

# British Middle Distance Championships 2018

---

## Welcome!

**On behalf of British Orienteering and the South West Orienteering Association, the clubs in the South West welcome you to the 2018 British Middle Distance Championships at Stockhill Woods, southwest of Bath.**

The event is a Middle Distance race in intricate woodland in an old mining area. We have an excellent Assembly field, right next to the competition area with the access to the Start about 350m away.

Our thanks go to the Waldegrave Estate for allowing us to use the area and to the tenant farmer, Penny Wiseman, for the use of her field and her help and willing cooperation throughout the organising of this event. Also, the Forestry Commission for allowing us to use the woods. A very big thank you to all the volunteers from SWOA and all of the SWOA Clubs involved, who are enabling this event to take place, particularly the Team Leaders and the Lead Officials.

Weekend Co-ordinator:	Christine Vince KERNO
Organiser:	Liz Yeadon SARUM
Planner:	Ben Chesters DEVON
Controller:	Graeme Ackland INT
Mappers:	Dave Peel (Peel Land Surveys)

### Key information for planning your weekend:

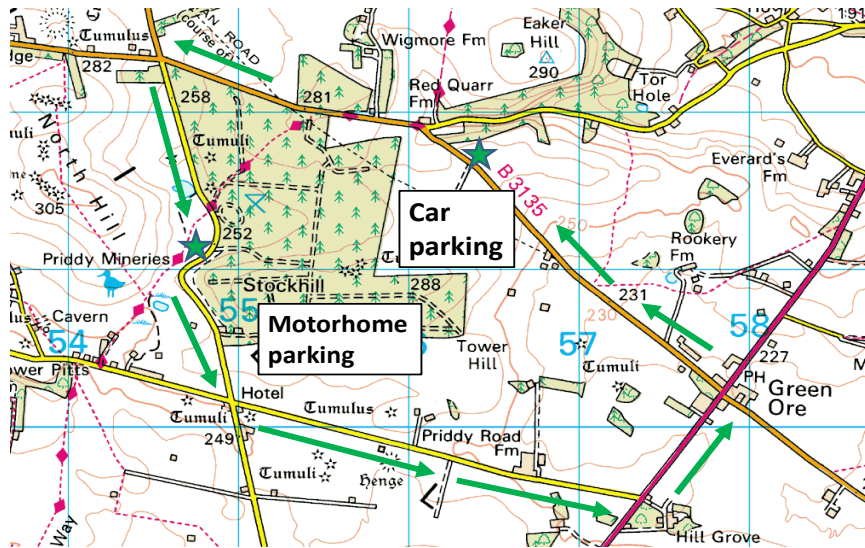
- **Safety: the entrance to the Assembly/ parking field is a left turn off the B3135. You may only approach from the southeast; no right turns will be permitted. You may not exit until after 1330 and you will then need to turn left only.** This is because the entrance is off a narrow very fast country road. Stockhill Wood will effectively be a large anti clockwise roundabout!
- Start times have been allocated based on rankings and will not be changeable. Starts will be between 1000 and 1400 with courses closing at 1500. We hope to start all seeded competitors before 1330 so that prize giving will take place promptly at 1430.
- Parents have been given Open Starts, unless they are seeded. Helpers have been given Start times – please try to keep to these.
- There will be White, Yellow and Orange courses for non-Championship runners with entry on the day. There is no entry on the day for Championship courses.
- Parking for vehicles will be in the main field, right next to Assembly - so long as we have had a dry August! The Assembly field and parking is on the eastern side of the wood; there is a 350m walk across the field to the Starts from the Assembly.
- **Please note:** If the weather changes and it becomes necessary, all larger vehicles will be parked on nearby woodland tracks with an approximately 900m walk to Assembly. The access for this is on the west side of the wood, approached from the north only. **Please note that there is no parking anywhere for Coaches.**

### Travel

Stockhill is a Forestry Commission wood on the Mendip Hills in Somerset. It is 30km SW of Bath, 6km N of Wells (as the crow flies). The B3135 borders the northeast edge.

**All vehicles** must approach from the Green Ore traffic lights on the A39 (post code BA5 3HN), travelling north west on the B3135 for about 2kms then turning **left** into the Assembly / parking field. The B3135 is a narrow very fast country road, and there will be SLOW signs on the road. **No right turns will be permitted**

**From the North or West** Cars approaching from the north or west should turn south at the crossroads on the northwest corner of Stockhill (the Old Bristol Road). (You will pass the turn into the wood for the wet weather motorhome parking.) Continue to the Hunters Lodge Inn and turn left (east), then past Priddy Road Farm. At the junction with the A39, turn left to the Green Ore traffic lights and proceed as above.



### Cars (& larger vehicles if dry)

It is hoped to have parking for all vehicles in the Assembly / parking field. The decision about this will be taken during the week before the event. Any changes will be sent out via SiEntries asap.

**Car Park:** The entrance to the Assembly / parking field is at OS grid reference ST563516. The nearest postcode is for Bendalls Farm, south of the field – BA5 3EX – please do not enter these premises.

Enter the field and keep moving down the track to clear the entrance. Marshals will direct cars to parking areas. No entry to the car parking area after 1330 and **no exit before 1330. Must turn left on exiting the field**

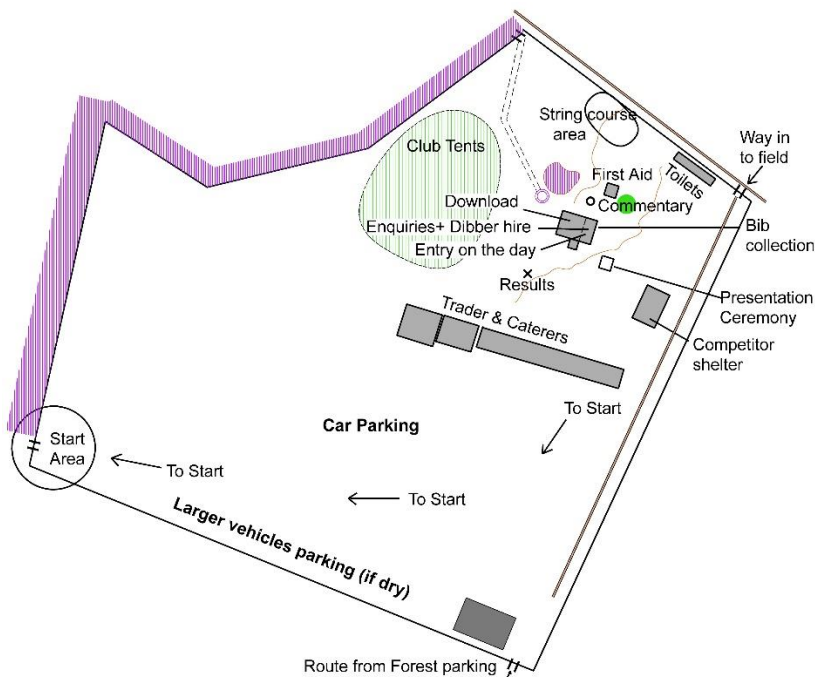
Helpers will be sent a Pass to ensure speedy parking

### Motorhomes and minibuses (if weather dictates that the field is unavailable for these vehicles)

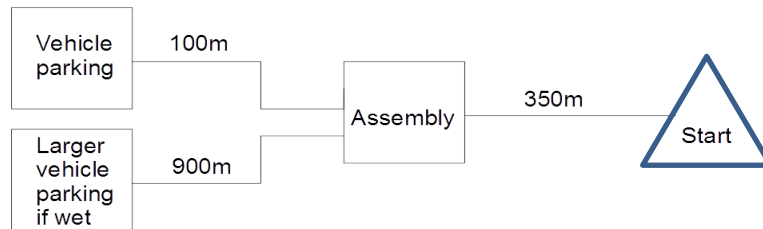
If the field becomes unsuitable for heavier vehicles, parking for motorhomes and minibuses of all sizes, will be directed to the southern part of Stockhill Wood (outside the competition area). The entrance to the wood for motorhomes and minibuses is at OS grid reference ST548511. The nearest postcode is BA5 3AS (which is south of the entrance into the wood).

Unfortunately, there is not a suitable option for travel by public transport.

### Assembly



Assembly is in a field right next to the competition area with the access to the Start about 350m away.



### In Assembly you will find:

- Food and refreshments provided by Tom's Continental Catering and Podium Catering
- Orienteering Clothing Trader: Ultrasport
- Portable toilets including a urinal and a disabled toilet
- String course

Also, a Marquee for:

- Enquiries, Bib collection and hired e-card collection
- Entry on the day - this will be available for White/ Yellow / Orange course only
- Download

A second Marquee is available as a competitor shelter

### Club tents

There will be space available for Club tents and banners to the west of the run-in.

### String course

There will be a free fun memory String activity in the Assembly field. This will be open from 1030 until 1330. This will use EMIT timing.

### Dogs

No dogs in the wood at all and only on leads in the field. Please pick up after your dog as Assembly is a cattle field usually.

### Event Timeline

The expected timetable for the day is as follows. All timings below are approximate. Start times, including start blocks for different classes, will be confirmed after entries have closed.

0830	Assembly & Enquiries opens
1000	STARTS commence
1030	Seeded competitors start                      String course opens (until 1330)
1330	Vehicle exit now permitted – <b>turning LEFT only</b>
1400	Last starts
1430	Medals presentation
1500	Courses close
1700	Assembly closes

This event will be part of the 2018 UK Orienteering League. The competition will be run in accordance with British Orienteering Rules & Guidelines, and in particular Competition Rule B: British Middle Distance Orienteering Championships – [here](#).

## Entries

There is Entry on the Day for Orange, Yellow and White colour coded courses only. There will be no entry on the day for Championship (age class) courses. EOD will close at 1300.

Entry Fees	EOD
Senior Colour Coded	£12
Junior Colour Coded	£5

Senior full time students pay the Junior entry fees. Proof of status may be requested.

Only SI cards can be hired at this event. SI card hire is £1.50 for a Senior; free for juniors. A charge of £30 will be made for lost or non-returned hire SI cards

## Cancellations

The event is covered by the standard British Orienteering major events Cancellation Procedure and Policy and Cancellation, Curtailment and Refund Policy; details [here](#) :

Entries can only be cancelled by contacting the Entries Secretary: [entries.bocspmd2018@gmail.com](mailto:entries.bocspmd2018@gmail.com)

## Late Entries

The waiting list is now closed – no further Late Entries will be accepted.

## Changes to Entry Details

You can amend your SI card number up to 29 August 2018; no other changes to entries will be possible via the on-line system after 12 August. If you need to register a change to your SI card after 29<sup>th</sup> August, you must go to the Enquiries desk when you arrive at the event. No other changes are now possible.

## Eligibility

The British Middle Championships are open to members of the British Orienteering Federation and to members of IOF affiliated Federations. See Competition Rule B: British Middle Distance Orienteering Championships for further information on eligibility to be a British Champion – [here](#).

## Start times

Start times are between 1000 and 1400. Seeded competitors will be in the block from 1030 - 1330.

Competitors will have stated a preference for an Early, Middle or Late start, but the size of these three blocks on any course will be determined by the proportions choosing each block.

Split starts are available for parents with young children – these will both be Open starts.

Helpers will be given a Start time – please try to make this. However, if Helpers fail to meet their Start time, they should go to Enquires to change it – not to the Start, please.

Start times have now been issued - only errors will be amended.

## Seeding

There will be seeding for all classes except for M/W 10/12.

M/W 14/16 will be seeded based on the 2018 Junior Seeding list.

M/W 18/20/21 will be seeded in the usual way for elite competitors according to the BOF Rules.

M/W 35+ will be seeded based on the British Orienteering ranking list. Up to 20 of the highest ranked competitors on a course will be seeded and will start last on their course.

## Start procedures

- Call up will be 5 minutes before allocated start times.
- The SIAC battery check station will be next to the entrance to the Start area.
- SI cards and SIACs will be cleared and checked in Box - 4 minutes. There will also be final safety instructions in this box for competitors to read.
- Loose control descriptions will be in Box - 3 minutes.
- Blank maps will be available in the Box - 2 minutes.

- Another SI card/SIAC check will be made as competitors enter the Box 1 minute before starting. As far as possible there will be no instructions from officials and all are asked to keep quiet so that competitors can concentrate.
- Competitors may step over the start line 10 seconds before their start time, but **must not** start until they hear the long beep from the start clock. There is no punching at the start for most competitors.
- Competitors **must** take the map laid over the side of the box for them. They should check that it is the correct map for their course.
- Follow tapes around the corner to the Start kite.

### **Late Starters**

Any runner who arrives late for their start time must go to the Late Start lane. They will be slotted in if they are only a couple of minutes late. However, if they are over 4 minutes late, they will then have a punching Start from the Late Start lane, at a suitable moment so as not to disturb the other runners. Their original Start time will stand. If they feel that there was a good reason why they were late, they must go to Enquiries to fill in a complaint form which will then be considered by the Organiser.

### **Colour Coded courses**

Competitors doing the White/ Yellow/ Orange courses will have their own Start lane, to the right hand side of the main Start Lane. They will have been given a time to Start but this will be a punching Start.

### **Parents with Split Open Starts**

These competitors must report to Start officials and must use the Late Start lane to the right of the main start lane. Start officials will allocate a start time. Clear and checks are done as for normal starters. A Start official will get control descriptions if they are needed. A punching start will be necessary using an SI box held by an official.

### **Other users in the Woods**

This is a dog walking and horse riding wood. They will have been warned but may still be about – take care if your paths cross.

### **Safety bearing**

If lost, competitors should head east to the edge of the wood and the field. You must not go onto or walk along the surrounding roads to the west and north – traffic is very fast!

### **Finish**

The Finish is in the Arena. Competitors will run out of the wood into a rough area, with spectator controls, to the Finish. All competitors **must download** even if they do not complete their course. There is no water at the Finish or on the courses.

### **Map collection**

Maps will be collected at the Finish and can be collected after the Starts close at 1400.

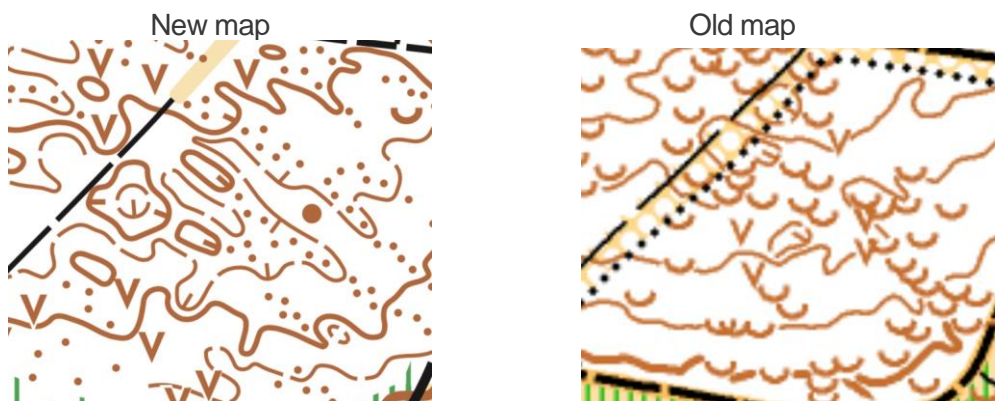
### **Courses**

#### **Terrain**

This working Forestry Commission wood is on the Mendip Hills plateau at a mean height above sea level of 900 feet. The tree cover is mostly coniferous and runnable, with some cleared areas. The ground features are a product of the rise and fall of lead mining over 2000 years. This has resulted in extensive areas of old workings – pits, depressions ranging from small to enormous, rock outcrops, long gullies and small hills. There are some forest roads and an irregular path network. The most complex parts of the wood demand continuous concentration to achieve accurate navigation.



## Map notes



The map has been surveyed by Peel Land Surveys at 1:15000 according to the latest ISOM2017 standards. Classes M/W16-40 will use a 150% enlargement at 1:10000. Other classes will use a 200% enlargement at 1:7500 because it is a small enough area. Note that form lines in ISOM2017 are thinner than in older maps. The map has been made to emphasise linear and positive features which are useful for navigation. A notable linear feature type is the long excavation with many pits – these are shown with lines of broken ground symbol brown dots. Individually mapped pits and depressions are large. There is no legend on the map.

## Maps

The map scale will be 1:10,000 with a contour interval of 5m. Competitors in classes M/W45 and above will use an enlarged scale map of 1:7,500. Competition maps will be printed on waterproof paper. The map was redrawn in 2017 by Dave Peel of Peel Land Surveys.

## Control Descriptions

Maps for courses 1-13 have pictorial descriptions printed on the front. Maps for courses 14, 15 and colour coded have pictorial and text control descriptions printed on the front. Loose descriptions will be available in the start lanes.

## Shadowing / Pairs

Shadowing (or competing as a pair) is **not** permitted on any age class course. Please note that parents cannot assist their Juniors in the Start lanes.

Shadowing (or competing as a pair) is permitted on the White, Yellow and Orange courses - persons shadowing may only do so after they have completed their own run.

## Electronic Punching

This will be a mixed punching event: normal SI cards or SIACs can be used. Controls will be enabled for contactless punching with SIACs.

If an SI unit fails to flash and beep, use the backup pin punch to punch along an edge of the map.

***It is the competitor's responsibility to ensure that their dibber has registered at the control or that they have punched in the box on the map.***

A charge of £60 will be made for lost or non-returned hired SIAC cards.

SI cards will be available for hire at the event from Enquiries. A charge of £30 will be made for lost or non-returned hire SI cards.

## Race Bibs

Race bibs must be worn, unfolded and visible, on the chest by all competitors. Those competitors who ran in the British Sprint Championships (on Saturday) will re-use their bibs. **Runners who did not collect their bibs on Saturday, need to collect their bibs from outside Enquiries.** Please try to provide your own pins.

When collected, please complete your details on the reverse of your bib. Any competitor with a known **medical condition** that could give rise to a safety risk is strongly advised to complete the medical information on the back of their race number bib.

## Competitor Clothing

As per BOF rules you **MUST** wear full leg and body cover. Shorts will not be permitted.

The Organisers may require a lightweight waterproof jacket to be worn or carried if the weather is bad – if so, notices to this effect will be displayed in the Event Arena by Enquiries and at the entrance to the Start.

## Strictly No-Whistle, No-Go

This will be checked at the exit from the assembly field and you will not be allowed to start without one – so don't forget it.

## Courses

\*\*\*Courses 1- 4 will have back to back maps\*\*\*

Course No.	Course length	Climb	No of controls	Map size	Technical difficulty	Men	Women
1	6.1km	190m	28	1:10000	5	M21	
2	5.2km	150m	22	1:10000	5		W21
3	5.7km	170m	25	1:10000	5	M35, M40	
4	4.8km	135m	20	1:7,500	5	M45, M50	
5	4.6km	120m	23	1:10000	5		W35, W40
6	4.5km	115	22	1:7,500	5	M55, M60	
7	4.2km	120m	23	1:7,500	5	M65,	W45,
8	3.9km	110m	21	1:7,500	5	M70	W50
9	3.3km	80m	16	1:7,500	5	M75, M80, M85	W55, W60, W65
10	2.3km	50m	12	1:7,500	5		W70, W75, W80, W85
11	4.0km	100m	22	1:10000	5	M16, M18, M20	
12	3.3km	85m	16	1:10000	5		W16, W18, W20
13	3.0km	75m	20	1:7,500	4	M14	W14
14	2.2km	45m	14	1:7,500	3	M12, Orange	W12
15	1.8km	30m	12	1:7,500	2	M10, Yellow	W10
16	1.7km	20m	13	1:7,500	1	White	

## GPS Devices and mobile phones

British Orienteering Rules state that "Competitors are permitted to only use a GPS device to record data for use in post-race analysis." Anyone found breaking the rule will be disqualified. Mobile phones may be carried but should only be used in an emergency. Mobile phone coverage in the woods is variable.

## Safety notes

- Please check for ticks after the event as they are in the wood.
- Be aware of deep depressions and gullies in the wood due to the ancient mine workings – some are very deep! One in particular (not on any courses) has been taped off.

- Lone travellers are advised to leave their car keys with emergency contact details at Enquiries (anyone else who wishes to may also use this facility).

## Complaints and Protests

Any competitor who has a concern of any kind should go to Enquiries and fill out a Complaints form. The Organiser will look at these and discuss with the Planner / Controller / Coordinator, depending on the circumstances. If the answer then given on the form, does not resolve the issue, a written protest should be made on the form. This will then go to the Controller who will then convene the Jury. This should be as soon as possible after the problem has been identified and, in any case, no later than 1415. Complaints and protests will be dealt according to BOF rules [here](#).

## Prizes and medals

There will be one Medal Ceremony for all classes, starting promptly at 1430, which will be conducted swiftly so do please attend to congratulate top class performers. There are medals for first, second and third in age classes M/W10 to M/W 80, and medals for first in M/W85. There are additional Trophies for the first runners on M/W21 courses and on M/W18/20 courses. We will have some members of the British team who have just been competing at WOC assisting with this!

## First Aid

First Aid, provided by AMASS, will be present in their own tent, in Assembly.

The nearest A&E is Bath Royal United Hospital BA1 3NG. A location map is available from Enquiries.

Minor Injuries Unit — West Mendip Community Hospital BA6 8JD (approx. 10 miles, open until 2130)

Also, Bristol Royal Infirmary, BS2 8HW (17 miles, major A&E dept, open 24 hours)

## Photography

Steve Rush and Christine Vince will be taking photographs on both days of the Championships. If you don't want a photo published, where you or a family member are in focus, please let them know via Enquiries.

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 make themselves aware of British Orienteering 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 Organiser. Persons may take photographs of their immediate family and friends without restriction. British Orienteering guidance on Safeguarding, image taking & the use of images is [here](#). **Please** do not go into the woods to try to take photos.

## Safeguarding

Even though this is a very competitive race, please remain aware of other runners. Remember that juniors may find that Championship courses are more difficult than they are used to; if a child appears unusually distressed, they may need reassurance. Competitors are also required to give help to an injured competitor even if this means giving up their own race.

There is information on the BOF website about safeguarding and safety here:

<https://www.britishorienteering.org.uk/safeguardingandsafety>

## Results

The results will be posted in the Assembly field.

To see live results using your phone:

1. Turn off mobile data
2. Connect to the WiFi network **SPORTident**
3. Direct your browser to [www.sportident.co.uk](http://www.sportident.co.uk)
4. Click on **Latest Results**

Results will be published on the British Orienteering website and as Championship (UKOL) results.



## **Accommodation**

There is a wide range of accommodation available in Bath and the surrounding area and there are also many things to do before or after your orienteering. Further details are on [Bath's Official Tourism Site](#).

## **Contacts**

Entries: [entries.bocspmd2018@gmail.com](mailto:entries.bocspmd2018@gmail.com)

# TrailO Competition

---

## East Harptree Woods TrailO - Sunday 2nd September 2018

### British PreO Ranking Event

We are delighted to be organising a TrailO competition in conjunction with the British Middle Distance Championships. Starts will be timed so that it is easily possible to compete in both competitions and the competition area is very close to the Middle Distance area.

There will be a full length PreO course, planned by team GB athlete Tom Dobra. We look forward to welcoming both newcomers and veterans, everyone is welcome to come and try out this accessible form of orienteering.

Competition Area: The competition will be staged at East Harptree Woods. It is located approximately 2 miles from the location of the British Middle Distance Championships which take place on the same day at Stock Hill. The location is shown [here](#).

Entries: Entries will remain open on SiEntries until Monday 27th August 2018. There will be limited entry on the day with a £2 surcharge subject to map availability. You are recommended to email the organiser to reserve a map in the case of late entry. You can enter the TrailO event via SiEntries [here](#) :

Elite Open / Para - Senior £12, Junior £6

Standard - Senior £6, Junior £3

EoD for PreO - Senior +£2, Junior +£1

Timings:

Parking open to competitors: 13:30

Registration/Enquiries Open: 13:30

Start times: 14:00 - 16:00

Course close: 18:00

Courses: There will be two courses - elite and standard. The standard course will be shorter and less technical than the elite course. The elite course will include two timed controls with two problems. One in the middle of the course after a short timed out, one-way section and one at the end of the course.

Classes: There will be 3 classes – elite open, elite para and standard.

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. The timed controls are used as a tie-break. At the timed control, your score is the total time taken to give your answers plus a 60 second penalty per wrong answer. If no answer is given to one or both problems, a penalty of 60 seconds will be given for each unanswered problem.

Map: 1:4000 (ISOM 2017) updated 2018, 5m contours

Timing: Course timing will use SI. Please bring your own dibber, there will be a limited number to borrow on a first come, first served basis.

Wheelchair users: The surface for the majority of the course is well maintained forest roads and should pose no problems for wheelchair users in either traction or manoeuvrability.

There is a short timed out section which is narrower, downhill and has some extruding roots which additional care should be taken on.

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' - [here](#).

Officials:

Planner: Tom Dobra (UBOC)

Checker: Pat McLeod (NGOC)

Organiser: Matthew Pickering (UBOC)

Contact: [matthewtpickering@gmail.com](mailto:matthewtpickering@gmail.com)