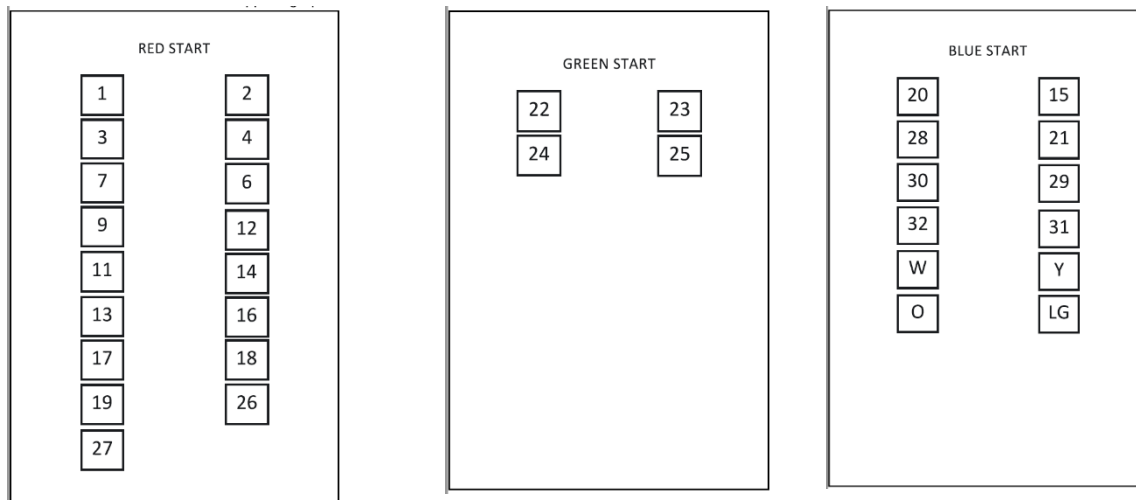
**Start Procedures:** Start times have been pre-allocated and enquiries will have a list of available slots for colour coded competitors. Timed starts mean that you do not punch at the start but when

instructed to do so by start officials (beeping countdown clocks). Helpers with open starts must still obtain a start time from enquiries. **No bib, no go.**

Competitors must make every effort to start at their published time. There may be a significant wait until a suitable starting slot is available. **Note that even if you start late your original allocated start time will stand!** A safety punch check will be used if you start late.

There will be call ups at minus 4 minutes to allow for checking of SI units, collection of control descriptions and sight of the competition map. It is at the discretion of the Late Start official to allow you through to your start on time if you are 1-3 minutes late.

**Maps:** Maps at 1:10,000 and 1:7,500 are laser printed on waterproof paper. 1:15,000 maps are litho printed and bagged. Most maps are near A3 size. Map box layouts are shown at the start.



-----Start Line-----

Maps will be in shallow trays marked with a numbered board.

**Control Descriptions:** Control descriptions are printed on the map and loose descriptions will be available in the start lanes. The box size is 6mm for all but M21E (5mm). Descriptions for the latter will fold down to about 16 cm.

The International Specification for Control Descriptions 2018 will be used. There are no changes of noticeable impact for Balmoral except for Column C where similar features on the edge of the circle are generally not included e.g. western most. Some proposed changes in the draft specification e.g. boulders to dots were not implemented. There is a brief guide to changes at <https://grampoc.com/2018/01/06/iof-review-of-control-description-and-mapping-symbols-2017/>

**Out of Bounds:** Any area that is out of bounds is surrounded by walls or substantial fences and is marked on the map. There are no restrictions to walking up to the Castle itself (outside the competition area). Please keep to taped routes to the start and do not divert into the terrain. Double hatching (criss-cross) is now used to show Out of Bounds areas

**Crossings:** Purple overprint highlights high deer fences which must only be crossed via gates at the indicated crossing points. All walls within the competition area are ruined.

**Run-through and Spectator Control:** Unfortunately, the area does not permit a sensible run-through or spectator control.



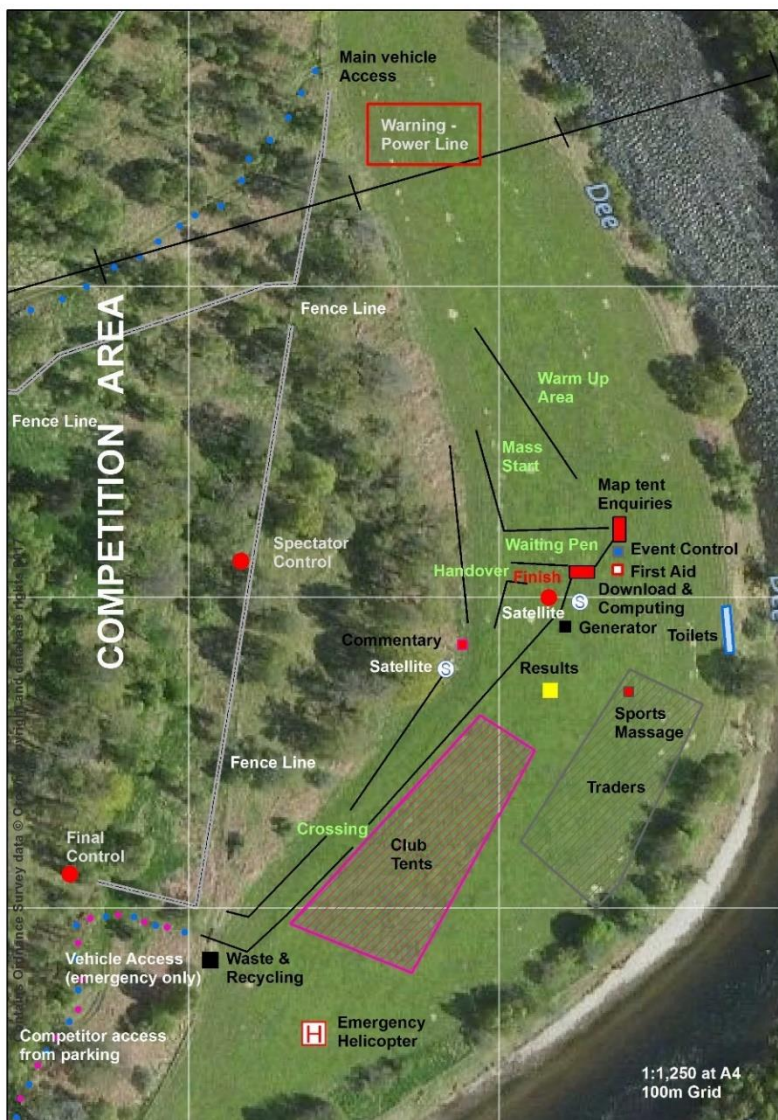
**Finish:** The Finish for all courses is in in the race arena, and runners can be cheered on by their club mates by the club tents. There is a Finish gantry, but time stops when you punch or swipe (SIAC) the final control. Please proceed directly to the Download tent and if there are any issues you will be taken aside to deal with an official. Maps should be put in a club collection bag for collection after 14.00. Thanks go to Sainsbury's for supply of plastic bags - please re-use or recycle.

## British Orienteering Relay Championships – Sunday 20<sup>th</sup> May 2018

**Competition area:** The Relay Championships will be staged at Torphantrick, part of the Inchmarnoch Estate, 5km east of Ballater on the banks of the River Dee opposite Cambus o’May.

**Directions:** Torphantrick is on the B976 , the road that runs on the south side of the River Dee parallel with the A93. Access can be gained either from the bridge at Ballater or bridge at Dinnet. The suspension footbridge linking across to Cambus o’May is unfortunately closed due to serious flood damage. Orienteering “race arena” signs will lead you into the parking field just south of Headinch with the entrance at NO415967 (57.058345,-2.965534). There is a 20 mph temporary speed restriction on approaches to the parking field – all competitors will be crossing the road to access the race arena **so please drive carefully**, especially when approaching from the east. The parking field is used for grazing, and improvements (hardcore) are being made by the farmer to the field entrance but take care and drive slowly. Large motorhomes may struggle and parking in Ballater is recommended. Contact the Coordinator for further advice on a limited local parking area.

**Race Arena:** The race arena is approximately 0.8 km north of the parking field just south of the suspension bridge in an attractive location on a bend of the River Dee. The first few hundred metres of the track, following the road crossing, may be a bit rough and difficult for pushchairs.



Competitors will be directed through the map tent into the waiting pen and handover and finishing lanes will be clearly explained by event officials.

Please note a power line crosses the north side of the race arena. Please do not attempt to erect banners or fly kites near this area. The River Dee flows along the east side of the race arena – this is potentially fast flowing and dangerous and adults and children should stay well away from the water side.

### Timings:

Parking open to competitors	08:30
Enquiries Open	09.00
Deadline for Team changes	09.30
Call up	09.45 – 10.45
First lap mass starts	10.00 – 11.00
Mini mass start (if required)	12.15
Enquiries close:	13.00
Courses close	14.30
Prizegiving*	as soon as possible after positions decided
*Individual and Relay	

**Courses:** For all classes except L, S and T each lap will be roughly 1/3 of the total length and climb although gaffling options mean that some courses may be up to 5% longer or shorter than an exact 1/3 split.

Class		Bib	Call Up	Start	TD	Length (km) <i>lap split</i>	Climb (m) <i>lap split</i>
A	M Premier	1+	10:55	11:10	5	17.7	345
B	W Premier	101+	10:45	11:00	5	15.6	300
C	M Short	201+	10:15	10:30	5	12.6	240
D	W Short	301+	10:35	10:50	5	10.5	210
E	M40	4001+	10:45	11:00	5	15.6	300
F	W40	4061+	10:15	10:30	5	12.6	240
G	M50	5001+	10:25	10:40	5	14.4	270
H	W50	5061+	10:35	10:50	5	10.5	210
J	M60	6001+	10:15	10:30	5	12.6	240
K	W60	6061+	10:35	10:50	5	9.9	195
L	M/W70	7001+	10:35	10:50	5	8.6	200
	<i>Long</i>						70
	<i>Medium</i>						60
	<i>Long</i>	70					
M	M18	1801+	10:15	10:30	5	12.6	240
N	W18	1861+	10:35	10:50	5	10.5	210
P	M14	1401+	09:55	10:10	3	7.8	195
Q	W14	1461+	09:55	10:10	3	7.8	195
R	Mini	1201+	09:45	10:00	2	7.2	60
S	Mixed ad hoc	401+	10:05	10:20	5	12.3	255
	<i>Long</i>						115
	<i>Medium</i>						60
	<i>Short</i>	80					

T	Jun ad hoc	501+	10:05	10:20		8.5	170
	Long				5	3.5	90
	Medium				3	2.6	55
	Short				2	2.4	25

Note:

*Class L.* Teams declare which runners on long and medium laps then laps are run in order; long – medium – long

*Class S and T.* Teams declare which runner runs which length of lap and can indicate a preference for the order in which laps are run but the final direction will be dictated by the entries team.

**Terrain:** The forest has two distinct parts; all competitors start the race in an area of mature pine trees over moraine hills of 5m to 15m high. The longer courses move into an area with higher moraine hills and harder underfoot conditions. All courses transition through or finish in an area of mature birch and oak trees over short grass and heather. The assembly field is flat short grass.

**Maps:** All maps are laser printed on waterproof paper with pictorial control descriptions printed on the front. The map scale is 1:10000 with 5m contours for all except M/W 70 who run on 1:7500 scale maps.

**Entries:** Entries have closed but a “waiting list” will be held by SIEntries till 11<sup>th</sup> May and courses will be allocated subject to availability. Entry at the event is also on offer subject to availability for all courses. Any queries please contact [entries@thenicols.net](mailto:entries@thenicols.net) From 4th May 2018 changes to a team’s class can only be made by Entries and a charge equivalent to the late entry surcharge will apply (£12 senior teams, £6 junior teams).

**Relay Registration:** Please make every effort to declare your teams online by 12.00 on Wednesday 16<sup>th</sup> 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 team eligibility status as per 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 they should complete the details 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 Relay Registration no later than 15.00 on the Saturday. Should any further team changes be necessary, they must be reported by 09.30 at the latest on the Sunday

**Race Bibs:** Race bibs must be worn by all competitors. No bib - no start. Bibs for all classes are colour coded to signify each lap as follows: Lap 1 – red Lap 2 – white Lap 3 – blue

**Map Issue:** There will be clear and check stations before the map issue tent. Competitors must have their bibs fixed and visible before entering the tent. The maps will be labelled with team number and

lap number and these will be matched to the competitor's bib. The runner is responsible for ensuring that their map matches their bib before leaving the tent. Maps will be folded over and sealed. Any attempt to see the map before the start will render the competitor's team liable to disqualification.

**Gaffles:** All courses are gaffled. Junior competitors or novices should be advised that following is not advisable.

**Exiting the field (Starts):** The taped route takes all runners for about 150m through the field to an open gate, the start kite is 10m past this gate. TD 3 and 5 courses runners then enter the forest through a marked fence gap a further 20m from the start kite. The start kite is on a path that TD 2 courses will follow.

**Crossings:** *Use of all marked crossing points is mandatory* but for clarity a purple overprint has not been used on fences. This includes the deer fence marked as impassable (double tags) on some courses. If a fence mapped with single tags has a marked crossing point use this – it will be on the obvious route between controls. The fence with crossing points is a new stock fence with tight barbed wire and is dangerous to attempt to cross. All courses will cross at least one stile, some courses will cross three or four. All stiles should be crossed in the direction that the course dictates. Stiles will be marked as crossings. Crossings will also be used for areas of flattened fence and gates. There may be a disused electric fence (white posts) flat on the ground. This is not marked on the map. This and other electric fences are not live to the best of our knowledge and these can be crossed.

**Spectator control:** All courses run through a common spectator control at the side of the assembly field. The spectator control is about 80m from the handover box and should be visible to waiting runners, noting that the field is flat and therefore visibility may be obscured by other competitors. The spectator control is about 400m from the finish for the shortest courses and about 1100m for the longest courses.

**Changeover:** After punching the final control all competitors will follow a taped route for about 150m to the finish. In the last 20m of run in lap 1 and 2 competitors will be directed left and lap 3 runners will be directed right. Lap 1 and 2 runners will punch the finish and run on about 10m to the handover box. After touching the hand of their next team runner, they follow the funnel to download. The finish line for lap 3 runners is at the Finish Gantry, beyond which there is a finish unit. Please stay in order to punch this and then move straight to download

**Map Collection:** All maps will be collected at the download and retained until the last competitor has started.

**Prize Giving:** This will take place as soon as possible on the Sunday, to include Medals and Trophies for the Long Distance race. Last year's winners must return their trophy on Saturday and 2018 winners should delegate collection by a colleague or clubmate if they are unable to attend the Relays.

## British Trail Orienteering Championships – Sunday 20<sup>th</sup> May 2018

**Competition Area:** The Championships will be staged at Crathes Castle by kind permission of National Trust for Scotland. The castle is located on the A93 approximately 2 miles east of Banchory. This is about 25 miles from the British Relays area at Torphantrick.

**Directions:** Follow the A93 and turn in to the estate at NO74296 (57.056715,-2.426479). Follow brown NTS sign Crathes Castle, Garden and Estate.

**Parking:** Competitors should use the overflow parking area which will be signed. Parking charges (£2) will apply except for members of NTS and NT, who should display their membership card/sticker clearly. Disabled competitors may use the designated disabled parking area which is adjacent to the event registration (signed from the main access road).

**Race Arena:** Event registration will be located close to the disabled parking area, approximately 300m from the event car park via the main visitor car park. Please take care along the estate roads. Estate facilities nearby will include toilets (including disabled), cafe, children's playground, castle/garden tours (charges apply) and GoApe.

Crathes is a popular area with the public. Please be respectful of other visitors

**Eligibility:** The British Trail Orienteering Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations. Those with the new "Scottish" membership may enter the appropriate class but are not eligible for BTOC medals or trophies. The event will include the Unofficial Scottish Trail O Championships, open to all members of SOA competing on the elite course. Lavish(?) prize on offer - don't miss out.

**Entries:** Entries will remain open on SIEntries until Monday 14 May. Entry on the day will be subject to map availability (but no additional late entry fee).

Elite Seniors £12/Juniors & Students £6

Standard Seniors £8/Juniors & Students £4

### Timings:

Parking open to competitors	10.30
Registration/Enquiries Open	11.00
Start times*	12.00 - 14.00
Courses close	16.00
Prizegiving	as soon as possible after the last finisher

\*Competitors not running at the British Orienteering Relay Championships are encouraged to arrive and start early.

**Courses:** There will be two courses – elite and standard. The standard course will be shorter and less technical than the elite but will include 'z' controls (no correct kite). The elite course will include one timed control with two problems before the start of the course. Standard course competitors may attempt the timed control after they have completed their course, but in the event of queuing priority will be given to elite competitors. Course lengths (subject to final controlling):

Elite course: 1.9km 20 controls. Time limit 117 minutes

Standard course: 1.5km 12 controls. Time limit 81 minutes

**Classes:** There will be 3 classes – open, para and junior – on each course.



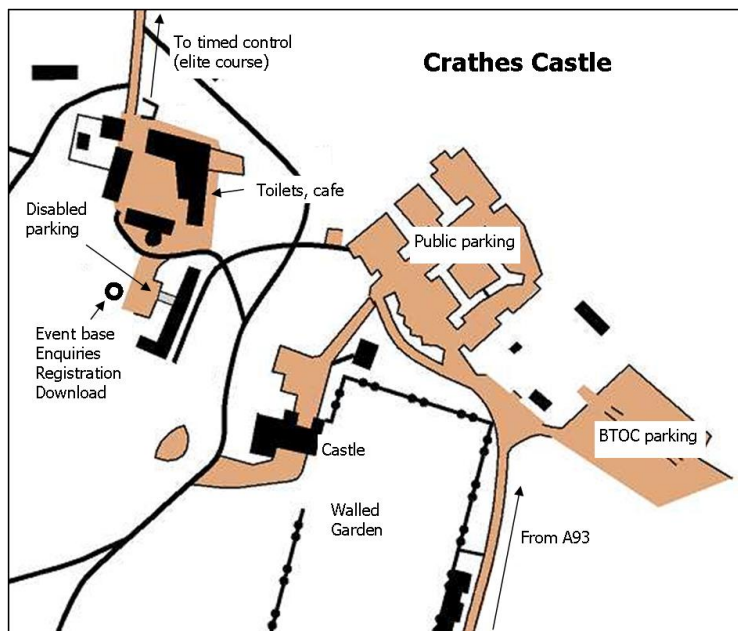
**Scoring:** One point is scored for each correct answer. There is a penalty of 1 point per 5 minutes (or part thereof) over the course time limit. At the timed control, there is a time limit of 60 seconds to answer both problems. A wrong/no answer scores a penalty of 60 seconds which is added to the time taken to answer. If no answer is given to one or both problems, a penalty of 60 seconds will be given for each unanswered problem.

**Map:** 1:5000 (ISOM 2017) updated 2018, contours fully revised with LiDAR data supplied by SOA. Note: distinct vegetation boundaries are shown using the green dashed line symbol as permitted in ISOM 2017. 5m contours.

**Tolerances for Z controls:** Z controls will be clear. In particular, Z controls placed on the same feature as other controls will be separated by at least 3m.

**Timing:** Course timing will use Emit. Brikkes will be provided for all competitors

**Prizes:** There will be medals for first, second and third places in each class on the Elite course. Trophy winners from 2017 should ensure their trophies are returned.



**Wheelchair users:** We regret that we are not able to provide escorts for wheelchair users. The course generally follows good level tracks which should be easily managed by wheelchairs. Wheelchair users may bring their own escorts to help them along the track. Escorts may give physical assistance but must not take part in decision making at controls.

**Safety:** Even if participants do not complete the course they must go to the finish to record their finish time and hand in their control card. A first aid kit will be available at Registration. All participants take part at their own risk.

**General information:** Help and advice for those new to TrailO will be available at registration. Newcomers to TrailO may wish to study the IOF document [‘Technical Introduction to TrailO for experienced foot orienteers’](#).

Organiser/Planner: Anne Hickling (GRAMP)

Controller/mapper: Rob Hickling (GRAMP)

Please print out this parking permit or display this programme on your windscreen whilst driving into Balmoral for the British Orienteering Championships – use the east gate and not the main (public) gate.

