



JAN KJELLSTRÖM INTERNATIONAL FESTIVAL 2022

EVENT PROGRAMME

15th April – 18th April

WELCOME!

The Welsh Orienteering Association welcomes competitors from across the UK and around the world to the Jan Kjellström International Festival of Orienteering in South Wales.

Day 1: Friday 15th April – Sprint – University of Swansea (Singleton Park)

Day 2: Saturday 16th April – Middle – Clydach Terrace

Day 3: Sunday 17th April – Long – Pwll Du

Day 4: Monday 18th April – Relays – Caerwent

General Information

Event Entry

No EOD for Championship courses, but there may be non-championship courses available for entry on the day – White, Yellow, Orange and Light Green (days 2 and 3 only). Strictly limited if available. **There is no EOD on days 1 and 4.**

	Day 1 Sprint		Sprint PreO	Day 2 Middle		PreO	Day 3 Long		Relay
	Champ	Nov		Champ	CC		Champ	CC	
Pre-entry	y	y	y	y	y	y	y	y	y
EOD	n	n	n	n	maybe	y	n	maybe	n

Changes

Various things can be changed online on the SiEntries website [up until the closing date](#), including class, start block preference (or other start time details, e.g. “close to person X on another entry form”), SI card number.

For anything that cannot be changed, including cancelling an entry, please email the Entry Secretary via jkentries@britishorienteering.org.uk.

Cancellation Procedure and Refund Policy

The event is covered by the standard British Orienteering major events Cancellation Procedure and Policy ([Cancellation Policy](#)) and Cancellation, Curtailment and Refund Policy ([Cancellation and Refund Policy](#)). See also the British Orienteering Covid-19 policy.

If you need to cancel your entry, please contact the Entries Secretary via jkentries@britishorienteering.org.uk.

Hospitals

As the days are spread out information for each day is within each day section.

First Aid

First Aid is provided on all days by Rob Umney of Red Kite SAR. We extend our thanks for their assistance.

Bibs

Days 1 – 3: Bibs are used for all classes and for PreO, and can be collected from Enquiries where there will be lists to find your number if you don't know it. All competitors must wear their individually numbered bibs and will not be allowed to start without them. Bib numbers will be displayed on the SiEntries entry list from (TBA). Elite runners will use the same bib for days 1 and 2, and will be issued with a new bib for day 3. Day 4 Bibs will be included in the Team Bag to be collected on the morning of the event.

Remember to bring your bib with you each day. All competitors should complete the reverse side of the bib with contact details and any medical information. Entry-on-the-day competitors will be issued with a bib when registering for their course.

NOTE: The yellow and green band bibs are for elite runs only. If you have entered for an elite run on one day and a non-elite run on another day, you will need to wear different bibs. These have been allocated.

Shadowing

Shadowing/pairs is not permitted on any of the Championship courses or on the Elite PreO courses. Shadowing (or taking part as a pair) is only permitted on the non-championship courses. The person shadowing must complete their own run before shadowing.

Start Lists

Available via the SiEntries website: [SiEntries start list](#).

Please note that seeded starts take precedence over start preferences.

Start Procedure

Please note that all the individual days will operate on the 'silent start' principle as required by IOF for WRE events. We ask that you respect this and follow the instructions of the start officials at all times.

Electronic Punching

SIAC (contactless punching) will be enabled for all days. Non-SIAC dibbers will still work. If you wish to hire a SIAC dibber, please select the hire option when you enter via SiEntries. The finish will be in beacon mode so those with SIAC can 'punch' touch free - those with traditional SI cards will 'dib' those same controls.

Competitors will need SI cards for end-to-end course timing the TrailO events. For PreO, control units will be dibbing only and will not be touchless enabled, though SIAC cards will still work.

The control layout will be consistent with SI box horizontally mounted on a stake with the code number on the top of the box and the kite below that. A punch will be hung inside the kite for use in case of failure of the box.

Day 1 - TBA

Day 2 - separate numbers on the cane

Day 3 - control top numbers only

Day 4 - control top numbers only

A sample control will be in the arena outside Enquiries for each day.

Hired SI cards can be collected from Enquiries. Hired SI cards must be returned at download by the end of your last day of competition. If a hired SI card is lost a replacement fee must be paid on the day.

SIAC cards will be available to hire on each day for £2.15.

It is essential that all competitors visit Download, whether or not they have finished their course.

Traders and Caterers

Equipment traders: Compass Point on all days.

Food and drinks traders: Podium and Tom's British and Continental on days 2 – 4 only.

Merchandise

JK merchandise can be ordered via SI Entries, with collection at the event.

Results

These will be:

- On a local WiFi network in the Event Arena so you can view them with your mobile devices.
- Updated online during the event, assuming mobile signal.
- Linked from the JK web site as soon as possible after the event (including routegadget, winsplits, splitsbrowser etc.).
- Note: Due to Covid risk management results will not be displayed in the event arena.

PreO results will be published on the JK2022 web site after the completion of each event.

Rules

The event will be run under the relevant rules of IOF for the WRE courses and British Orienteering for the non-WRE courses, including those for eligibility:

- [British Orienteering rules](#)
- [IOF WRE rules](#)

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 relevant Day Organiser.

Complaints, Protests and Appeals

In the first case the competitor should discuss any concerns with the Planner, Controller or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue then a Complaint should be made to the Day Organiser (via Enquiries). A Complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The Organiser is the adjudicator.

A Protest can only be made against the Organiser's decision in writing to the Controller. A jury may then be convened.

An appeal is permitted to be made against the jury's decision with regard to a protest. All appeals must be made in writing and within fourteen days of the decision of the jury being announced or communicated to the persons making the protest.

World Ranking Event Information (WRE)

Most of the necessary information is contained within each day section. Information not covered is as follows:

Event Coordinator: Andy Yeates (WCH)

Web site: The JK 2022 web site can be found at www.thejk.org.uk

Enquiries: Enquiries should be directed to Diane at jkentries@britishorienteering.org.uk.

Embargoed areas: These can be found on the British Orienteering web site at [JK 2022 areas](#)

Start List: The start list is available at [SiEntries](#)

Summary of entries: TBA

Deviation from the rules: Day 1 are digitally printed maps.

Transport: Transport will not be provided. Please make your own transport arrangements.

Refreshment controls: There are two on M21E and W21E.

Day 1 loose descriptions length

Course 1 16.8cm

Course 2 15.6cm

Day 2 loose descriptions length

Course 1 15cm

Course 2 13cm

Day 3 loose descriptions length

Course 1 23.5 cm

Course 2 20 cm

IOF Jury: All members of the IOF juries are British Orienteering (BOF) members. See each day's details for more information.

EOD Entry Fees:

Colour Coded / Novice courses (per day): £10 - adult, £5 - junior

SIAC hire (per day you are entering): £2.15 (free to M/W18 and under)

Photography

Our official photographer, Wendy Carlyle, will be taking pictures at the event, including in the competition area, and there will be a photos page on the JK2022 website after the event. To avoid photographs of juniors or at-risk adults being published please email the relevant name and entry/bib number to jkcoordinator@britishorienteering.org.uk before the event. Each Day Organiser reserves the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police.

Photographers should read and comply with section 4.8 of British Orienteering's O Safe Policy. It can be found on the British Orienteering website. If anyone at the event has any concerns about how photographs are being taken, they should inform the Day Organiser, contactable via Enquiries.

JK Trophies Performance Assessment

Criteria for 2022 and forwards: those who have won all three individual days on the longest course for an age-group (A/L/E - where applicable) will be pooled and then assessed to produce a winner, along with honourable mentions for second and third places. Exceptions to this basic criterion may occur, e.g. voided/cancelled

courses/days, an exceptional athlete who forfeits their third win to help an injured competitor, etc. Trophies will be the first awards at the prize-giving on Day 4, The JK Relay Day.

Nick Barrable SYO and CompassSport Editor will head the JK Performance Trophy Assessment Panel.

String Course/Maze Information

There will be a string course and/or maze available on days 1, 3 and 4, close to each arena. Limited space on day 2 has precluded setting up a string course/maze.

Covid-19

Since 28 January Wales has been in Covid-19 Alert Level 0. This means that most of the rules about where we can go and who we can meet – indoors and outdoors ended.

But remember: Covid-19 has not gone away and everyone must still work together to help stop the spread of the virus.

What we MUST still do: Wear a face mask (if you are able to) on public transport, and indoor places – in shops or visiting your doctors, dentist, hospital or a care home. This is still the law in Wales.

If you have signs of Covid-19 you must self-isolate and get a test.

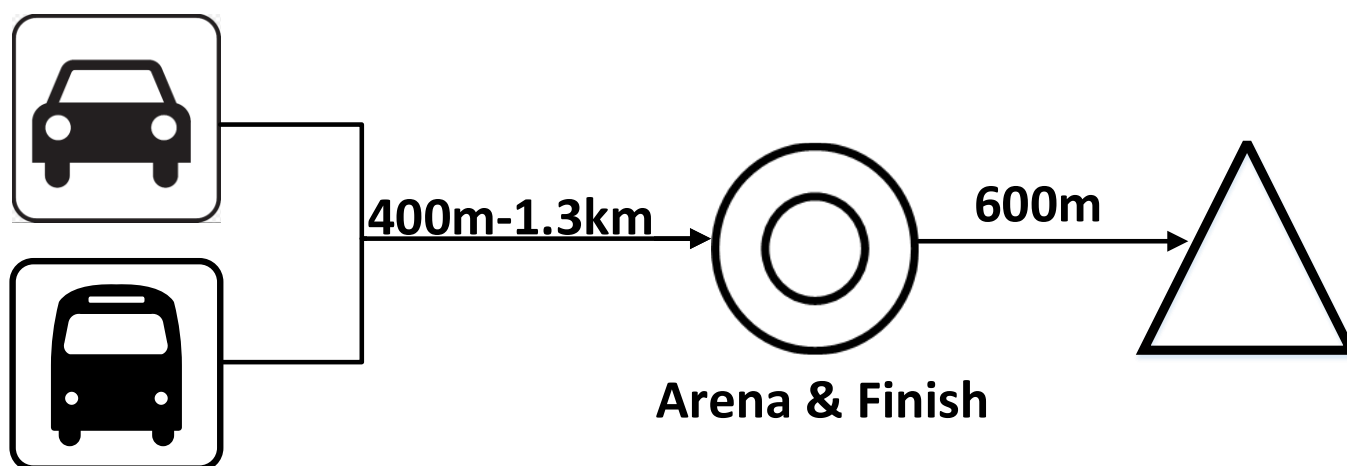
Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home.

For all the latest information on COVID-19 in Wales go to gov.wales/coronavirus.

Day 1: Friday 15th April – Sprint – Swansea University

Important notices

- The University Campus is still operational and so there will be regular bus movement around the assembly area and on part of competition area. Please be very careful in this area. Courses have been designed to avoid too much road crossing. There will be marshals to provide warning. But be aware.
- Numbered bibs **MUST** be worn by all competitors.
- The event administration is inside the Student Union building Fulton House. Please remove dirty shoes before entering.
- Covid Rules might apply and masks may be a requirement to wear inside the building.



Travel Directions

Public Transport: There is a train station in Swansea which is a 15 minute walk to Swansea Bus Station. From there, there are good bus links to the University Fulton House. The Bus stops on the campus.

Parking

There are three parking locations all of which have a parking fee of £5.00 per vehicle, to be paid on arrival. Cash please.

Parking A:

Parking for all cars is within the Swansea Council recreation Car Park (SA2 0AU). To enter the car park from the east Turn Right at traffic lights into Brynmill Lane, and then go fully around the first roundabout and come back on yourself to the Traffic Lights. Turn left at the lights and then left into the Car Park just after the bus stop. On no account try a U turn on this road. On entering the Car Park, please follow the instructions of the Swansea Council Parking Team.

You may encounter pedestrians and competitors whilst driving to and from parking, please drive slowly and carefully. This Car Park is up to 1.0km from the arena, please take care crossing Brynmill Lane and stay on the path and follow tapes all the way to the arena. If the car park is full, then you will be directed to park in **Parking C**, so please ensure you allow enough time before your start if you need to walk from this parking.



Parking B:

For all those with larger campervans, minibuses and motorhomes and helpers. Turn into the main university entrance and after the security kiosk, turn right into a range of car parks. Please follow Marshals instructions. This will be at the closest parking area to the arena, maximum of 400m from the arena.

Parking C:

At the Singleton Hospital car park (SA2 8QE), is for small VW size campervans and is a contingency for overflow. This is the car park used in JK2014. Again, follow Marshals instructions. From this car park, walk down the hill (Sketty Lane) back to the main Oystermouth Road and turn left (east) back to the main University entrance. Walk to the gatehouse and then cross the road to pick up the main route to the Arena. This is up to 1.3km from the car park and will not be taped.

Dogs

Dogs are permitted on site on a lead, but you must clear up after them. They are not allowed in the buildings.

Event Arena

The event arena is between 400m – 1.3km from the parking area. The event arena contains first aid. Club tents and club flags are permitted on the grass area only if they are self-standing and can be weighted down rather than pegged due to underground services.

As the Campus is open to the public please ensure that bags are stored safely whilst out on your run, and ideally have someone there to keep an eye on the bags.

The main building overlooking the arena will house the toilets, download, traders, bib collection, enquiries, hired SI card collection, trophy return, car key deposit, lost property, complaints and protests, merchandise collection. Masks may be required to access the building. Please bring them with you.

There will also be catering provided by the university caterers and there is a small shop. Please remove dirty shoes before entering the building.

British Orienteering Volunteer and Mapping Awards Presentation – this year we are celebrating our volunteer effort alongside our competition winners! Please come along and show your support. The ceremony will take place at assembly at 16:30, immediately before the Day 1 Medal Ceremony for the races.

Timings

Please note: Timings are subject to change if deemed necessary.

10:00	Car parks open
10:15	Enquiries, Trophy Return

12:00	First start time
12:30	String Course opens
12:30	Sprint PreO opens
15:00	Last String Course start
15:30	Last start time, last Sprint PreO start, string course closes
16:15	Courses close
16:30	British Orienteering and Mapping Awards, Medal Ceremony for the races
17:00	Enquiries close

Arena Layout

TBA

Map

A4 size and 1:4,000 (courses 1 – 7, 9) and 1:3,000 (courses 8, 10 – 14) with 2.5m contours on waterproof paper. Remapped in 2020 for JK2022 by Mitchell Maps.

Terrain & Course Notes

The University campus contains both modern and older buildings providing a variety of control sites with a complex criss-cross of roads, paths and steps. This adjoins Singleton Park, a typical urban park with a mix of sloping open grass and ornamental gardens. It can be muddy in places. Please respect other park users; walkers, dogs and cyclists. The area is compact so please comply with Out of Bounds notices to avoid walking on the event area.

The courses cross roads in the campus. There might be light vehicle movement on the Good Friday. BUT there are regular student busses that use one section of the road in both directions. Please be careful crossing the roads.

Course Details

All subject to final controlling and last-minute changes. All courses are optimum route.

Course	Classes	Controls	Length	Climb	Map Scale
1	M18E M20E M21E	23	3.7 km	30 m	1:4000
2	W18E W20E W21E	21	3.3 km	30 m	1:4000
3	M35 M40 Men Open	19	3.2 km	20 m	1:4000
4	M45	17	2.9 km	20 m	1:4000
5	M14 M16	20	3.0 km	20 m	1:4000
6	M50	19	2.9 km	15 m	1:4000
7	M55 W35	20	2.8 km	15 m	1:4000
8	W14 W16	20	2.8 km	15 m	1:3000
9	M60 Women Open	16	2.6 km	15 m	1:4000
10	W40 W45	18	2.4 km	15 m	1:3000
11	M65 W50	15	2.3 km	15 m	1:3000

12	M70 W55 W60	15	2.2 km	15 m	1:3000
13	M75+ W65+ M12 W12	15	2.0 km	15 m	1:3000
14	M10 W10 Novice (TD2)	14	1.9 km	15 m	1:3000

Clothing

Shorts and running vests are permitted for this race. Shoes with spikes and metal dobs are not allowed.

Control Descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes.

Starts

All starts are on the East side of the campus 600m from the Arena. There will be two portaloos there. You will see it as you walk from the Parking A. Please observe the out of bounds signs to avoid walking into the event area. Please have your bib. **No bib, no go.** The start will follow the WRE protocols and will be a silent start so please do not talk to the start officials.

Courses 1-2

Elite competitors will have a strict timed start as this is a WRE event. There is a -5 minute call up. A Marshall will hold your map on the start line. At -5 seconds you can hold the map and at the long beep the map will be released.

If you are late and within 30 seconds of your start you will be allowed to start straight away. If over 30 seconds late you will have to wait till the next available slot. Your start time will not be adjusted unless you can demonstrate that the delay was caused by the organiser.

Courses 3-15.

There will be a timed start for everyone. Call up is at -5 mins.

If you are late for your call up time, go immediately to the Late Start lane. If you are not late for your start time, you will be slotted in to the correct start box for your start time. If you are late for your start time you will be taken to the start line, where you will be allowed to start as soon as possible. You will punch a start box, but you will be timed from your allocated start time.

Finish

The Finish is in the Arena. Maps will be collected from course 1 and 2 competitors only and released after the start closes. For others, please do not show your map to anyone yet to run.

Download

You will be guided from the finish control into the eastern side of Fulton House, where you will head up the flight of stairs to the main Refectory where download will be. Masks will be available on entry into the building.

Results will be uploaded every 2 minutes by SI entries and can be viewed using the university visitor Wifi.

String Course

The String Course will be next to the arena.

British Orienteering Jury	IOF Jury (BOF)
TBA	TBA
TBA	TBA
TBA	TBA

Event Officials

Organisers: Niall Reynolds (SBOC)

Planner: Ben Mitchell and Megan Carter Davies (SBOC)

Controller: Simon Thompson (HOC)

IOF Advisor: Simon Thompson (HOC)

Sprint PreO

This will take place at Singleton Park alongside the Sprint competition and will be in the form of an A/Z PreO Sprint. The whole of Singleton Park is embargoed until after the PreO competition except for competitors while running in the Sprint.

The PreO Sprint Start will be about 300m from the main Arena and will be signed from the main Arena. Follow the signed route. Competitors should use the main event parking and collect bibs in the Assembly area. Please wear your bib. **No Bib no Go.** There will be no toilets at the PreO start, and the nearest toilets will be in the assembly area.

Covid-19: Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home. For all the latest information on COVID-19 in Wales go to gov.wales/coronavirus.

PreO Sprint start times will not be pre-allocated. The starts will be open from 12:30 to 15:30. Courses will close at 16:15. All of Singleton Park is subject to the JK Sprint embargo and so to remain competitive in the JK Sprint, **competitors on Sprint MUST complete their Sprint run before the TrailO.**

Sprint PreO rules

PreO Sprint is a recent format that has been developed over the last few years, and has been demonstrated at other local UK events recently. There will be one course on a short flat road and will be about 70m long. The course will consist of 15 problems corresponding to flags set out in the terrain. You will be provided with a map, a pin punch and a punch card at the start. The task is to decide whether there is a flag at the centre of the circle of the particular control on the map. If yes, use the pin punch to mark box "A" for that control, otherwise mark box "Z" for that control. A model control to demonstrate A/Z PreO controls will be available before the start on the route from the Assembly area. Problems where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m.

TrailO is a silent sport and competitors must not speak to each other. More information about TrailO can be found on the British Orienteering TrailO mini site as well as link to a [Technical Introduction to TrailO for Experienced Foot Orienteers](#).

The aim is to complete these tasks correctly as quickly as possible. The number of correct answers is used first, less any penalties for being over time (1 control for every 1 minute or part). The time taken is then used to further rank the results. So all competitors with 9 correct (after penalties) answers beat all those with fewer than 9 correct. The time taken is then used to rank the users who have the same number correct. The maximum time allowed will be 20 minutes for all competitors and classes. SI will be used for timing so do not forget your dibber.

At the finish you punch the finish SI control, your punch card and pin punch will be collected. You can keep your map, but do not show it to other competitors until they have competed. Please return directly to the assembly area and do not congregate in Singleton Park.

The terrain is an urban park, with a mixture of landscaped open areas. The course will be on a flat wide road which should present no difficulty to wheelchair users. The road is shared with other park users, and the competition area will be restricted to half of the road, marked with red & white tape. Competitors must not leave the road or cross the tapes.

The Map is 1:4,000 scale with 2.5m contours, using a revised map by Mitchell Maps.

Solution maps will be available after the last competitor has finished, on Day 4 and on the JK website along with the results

Prizegiving for TempO and PreO will be on Day 4 at the Relay Prizegiving.

Sprint PreO Officials

Organiser: Graham Urquhart (OD)

Planner: Liz Urquhart

Course Checker: TBA

Hospitals

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: Morriston Hospital
- Minor injuries: Neath Port Talbot Hospital

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
Morriston Hospital Heol Maes Eglwys Cwmrhydyceirw Swansea SA6 6NL 01792 702222	8.4 miles (21 mins)	Neath Port Talbot Hospital Baglan Way Port Talbot SA12 7BX 01639 862000	10.7 miles (25 mins)

Acknowledgements

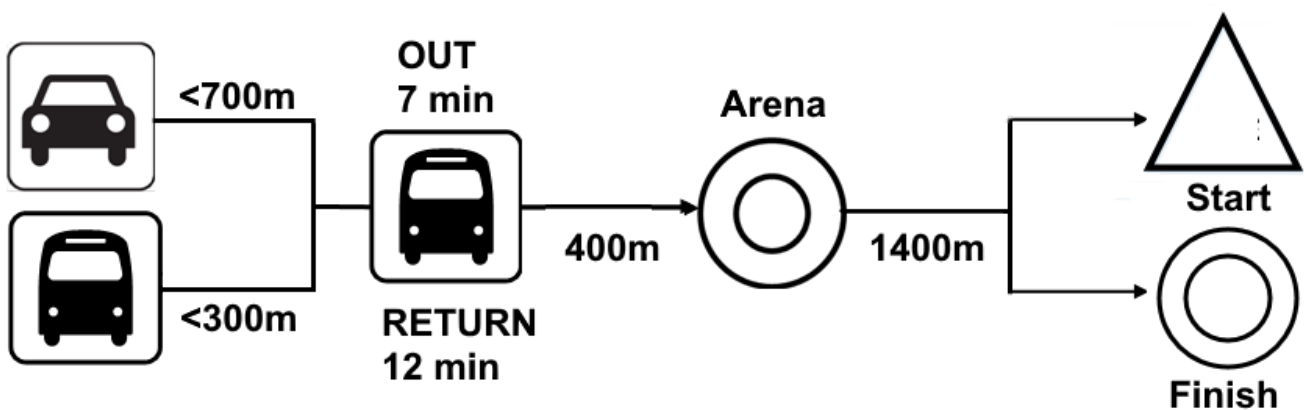
Thanks to the many volunteers from Swansea Bay (SBOC) and other clubs.

We are grateful to Swansea University for their help and for allowing us to use the area.

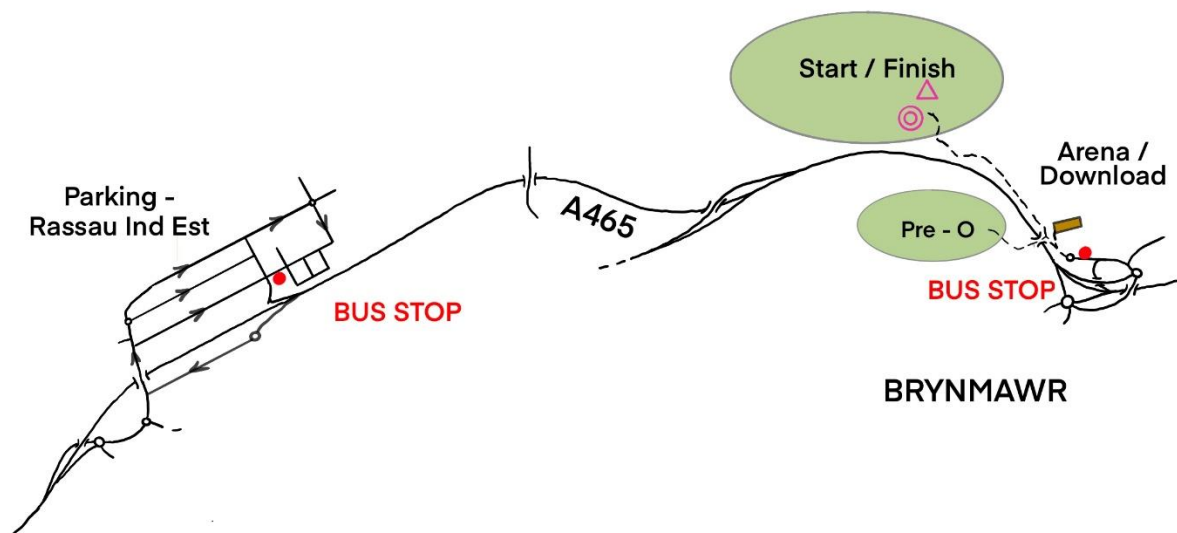
Day 2: 16th April – Middle – Clydach Terrace

Important notices

- Numbered bibs **MUST** be worn by all competitors. Remember to bring it with you if you ran in the Sprint Championships the previous day, otherwise, collect your bib from Enquiries.
- Whistles are **MANDATORY** and will be checked at the Start. The terrain is exposed high level moorland, in the event of bad weather a waterproof jacket will be compulsory, hats and gloves will be advisory.
- While you are encouraged to spend time in the Arena, the space will be very limited. Please only bring essential items.
- Water will be provided at the finish for elite competitors only. Please bring your own supplies.
- Please take rubbish away with you.



Travel Directions and Parking



Parking is in the Rassau Industrial Estate, approximately 3km W of Brynmawr. OS Grid Reference SO 145 118; [Google Maps](#); Post Code NP23 5SD. **Do NOT travel to the Arena.**

From Brynmawr, follow the A465 Heads of the Valleys Road West. Take the second exit signposted "Rassau Ind Est". Cross the first roundabout. Turn Right into the Estate following signs. Please park as directed by the marshals.

Please contact the organiser (jr.parkinson@btinternet.com) if you are bringing a coach or large vehicle.

Enquires

The Enquiries point will be adjacent to the Bus Stop in the Rassau Industrial Estate. This will provide for:

- Bib collection
- Hired SI card collection
- Colour-coded EOD
- Trophy return
- Car key deposit
- Lost property
- General enquiries
- Complaints and protests
- Merchandise collection
- Relay registration

Buses

Signs and marshals will direct you to the Bus stop. Buses will leave for the Arena every 5 minutes with a journey time of 7 minutes. The return journey takes 12 minutes; A round trip will take around 30 minutes.

Welsh Government COVID guidelines for public transport will be enforced. This may include wearing a face covering on the buses.

Dogs

Dogs are permitted in the Industrial Estate, but not in the Arena.

Event Arena

The Event Arena is at Brynmawr Foundation School. The event arena contains download, toilets, food traders, first aid, results.

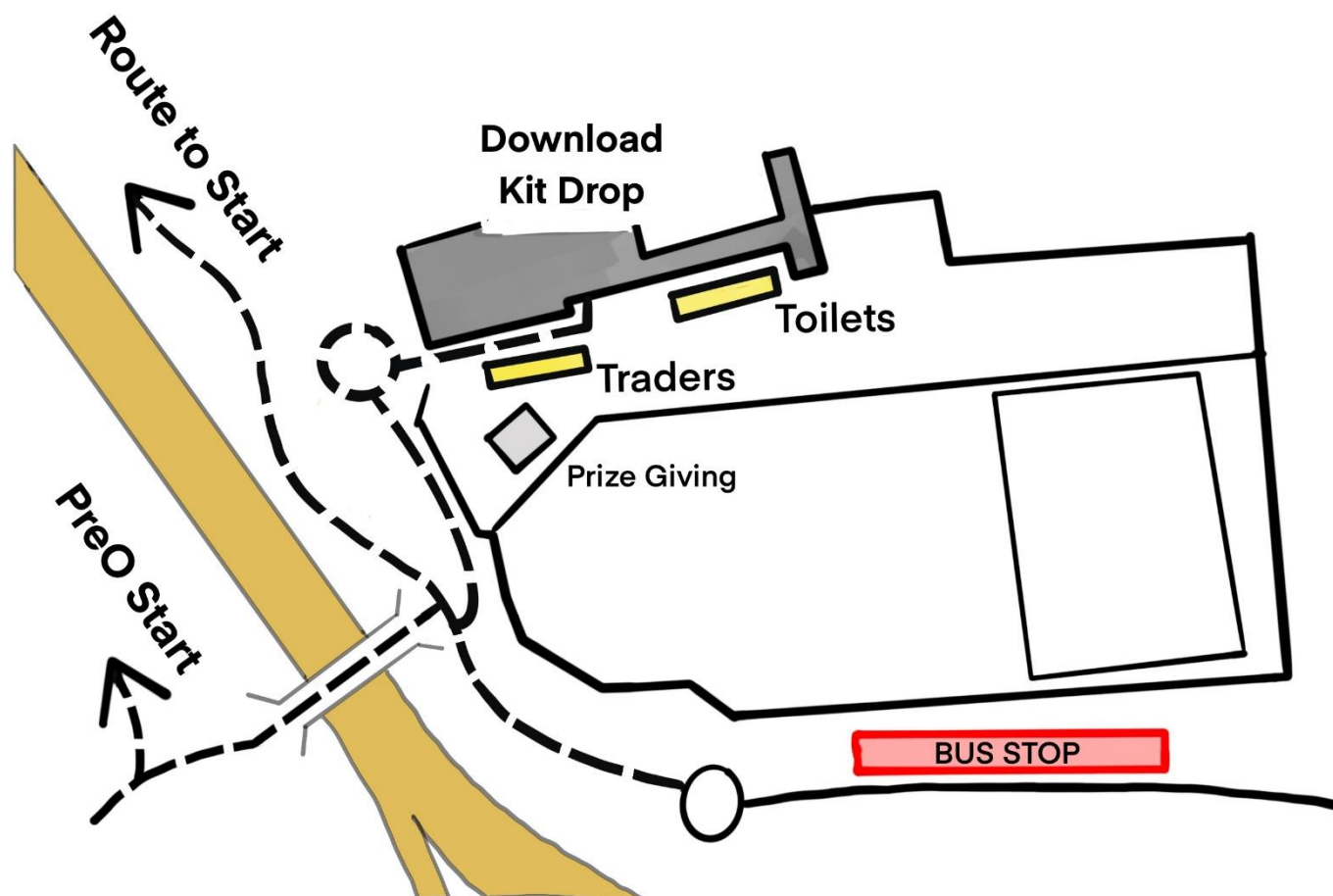
An inside area will be available to leave small kit bags etc. Unfortunately, there will be no space for Club Tents.

Timings

Please note: Timings are subject to change if deemed necessary.

08:00	Car park opens
09:00	Enquiries and colour coded entries open
09:00	First bus leaves the car park
10:00	JK Championship starts
11:00	PreO starts
13:00	Colour Coded entries close
14:00	Last start
15:30	Courses, incl. PreO close
As soon after 15:30 as possible	Medal ceremony for Elite Races
16:30	Last bus from the arena

Arena Layout



Map

All maps will be A4 in size and printed on waterproof paper (not bagged). The map is 1:10,000/1:7,500 with 5m contour interval for all courses. Previously remapped by Ben Mitchell for the VHIs in 2018 and now with updates for JK 2022.

A previous use of the map on Routegadget can be found here: [Clydach Terrace](#), and will be on display in the arena.

Terrain

Clydach Terrace is the site of abandoned 19th-century ironstone workings characterised by a large number of finger-shaped tips. The detailed contoured hillside, combined with open moorland and few paths will provide testing terrain for navigation at speed.

Please note that the area is also used by horses, dog walkers and bike riders. Please respect their right to be there.

Out of Bounds Areas

Private fields and areas of settlement are marked with usual black stripes.

Safety bearing

South.

Course Details

Subject to final controlling

Course	Classes	Distance	Climb	Controls	Start	Map Scale
1	M21E	6.1 km	150 m	24	Red	1:10,000

2	W21E	4.9 km	120 m	19	Red	1:10,000
3	M20E, M18E, M16A	4.3 km	120 m	19	Red	1:10,000
4	W20E, W18E, W16A	3.5 km	80 m	16	Red	1:10,000
5	M21L, M35L, M40L	5.4 km	125 m	23	Red	1:7,500
6	M45L	5.2 km	155 m	23	Red	1:7,500
7	M50L	5.0 km	140 m	20	Red	1:7,500
8	M21S, M55L, W21L	4.5 km	125 m	20	Red	1:7,500
9	M35S, M40S, M60L, W35L, W40L	4.3 km	110 m	19	Red	1:7,500
10	M45S, M50S, W45L	4.0 km	125 m	20	Green	1:7,500
11	M65L, W50L	3.7 km	100 m	16	Red	1:7,500
12	M18L, M20L, M55S, W55L	3.6 km	95 m	17	Red	1:7,500
13	M21V, M60S, M70L, W21S, W35S	3.4 km	95 m	16	Green	1:7,500
14	M18S, M20S, M65S, W40S, W45S, W60L	3.2 km	75 m	15	Green	1:7,500
15	M70S, M75L, W18L, W20L, W50S, W55S, W65L	2.7 km	85 m	12	Green	1:7,500
16	M75S, M80, W18S, W20S, W21V, W60S, W70L	2.5 km	75 m	12	Red	1:7,500
17	M85, M90, W65S, W70S, W75	2.0 km	70 m	11	Green	1:7,500
18	W80, W85, W90	1.6 km	45 m	10	Green	1:7,500
19	M14A, M16B, W14A, W16B, Light Green	2.8 km	70 m	10	Green	1:7,500
20	M12A, M14B, W12A, W14B, Orange	2.8 km	55 m	7	Red	1:7,500
21	M10A, W10A, M12B, W12B, Yellow	2.0 km	50 m	7	Green	1:7,500
22	M10B, W10B, White	1.4 km	25 m	7	Green	1:7,500

Clothing and whistles

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

The Organisers may require a lightweight hooded 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 (bib and whistle check area).

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.

There will be no clothing transfer. There will be a sheltered area close to the Finish, where clothing may be left.

Control descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes.

Pre-Start Waiting area

There will be a taped waiting area by the start. Anything outside of this area should be regarded as the competition area and is out of bounds.

Starts

Allow 25 minutes from the Arena, this about 1,400m level walk along unclassified narrow road and track. Please respect residential properties along the route.

There will be a single pre-start with Courses then splitting into RED or GREEN start lanes. JK championship competitors will have a pre-allocated timed (non-punching) start.

The call up clock will be at -5 min. Loose control descriptions will be in the -3 min box.

Some helpers and colour-coded entry on the day will have punching starts. These should go to the Late Start lane.

Please allow plenty of time to travel to the Start. If you are late for your call up time, go immediately to the Late Start lane and follow directions given by the Official. If you are not late for your start time, you will be slotted in to the correct start box for your start time. If you are late for your start time you will be taken to the start line, where you will be allowed to start as soon as possible. You will punch a start box, but you will be timed from your allocated start time. If you believe that your lateness is not your fault, please raise the concern with the Organiser at Download. Because the start procedure will be silent, please do not talk to the start officials.

Finish

The finish will be close to the Pre-Start area.

Maps will be collected from all elite competitors and released after the start closes. For others, please do not show your map to anyone yet to run.

Colour coded courses

The following non-championship courses will be offered: White, Yellow, Orange and Light Green. You can choose any course you like irrespective of age and gender. They are available for entry on the day subject to availability of maps. Enter on the day at Enquiries before boarding the Bus to the Arena.

String Course

Unfortunately it has not been possible to provide a String Course for Day 2

Elite Prize Giving

This will take place as soon after 15:30 as possible in the Event Arena.

Officials

Organiser: Andy Creber, Joe Parkinson and Pat Macleod (NGOC)

Planner: Richard Cronin (NGOC)

Controller: Mike Forrest (BOK)

IOF Advisor: Mike Forrest (BOK)

British Orienteering Jury	IOF Jury (BOF)

PreO

The PreO event will take place close to the assembly area for Day 2 and a map to the PreO event will be on display at enquiries in the main arena. Competitors must follow the parking and access instructions for Foot Orienteers to reach the assembly area. **Use the busses provided and do NOT travel directly to the Arena.** If you have not collected your bib on Day 1, bibs must be collected at Enquiries, before boarding the Bus to the Arena. In the event of poor weather, competitors are advised to wear appropriate warm and or waterproof clothing as the courses are very exposed.

Covid-19: Before coming to JK 2022 we request that you take a lateral flow test and, if positive, stay at home. For all the latest information on COVID-19 in Wales go to gov.wales/coronavirus.

Toilets will only be at the Assembly Area. The route from Brynmawr Foundation School to the PreO Start is around 300m and will be signed and taped and commences in the same way as the route to the FootO starts. Allow 15 minutes. The start of the routes is shown above and will be taped.

The entry to the competition area passes through a series of gates intended to prevent unauthorised off-road vehicles passing. Unfortunately there is no opportunity to remove or bypass these gates. This will not impede most competitors, but any competitors using mobility aids such as manual or electric wheelchairs may need to check that they will be able to pass through

If you intend to compete in a manual wheelchair and might require assistance you should arrange for this. If you require details of the access restrictions in advance or may not be able to reach the Assembly Area, please contact the PreO Organiser in advance: jkentries@britishorienteering.org.uk.

Start Times will be from 11:00 to 14:00. Start times will not be allocated. Please come as early as possible and if competing in other Day 2 competitions please request an early start time. Remember that after completing the PreO course you will need to return to the assembly area in time to use the busses to return to the parking area. The last bus leaves at 16:30.

There will be two courses:

Elite Course: This will have 2 Entry Classes: Open and Physically Challenged. There will be 20 controls, and 1 timed control at the start of the course with 3 tasks. The overall time limit is 88 minutes for the Open Class and 100 mins for Physically Challenged class. In the Elite course, problems where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m. Competitors in the Physically Challenged class will need to be ready to provide evidence of their qualification for that class.

Standard Course: There will be 16 controls and no timed controls. The overall time limit is 80 minutes. In the standard course, the correct answer can only be zero(Z) on an 'A' control where there is only a single flag. Where the correct answer is zero (Z), the nearest flag is either on a different feature or its distance to the centre of the circle is more than 4m.

The terrain is an exposed and open hillside with natural and man-made contour features. The courses follow a wide asphalt road which climbs steadily but with an average gradient of under 4%. The course is 900m long.

An SI card (dibber) is required to record total time and competitors should use their own SI cards or one hired for the JK. The control units will be dibbing only; not touchless enabled. Competitors must punch the SI controls at the start, and at the finish but will use pin punches located at each viewpoint to record their answers on a punch card.

Competitors are required to select a single answer from the View Point (VP) and record it using the pin punch close to that View Point in the relevant box on their punch card. Controls can be solved in any order. The control cards will be waterproof and folded to provide a duplicate record of the selections punched. Two or more punch marks in the same row or punching across more than one box will count as a wrong answer. TrailO is a silent sport and competitors must not speak to each other. More information about TrailO can be found in [Technical Introduction to TrailO for Experienced Foot Orienteers](#).

Competitors should punch their SI card at the Finish. The SI card will be downloaded at the finish and your control card will be collected, with one half returned to you. You may retain your competition map, but in the spirit of fair play do not show this to anyone who is yet to compete. Competitors will need to retrace their route along the entire course to the start and then on to the bus stop and assembly area. Competition rules regarding no communication remain in force while you are on the course until you pass the timed control on the way back to the assembly area. Solution maps will be available after the last competitor has finished, on Day 4 and on the JK website along with the results.

The PreO map is ISSprOM 1:4,000 scale with 2.5m contours, produced for the competition by Mitchell Maps

Prizegiving for Sprint PreO and PreO will be on Day 4 at the Relay Prizegiving. There are no prizes for the Standard course.

PreO Officials:

Organiser: Liz Urquhart

Planner: Graham Urquhart

Controller: TBA

Trail Orienteering Jury
TBA
TBA

Hospitals

The nearest hospitals with Accident and Emergency departments are:

Serious injuries: The Grange University Hospital

Minor injuries: Nevill Hall Hospital

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
The Grange University Hospital Caerleon Road Cwmbran Gwent NP44 8YN	16 miles (30 mins)	Nevill Hall Hospital Brecon Road Abergavenny Gwent NP7 7EG 01873 732732	8 miles (15 mins)

Acknowledgements

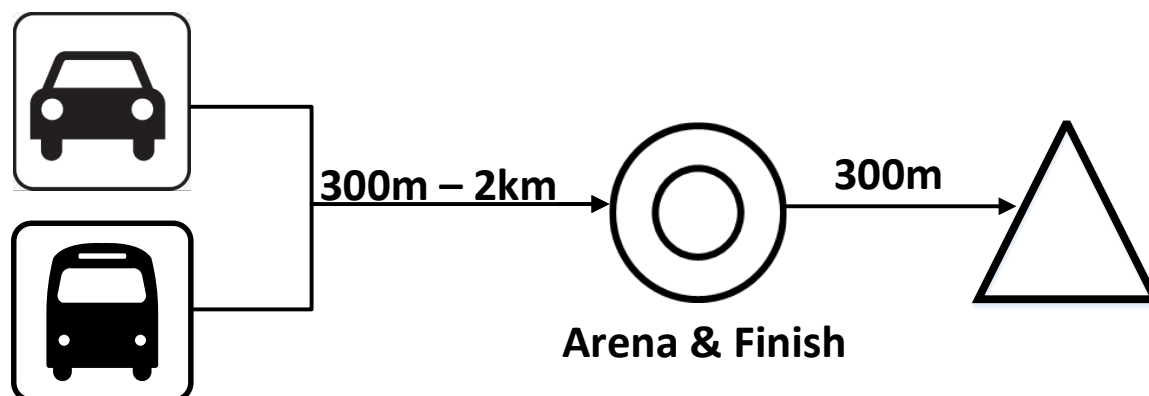
Thanks to the volunteers from North Gloucestershire (NGOC) and other clubs.

We are grateful to the Duke of Beaufort Estate for giving permission to use the area, Brynmawr Foundation School for use of their facilities, and Blaenau Gwent County Borough Council.

Day 3: Sunday 17th April – Long – Pwll Du

Important notices

- Water will be provided at the finish for elite competitors only. Please bring your own supplies.
- Very limited rubbish collection facilities (bin bags, etc.). Please take rubbish away with you.
- No entry to the car park after 12.30pm / no exit before 12.30pm.
- Numbered bibs **MUST** be worn by all competitors. Remember to bring it with you if you ran in the Sprint Race or the Middle Race, otherwise, collect your bib from enquires.
- Whistles are **MANDATORY** and will be checked at the Start. Full leg and body cover is also **MANDATORY**.



Travel Directions

The event area is approached:

- From the South, by the A4043 from Pontypool (and is the preferred route for competitors).
- From the West, by the A465 (Heads of the Valley road) to Brynmawr and then the A467 and B4248 to Blaenavon. This 'B' road has a fast flow of intermittent traffic. It will be out of bounds for pedestrians, with a manned crossing point near to the Arena.
- From the North, by the B4246 from Abergavenny/Govilon or Llanfoist. This is a steep climb (the 'Tumble') for large vehicles.

Parking

The event will utilise six main parking areas to the West of Blaenavon (shaded light orange on the map below). To ease congestion all parking areas will fill up simultaneously (mainly between 0800-1000hrs):



- 1. Nature Park Access Track (approx. 150 vehicles).** Utilising the cindered verges along the access track for the Nature Park and heading to Coity Farm. This parking will be marshalled. Competitors will be directed on foot along the track and through the Railway Museum area.
- 2. Industrial Estate Car Parking (approx. 600 vehicles).** Utilising the wide roads and parking spaces of the factory units within the Gilchrist Thomas industrial estate (see Annex B). The estate is about 1km from the Arena and is connected to it via a quiet metalled cycle path. This parking will be marshalled.
- 3. Camper Vans/ Larger Vehicle Parking (approx. 70 vehicles).** Will be on a rectangular area of hardstanding just south of Garn-yr-erw and directly opposite the approach road to Garn-yr-erw Lakes and the Heritage Railway site (see Annex C). It is approximately 200 metres from the Arena and is suitable for approximately 50 motorhomes and minibuses. Additional parking is available on the left-hand side. For Pedestrian safety, access and connection to the Arena (200m) will be via the back roads and footpaths running parallel to the B4248. This parking will be marshalled.
- 4. Volunteer & Trader Parking (approx. 50 vehicles) VERY LIMITED PRIORITY PARKING.** On an area of irregular hardstanding directly adjacent to the Arena. This parking will be marshalled.
- 5. Overflow Parking (approx. 40 vehicles).** On the Kays and Kears Estate road spurring north of the main industrial estate. This parking will be marshalled.
- 6. Racecourse Inn Common Land Parking (approx. 250 vehicles).** Cars only, utilising three areas of cindered hardstanding and a long unmetalled track running parallel lane with the B4248. This parking will be marshalled and is 500m – 1 km walk to the Arena.

NOTE: The Big Pit, the Railway Museum, Garn Lakes and Iron Works public parking is not to be used with their access roads kept clear.

Dogs

There is no issue with dogs in cars in parking as that is on a roadside area. There is also space to walk dogs in the immediate vicinity. We regret that as this is sheep country dogs are not allowed in any part of the terrain, including the Arena.

Please pick up after dogs.

Timings

Please note: Timings are subject to change if deemed necessary.

08:00	Car parks open
09:00	Enquiries and colour coded entries open
10:00	Relay registration open
10:00	First start time for championship and colour coded
10:30	Maze opens
13:00	Colour coded entries close
14:00	Last start time for championship and colour coded
14:30	Maze closes
15:30	Prizegiving for days 2/3 combined as soon as possible
16:00	Courses, enquiries and relay registration close.
17:00	Car parks close

Arena Layout



Map

The contour interval is 5m. It was remapped in 2021 using LIDAR for JK 2022. A previous version of the map on Routegadget can be found here: [VHI 2018](#). Blank maps will be on display in the arena.

Terrain and Course Notes

Pwll Du consists of open upland mining terrain lying between 400m and 500m.

There are many spoil heaps and other distinct earthworks, but equally as many less distinct features. The mapping ensures that the main land features stand out and are not lost in less distinct map clutter. Most landforms have been represented using contours with some generalisation so that the map is as clear to read as possible.

The majority of the area has been mapped as rough open. This is generally very runnable with some denser heather in the east. In this area in particular there are large areas of bare mining spoil which offers good to very good running. So that the map is as clear as possible these areas are represented by the brown normally used to represent parking areas rather than sandy ground as competitors may expect. Water levels on the area vary significantly. Power lines have not been mapped. The area, particularly the spoil heaps, is used by motor bikers. Many of their less obvious tracks, as well as other animal tracks through the terrain, have not been shown on the map.

There is a very significant ravine on the South East corner of the map with steep sides. Courses crossing this have a control at marked safe crossing point. Do not attempt to cross this elsewhere. Some courses will go down a path crossing a stream which is knee deep and muddy. A taped route will skirt around this section.

Course 29 has some sections where the paths are unclear. These are marked with tapes and / or smiley faces.

There is a spectator control visible from the arena. This will be visited by the 4 elite courses.

Safety bearing: South West.

Course Details

All courses are subject to final controlling.

Course	Classes	Distance	Height	Controls	Scale	Paper
1	M21E	16.1k	590m	30	1:15k	2 x A4
2	W21E	11.0k	390m	25	1:15k	A4
3	M18E M20E	11.1k	385m	24	1:15k	A4
4	W18E W20E	7.4k	285m	15	1:15k	A4
5	M21L	12.0k	390m	23	1:10k	A3
6	M35L	11.4k	340m	23	1:10k	A3
7	M40L	10.6k	380m	25	1:10k	A3
8	M18L M20L M21S W21L	7.5k	265m	20	1:10k	A3
9	W35L W40L	7.3k	250m	22	1:10k	A3
10	M18S M20S M21V W18L W20L W21S	5.1k	185m	11	1:10k	A4
11	M45L	8.9k	285m	18	1:10k	A3
12	M50L	8.3k	240m	16	1:10k	A3
13	M55L	7.9k	240m	17	1:10k	A3
14	M60L	7.1k	250m	16	1:10k	A3
15	M35S M40S W45L	6.0k	220m	14	1:10k	A3

16	M16A	6.5k	260m	14	1:10k	A3
17	M65L	5.8k	200m	13	1:10k	A3
18	M45S M50S W50L	5.9k	235m	13	1:10k	A3
19	M70L W55L	5.5k	170m	13	1:10k	A4
20	M55S W16A W60L	4.9k	185m	14	1:10k	A4
21	M60S M75L W35S W40S W65L	4.5k	150m	12	1:10k	A4
22	M65S W45S W50S W70L	4.1k	135m	13	1:10k	A4
23	M80 M70S M75S W75 W18S W20S W55S W60S W65S W21V	3.7k	115m	11	1:10k	A4
24	M85 M90 W70S W80	2.6k	60m	9	1:10k	A4
25	W85 W90	2.1k	60m	8	1:10k	A4
26	M14A M16B	5.0k	110m	14	1:10k	A4
27	W14A W16B	3.9k	125m	13	1:10k	A4
28	M12A M14B W12A W14B Orange	3.4k	75m	11	1:10k	A4
29	M10A M12B W10A W12B Yellow	2.7k	70m	12	1:10k	A4
30	M10B W10B White	1.6k	40m	9	1:10k	A4
31	Light Green	3.6k	125m	10	1:10k	A4

Clothing and whistles

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

The Organisers may require a lightweight hooded 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 (bib and whistle check area).

Strictly No-Whistle, No-Go. This will be checked at the exit from the arena and you will not be allowed to start without one – so don't forget it.

Control descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes.

Start

Start lists will be on display in the arena.

There are two starts approximately 90 metres apart with a common route from the Arena until the last 100m. The first is for courses 1 to 4 and the second for all remaining courses.

The route from Arena to the starts will be on the edge of the competition area, marked from the south-east corner of the Arena with streamers. The starts are approximately 350m from the SE corner of the Arena. To avoid overcrowding at the start please do not leave the Arena earlier than 20 minutes before your start time.

Call up is at -4 at the 2nd gate along the track (to be confirmed).

JK course competitors will have a pre-allocated timed (non-punching) start, with the exception of helpers and colour-coded, who have punching starts.

If you are late for your call up time, go immediately to the late start lane. If you are not late for your start time, you will be slotted in to the correct start box for your start time. If you are late for your start time you will be taken to the start line, where you will be allowed to start as soon as possible. You will punch a start box, but you will be timed from your allocated start time. Because the start procedure will be silent, please do not talk to the start officials. If you believe that your lateness is not your fault, you must talk to the Organiser after you have finished.

Finish

The finish is in the arena. Maps will be collected from M/W21E only and released after the start closes.

String Course/Maze

A maze will be available in the arena.

Colour coded courses

The following non-championship courses will be offered: White, Yellow, Orange and Light Green. You can choose any course you like irrespective of age and gender. They are available for entry on the day subject to availability of maps. Enter on the day is in the large marquee.

British Orienteering Jury	IOF Jury (BOF)
TBA	TBA
TBA	TBA
TBA	TBA

Event Officials

Organiser: Anne May/ Lawrence Snowden/ Andrew Firth (SWOC)

Planner: Pete Ribbans/ Kevin Bush/ Jane Bush (SWOC)

Controller: Mark Dyer (BOK)

IOF Advisor: Steve McKinley (SN)

Event Safety Officer: Katy Dyer (BOK)

Hospitals

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: The Grange University Hospital
- Minor injuries: Nevill Hall Hospital

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
The Grange University Hospital Caerleon Road Cwmbran Gwent NP44 8YN	12 miles (21 mins)	Nevill Hall Hospital Brecon Road Abergavenny Gwent NP7 7EG 01873 732732	7 miles (16 mins)

Acknowledgements

Thanks to the many volunteers of South Wales (SWOC) and other clubs.

We are also grateful to:

The Duke of Beaufort Estate and

Walters Mining for permission to use the area

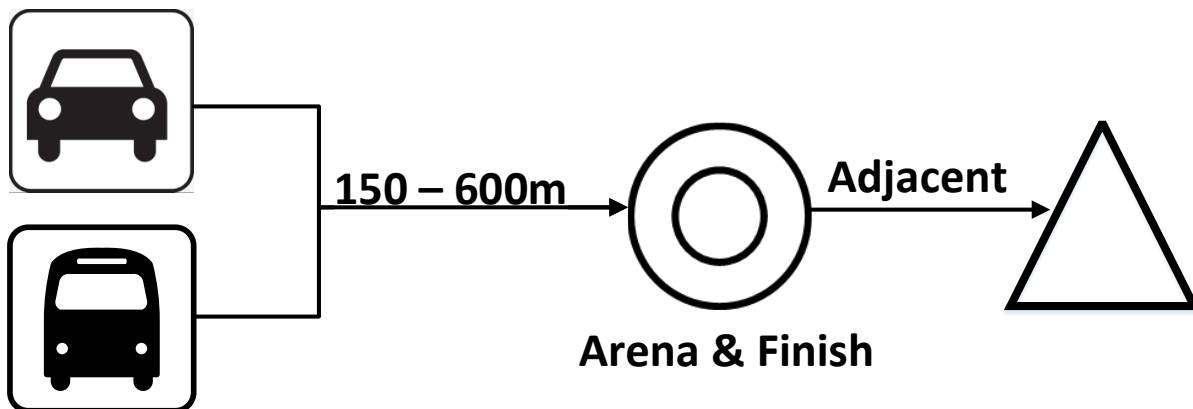
Garn-Er-Erw Welfare Hall Association for the use of the Recreation Field as our Arena.

Torfaen Council and their Event Safety Advisory Group

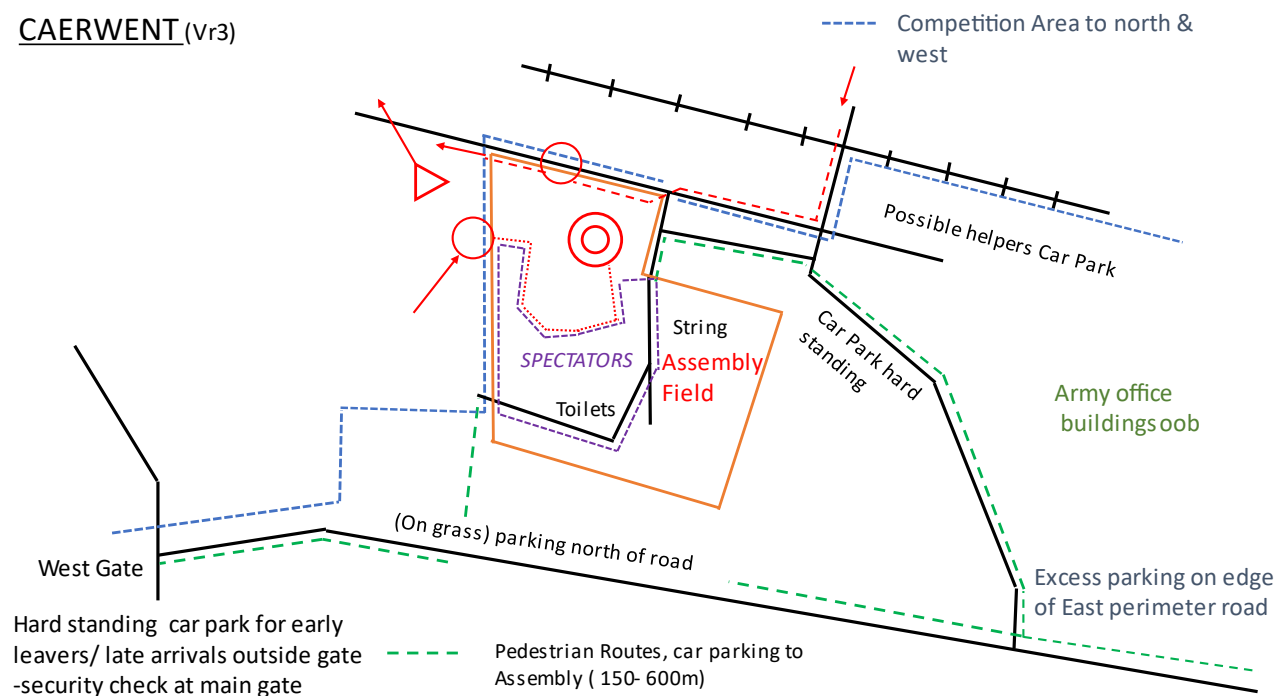
Day 4: Monday 18th April – Relays – Caerwent

Important notices

- A BAOC team will check you are here for orienteering (e.g. show individual number, helper, trader) and Photo identification, irrespective of whether you arrive by car or on foot. The details of this check will be confirmed later so re-check before making your journey.
- MOD Caerwent was an ordnance storage area and is now a wild place regularly used for infantry training. DO NOT touch any military or unknown objects you may come across and DO NOT enter any of the many ruined and often dangerous buildings.
- Note: A Risk Assessment has been carried out including how to mitigate Covid in a Relay format race. This will be reviewed as the situation develops. Keeping all safe is the organisers priority. The arena has been designed and Relay procedures “tweaked” to facilitate social distancing. We need you to be considerate of other to keep us all Safe. Thank you.



CAERWENT (Vr3)



Travel Directions

The event is located within the Caerwent Military Training Area. What three words: packets,modem.waltzes, Grid

JK 2022 Event Programme (version 2, March 2022)

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reference ST463907, Nearby post code: NP26 5XL. Entry is directly from the A48 by the Camp West Gate (Permanent signposting). For most approaching from the West leave the M4 at Junction 29 and take the A48 East "Chepstow" for 7 miles and then left as signed through the camp outer gate. From the East leave the M48 at Junction 2, go North to first roundabout and then West "Newport" for 5 miles, through Caerwent village ignoring signs to Camp East Gate and then right into the camp as above. Please help to avoid any traffic build up on A48. The camp Inner gate will not be open till 08.00.

Parking

Security Check (Details tbc as they are subject to MOD approval)

A BAOC team will check you are here for orienteering (e.g. individual number, helper, trader) and check photo identification, whether you arrive by car or on foot. The details of this check will be confirmed later so re-check before making your journey. The check either on foot or by car will occur before you are allowed through the inner gate.

Please follow the instructions of the parking marshals. A one-way system will be in operation, in till 11.30 and out after 11.40. Anyone who wishes to depart earlier or arrive later may park in the large car park outside the inner gate. Please do not park in the village. If you have young children, walking wounded, or very senior competitors make yourself known to the marshals who will endeavour to park you close to assembly. Minibus, camper vans and any coaches may have particular instructions. Parking will be on hard standing or flat grass adjacent to metalled road. Various walking routes 150 - 600m to Assembly field. If there is a bumper entry additional parking is available and details will be updated.

Dogs

Sorry, in line with military standing orders no dogs are allowed in the Camp. Dogs in outer car park only.

Timings

Please note: Timings are subject to change.

08:00	Camp Gate open to competitors and car parking open
08:30	Team Bag collection and "last minute" team changes open. (May be earlier if we are ready)
09:00	General Enquiries opens
09:30	Deadline for "last minute" team changes
09:50	First call-up
10:00	First starts for first lap
10.30	String Course opens (May be earlier if we are ready)
11:00	Last starts for first leg runners
12.45 tbc	Mini mass start
12:45	Prizegiving for Relays
13:30	String Course closes
14.15	Courses close. Controls removed progressively from 14.00
14:00	Enquiries closes
15:30	Camp closes to all non-helpers must leave before this time

Relay Team Declaration & Relay Bag Collection

On-line editing of team declaration forms will close at midnight on Sunday 17th April 2022. It would help if club

representatives could do as much as possible on-line before this deadline. Relay team declaration forms will be available for collection at Relay Enquiries on Saturday. Declaration forms must be returned on Saturday, or Sunday before 16:00.

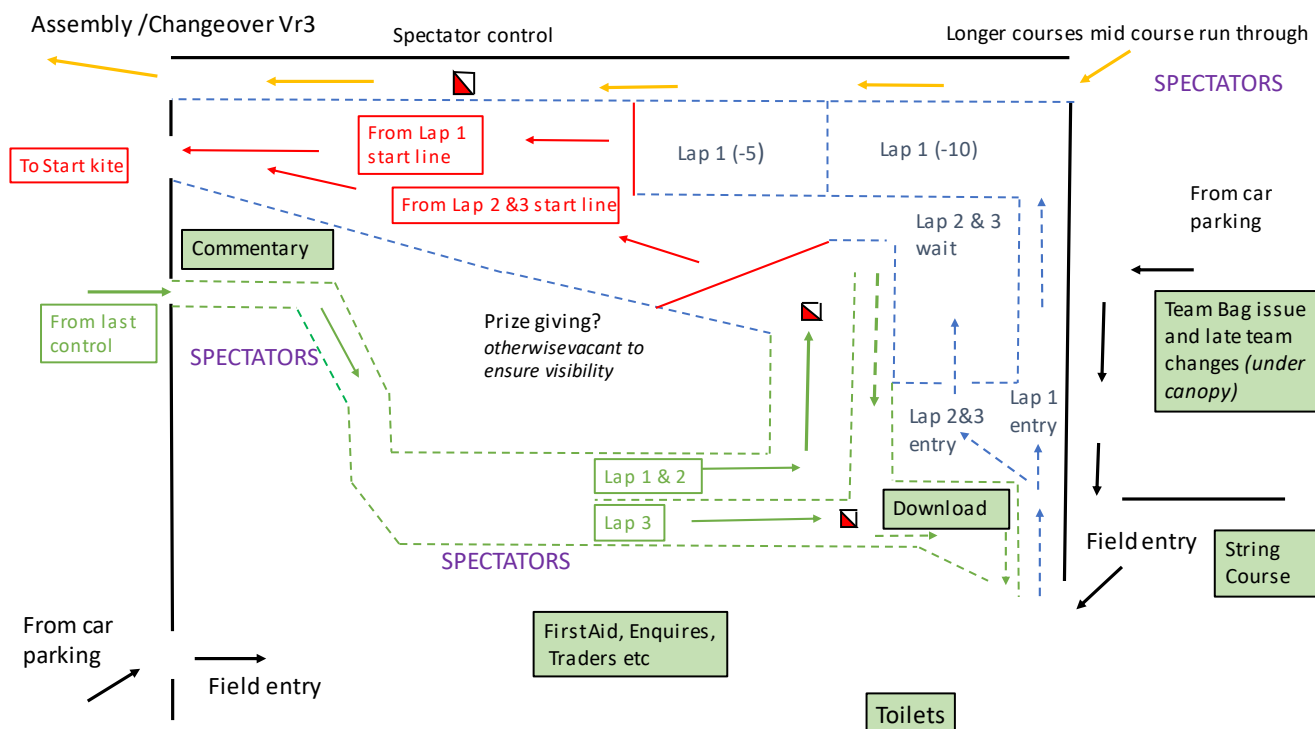
We do recognize that last minute changes due to illness, injury etc. do occur. Please complete the “last minute” change paper form before 09.15 on the morning of the event.

If you need to change class after entries are frozen for map printing, we will try to accommodate but will be constrained by number of spare maps sets. Ask as early as possible and in any case by 09.15

Team bags are available for collection on the morning of the event. Check that the content is what you expect. Bags are individually numbered and contain all that each runner needs including: Team race numbers bibs have coloured bands - Red for Lap 1, White for Lap 2, Blue for Lap 3. **Also included are the competition maps. These are identified by the team and lap number e.g. Team 80 lap 1.** It is essential that each runner does a DIY check that the bib number matches the map identification. Maps have been sealed we are trusting you all not to break this seal. **All maps will be checked for seal integrity at start pen entry.**

The eligibility rules for competitive teams are on the British Orienteering website under Rules: JK Relays: section 2.1. Link: [JK Relay Rules](#) Club representatives are confirming that these eligibility rules have been satisfied when signing the team declaration form to indicate that a team is competitive and eligible to win trophies, medals and prizes. If any changes make the team non-competitive, please declare it. You are still welcome to run, but are not eligible for prizes.

Arena layout



Club tents

Along outside of run in from last control. Please consider social distancing

Map

New map by Dave Peel 2021/22, scale for each class to be decided. Previous map (Southern Night Champs 2019 on BAOC Routegadget: [Southern Night Champs 2019](#))

Terrain & Course Notes

The area is a challenging mixture of many terrains and unusual features. Overall visibility is quite high and runnability very quick. The basically flat ex ordnance depot is largely a mixture of open and semi-open. It features a multitude of buildings, metalled roads, fences, ex railway lines, banks and ditches. Many buildings are obscured

by the surrounding high blast banks. Much of this area is grazed by sheep, but there are also local areas with impenetrable bushes that will impede progress and bracken that will not.

In contrast the surrounding woodland is mostly deciduous, on a slope and runnable.

TD2 and TD3 courses are likely to have a content of metalled road, but banks, hedges and ditches may also need to be followed. Competitors should be aware of these map symbols.

All buildings are out of bounds. Competitors are requested to comply with this.

Course Details

Course planning is in progress and will be in line with BOF guidelines. At this stage lengths are just indicative

Class	Length/Climb/Controls			Map Scale	Map size	Team nos.
	Lap 1	Lap 2	Lap 3			
A – JK Trophy	7	5.5	7	tba	tba	1 – 50
B – Women’s Trophy	5.5	4.6	5.5			101 – 150
C – Men’s Short	4.6	3.8	4.6			1001 – 1050
D – Women’s Short	3.8	2.8	3.8			1501 – 1550
E – Senior Men (M120+)	7	5.5	7			2001 – 2050
F – Senior Women (W120+)	4.6	3.8	4.6			2501 – 2550
G – Veteran Men (M165+)	5.5	4.6	5.5			3001 – 3099
H – Veteran Women (W165+)	3.8	2.8	3.8			3501 – 3550
J – Ultra-Veterans (M/W 210+)	3.8.	2.8	3.8			4001 – 4050
K – Intermediate Men (M48-)	Green 4.6	Orange 2.5	Green 4.6			5001 – 5050
L – Intermediate Women (W48-)	S Green 3.8	Orange 2.57	S Green 3.8			5501 - 5550
M – Junior Relay (M/W 40-)	Orange 2.5	Yellow 2.0	Orange 2.5			6001 – 6050
N – Mini Relay	Yellow 2.0	Yellow 2.0	Yellow 2.0			7001 – 7050
P – Mixed Ad Hoc	3.4	1.7	2.7			8001 - 8099

All Courses are TD5 except K & L (TD5, TD3, TD5), M (TD3, TD2, TD3), N (TD2 for all legs) and P (TD5, TD3, TD5).

All lengths are approximate, and subject to controlling. The climb will be less than 5% (2%-3%) for all courses.

Mixed Ad Hoc

The Mixed Ad Hoc competitors will run their relay in a pre-determined order. As with other Classes, these will be gaffled. Leg 1: Long, Leg 2: Short, Leg 3: Middle

Clothing and whistles

This is a wild country “forest” rather than a city “urban” race. As per BOF rules you MUST wear full leg and body cover. Shorts will not be permitted.

The Organisers may require a lightweight hooded 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.

Whistles are advised and, in line, with BOK policy mandatory for Juniors. Responsible adults should supervise this.

Control Descriptions

Control descriptions are printed on the front of the maps.

Control descriptions for all courses use IOF pictorial symbols. Orange and Yellow standard courses will have text and IOF pictorial symbols. There are no loose control descriptions.

Starts

Start and call up times are listed in the course table below. Please note that these are different to BOF guidelines to facilitate social distancing and is an agreed rule waiver change with E&CC. A mini mass start for all runners who have not yet started will be held at 12:45. TBC

Mass Start	Class	Class description	Call up time	Start time
1	N	Mini	09.50	10.00
2	A	JK Trophy	09.55	10.05
3	E	M120+	10.00	10.00
4	B	JK Women Trophy	10.05	10.15
5	G	M165+	10.10	10.20
6	M	M/W40-	10.15	10.25
7	K	M48-	10.20	10.30
8	P	Ad Hoc	10.25	10.35
9	F	W120-	10.30	10.40
10	C	M Short	10.35	10.45
11	D	W Short	10.40	10.50
12	H, L	W165+, W48-	10.45	10.55
13	J	M/W210+	10.50	12.00

Lap 1 has two waiting pens, -10 mins and -5 mins. Only open your map at the start signal. Stay within the lane out of the prescribed gate and visit the start kite. *(Yes, you might have a plan to cut across the tapes and use another gate- don't)*

All laps entry to waiting pens

Lap 1 goes to the right, lap 2 & Lap 3 to the left.

Clear and check stations will be found just before the entrance to the waiting pens. Ensure that if queues form runners are 2m apart. Display your bib, DIY check that it matches your map.

All map units will be checked to ensure they are still sealed.

Changeover and Finish

Competitors are visible as they approach the last control and for 250m along run in. The run in is forked, laps 1 & 2 fork left to changeover, lap 3 right to finish. Incoming runners must stay in the lane. *(and yes it might be quicker to cut straight across-don't)*

When outgoing runners see their incoming runners proceed to the start line which is angled and lengthy -no need to crowd.

Lap 1 and 2 runners punch the finish and then proceed to the start line when you are close enough to touch the outgoing runner start, (if you feel you must touch, bump elbows). Outgoing runners stay in lane out of the prescribed gate and visit the start kite *(and yes you might develop a sneaky plan to cut across to the run through and go out of the other gate -don't)* Incoming runners amble slowly but steadily to download

Finishing Lap 3 runners fork right on the run-in. The finishing order will be determined as the runners cross the Finish line. The Finish control will be a short distance beyond the Finish line and competitors should punch in the same order as they crossed the Finish line. Then amble slowly to Download.

Map Collection

Maps will be collected from all finishers up to 12:15 when all club map bags will be released.

Results

Results will be not be displayed in the arena, but should be available on your phone and there will be commentary.

String Course

There will be a string and/or maze course during the day near the arena.

Prize giving

Targeted for 12.45 or earlier if possible

British Orienteering Jury

TBA

Event Officials

Organiser: Charles Daniel (BOK) and Chris Huthwaite (BAOC)
Planner: Tommi Grover/ Dan Weaver (BOK)
Controller: Alan Rosen (HH)

Hospitals

The nearest hospitals with Accident and Emergency departments are:

- Serious injuries: The Grange, Llanfrechfa, University Hospital (A&E)
- Minor injuries: Royal Gwent Hospital (MIU)

Journey for serious injury	Miles (min)	Journey for minor injury	Miles (min)
The Grange, Llanfrechfa, University Hospital (A&E) Caerleon Rd Cwmbran, Gwent NP44 8YN	10 miles (20 mins)	Royal Gwent Hospital (MIU) Cardiff Rd Newport, Gwent NP20 2UB 01633 234234	10 miles (20 mins)

Acknowledgements

We are grateful to the many volunteers of Bristol (BOK) and British Army (BAOC) and other clubs for their help in staging this event.

