

## WOA Competition Rules: Long Distance Championships

Text in bold below has mandatory status and shall be followed by event officials. Other content refers to material provided for guidance and for information. These Rules shall be read in conjunction with the BOF Rules and have the same authority. They shall be considered as their extension. Where these Rules vary or supplement BOF Rules, then these Competition Rules shall take precedence.

### 1. General Information

#### 1.1 Level

**1.1.1 The Welsh Orienteering Championships are Level B events. The Welsh Orienteering Association may optionally register their Championships as Level A events, in which case the BOF Competition Rules I: Area Championships apply.**

#### 1.2 Purpose

**1.2.1 To provide a high standard of domestic competition through a high quality event and to find the Welsh champions in each age class from M/W10 to M/W80.** These events may be used as part of competitions such as the UK Cup and Future Champions Cup, or as selection races.

#### 1.3 Nature of Event

**1.3.1 Single-day cross-country competition held in daylight. Runners compete as individuals in age classes.**

#### 1.4 Eligibility for Prizes and/or Trophies

**1.4.1 An orienteer may qualify to compete for prizes/trophies in the Welsh Orienteering Championships if he/she is a member of the Association at the date of the Championships AND complies with at least one of the following criteria:**

- birth – either self or one parent born in Wales
- residence – at least one year's current permanent residence in Wales

**1.4.2 Others may compete in the Championships as well, but are not eligible for trophies or prizes.**

#### 1.5 Responsibility

**1.5.1 Welsh Championship Events are organised by WOA, or by clubs on behalf of WOA and are scheduled by the National Fixtures Group. The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering.**

**1.5.2 The hosting club will receive £100 from WOA to enhance the Welsh Orienteering Championships.**

**1.5.3 WOA is responsible for monitoring the progress of Welsh Championship Events.**

#### 1.6 Officials

**1.6.1 Controller: Grade B controller or above appointed by the organising club.**

#### 1.7 Timescale

**1.7.1 This is intended to give guidance only and is not an all-embracing list.**

18 months      Event date agreed with Fixtures Group.

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10 months	Controller appointed.
6 months	Survey complete and draft colour map available for planning (new maps).
4 months	Survey complete and draft colour map available for planning (updated maps).
8 weeks	Planning completed.
4 weeks	Courses agreed with Controller.
2 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Results should be displayed by course (with competitors' age class against their name) and, where appropriate, also by age class. Results submitted to the ranking list.

## 2. Map and Terrain

### 2.1 Quality of Terrain

2.1.1 The terrain for Welsh Championship Events should be generally runnable and of good technical quality. **WOA is responsible for assessing its suitability through the event Controller's assessment.**

2.1.2 As a guide, an area for a Welsh Championship Event should meet the following requirements:

- (a) The area should allow an M21L course with an elite orienteer winning time of 67 minutes without undue repetition (although either criterion might be reduced for an area of exceptional technical merit).
- (b) At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable, and at least 75% for the shorter courses (i.e. the majority of the competition should avoid the need for long track runs).
- (c) The area should not be so steep that the total climb on any course is more than 5% of the course length. (i.e. not more than an average of 50m climb per km of course length).
- (d) Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.

### 2.2 Embargo

**2.2.1 The competition terrain is embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 12 months before the date of the Championships.**

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### 2.3 Map

**2.3.1 The terrain shall be field worked in order for the map to be legible if presented at a scale of 1:15,000.**

### 2.4 Map Printing

**2.4.1 See British Orienteering Appendix H (Mapping)**

### 2.5 Map Scales

2.5.1 The map scale for age classes M/W18 to M/W40 should be 1:15,000.

2.5.2 The map scale for age classes M/W45 and above, and for age classes M/W16 and below, should be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

## 3. Event Organisation

### 3.1 Organisation

3.1.1 The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. Welsh Championship Events should normally provide the following facilities:

- an event web site for information, start lists, results, publication of previous maps and on-line entry and payment
- **Pre-entry**, with entry closing date as close as possible to the date of competition, with **Entry on the Day for non-competition/recreation courses at least**
- **pre-allocated start times** with start lists at assembly area and at pre-start
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event)
- **electronic punching**
- **courses pre-marked on maps**
- control description issue in the start lanes
- same control site format at each control, with sample on display at the pre-start
- on-course refreshment points if possible
- frequently updated **results display at the event**
- **results published on the website by the next day offering post event analysis** (e.g. RouteGadget)
- **results published on the British Orienteering website within 7 days**
- **toilets, start and finish areas, assembly area, traders**

### 3.2 Safety

**3.2.1 The Organiser shall ensure the risk assessment has been completed and reviewed by the Controller, who will then sign the form to confirm it has been reviewed.**

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**3.2.2 First Aid provision shall be made, appropriate to the size of the event**

### **3.3 Publicity**

**3.3.1 The Welsh Orienteering Championships shall be advertised on the WOA website and the BOF website with a direct link from the latter to the event details page. It shall also be advertised via event fliers.** A major effort should be put into promoting the competition both inside and outside Wales in order to attract as large an entry as possible.

**3.3.2 The hosting club shall create an entry form enabling an orienteer to indicate that he/she wishes to compete in the Welsh Orienteering Championships.** It is recommended that this should be made available on the hosting club website and the WOA website.

### **3.4 Start Times**

**3.4.1 Start times on each Championship course shall be separated by 2 minutes.** Furthermore, potential class winners shall start a minimum of 4 minutes apart. These may be identified from the BOF Rankings list.

### **3.5 Trophies**

**3.5.1 The Welsh Championship trophies shall be presented to the highest placed eligible competitors in each age class. Competitors are only eligible for the trophy in the age class they have entered.**

**3.5.2 The WOA will provide the perpetual trophies.**

### **3.6 Mementoes**

**3.6.1 The hosting club will receive £250.00 to purchase permanent mementoes. The mementoes shall be for the 1st places in all Championships classes. In addition, where there are more than 5 starters in a Championships class, mementoes are given to those placed second; where there are more than 10 starters, mementoes are given to those placed third also.**

**3.6.2 The mementoes shall be engraved with the Year of Competition, the words "Welsh Championships", Age Class and Position 1st, 2nd or 3rd (as appropriate). If medal mementoes (Gold, Silver and Bronze) are to be awarded, the engraving of the position is not necessary.**

**3.6.3 The Welsh Champions are required to arrange for their trophy to be engraved. The cost of the engraving may be reclaimed from the WOA Treasurer.**

### **3.7 Prizegiving Ceremony**

**3.7.1 The hosting club shall create an area for the presentation of the trophies and mementoes. The trophies shall be displayed on a table(s) draped with a Welsh flag. The table shall be large enough to accommodate all Trophies.**

**3.7.2 The presentation should aim to commence within 30 minutes of the last eligible Welsh competitor completing their course.**

**3.7.3 The hosting club shall provide one person to announce the 1st, 2nd and 3rd places for each age class. The hosting club shall provide one person to organise the trophies and mementoes. The trophy/memento will be handed to the presenter on announcement of the winner's name. The presenter of the awards should be the WOA Chairman or a depute of suitable standing approved by the Chairman.**

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**3.7.4** The hosting club shall record the details of the winner for each age class. The winner shall complete a form indicating their name, address and telephone number and e-mail address. This will be forwarded on to the WOA trophy officer.

### **3.8 Publication of Welsh Champions**

**3.8.1** Details of the Champions and memento winners shall be forwarded electronically to the WOA Webmaster within 5 days of the event.

**3.8.2** Whenever possible, these should be accompanied by photographs of the prize giving and other publicity shots.

### **3.9 Ranking Scheme**

**3.9.1** All Welsh Championship Events are Ranking Events. Preliminary results should be submitted as soon as possible after (ideally on the day of) the event. Final results shall be submitted within one week of the event. See Appendix K (The Ranking Scheme) for details of how to do this.

## **4. Course Planning**

### **4.1 Courses**

**4.1.1** Welsh Championship Event courses should be planned to test the orienteering ability of the leading competitors in each class.

**4.1.2** Courses are to be provided for the following range of age classes: M/W 10 to M/W 80.

**4.1.3** There shall be one Championship course for each age class, with no B or Short classes

**4.1.4** There shall be a range of courses available for those not competing in the Championship classes

**4.1.5** Both Championship and non-Championship courses are provided by the same set of colour courses, as defined by 4.2. Those entering a Championship course shall do so by quoting the appropriate age class; those entering a non-Championship class shall do so by quoting the appropriate colour course.

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### 4.2 Class Combinations

Colour/Course	Course length ratio M21L=1.00	Min - max length/km	TD	Men: Championships Classes	Women: Championships Classes
Black	1.00	10 - 14	5	M18 M20 M21 M35	
Brown	0.85	8.0 - 12.0	5	M40 M45	W21
Blue	0.56	5.5 - 7.5	5	M16 M50 M55 M60	W18 W20 W35 W40 W45
Green	0.39	3.5 - 5.0	5	M65 M70 M75 M80	W16 W50 W55 W60 W65 W70 W75 W80
Light Green	0.30	3.0 - 4.0	4	M14	W14
Orange	0.25	2.5 - 3.5	3	M12	W12
Yellow	0.22	2.0 - 2.9	2	M10	W10
White	0.14	1.0 - 1.9	1		

4.2.1 The range of courses above should cope with an entry of a few hundred. Where the entry is larger, then extra courses, e.g. Short Green, should be planned and age classes redistributed accordingly. See BOF Event Guideline B for more details.

4.2.2 Where the entry is fewer than about 250, consideration should be given to adding the M18/20/21/35 courses to the Brown course.

### 4.3 Notes

4.3.1 Planners should note that course length ratios (CLR) refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

### 4.4 Control Descriptions

4.4.1 See **British Orienteering Appendix A**

## 5. Further information

### 5.1 Other Information

5.1.1 British Orienteering Appendices B (course planning), E (event safety) and G (protests, juries and appeals).

### 5.2 Further Advice

5.2.1 If you cannot find the answer to a question within the published British Orienteering Rules, Appendices and Guidelines then please contact the WOA Technical Officer.