

# British Sprint, Middle Distance and Trail O Championships

Sat 6<sup>th</sup>- Sun 7<sup>th</sup> May 2023

## Event Programme

### Welcome!

The Northern Ireland Orienteering Association welcomes competitors from across the UK, Republic of Ireland and around the world to the British Sprint, Middle Distance and Trail O Championships in the City of Armagh and Drumkeeragh Forest.

#### Day 1: Saturday 6th May

**Sprint Qualifier and Final, City of Armagh**

**Trail O, Armagh Palace Demesne**

#### Day 2: Sunday 7th May

**Middle Distance, Drumkeeragh Forest**

### General Information

#### Event Entry

No Entry on the Day (EOD) for Championship courses, but there will be non-championship courses available for entry on the day – Yellow, Orange (and White on Day 2 only). Cost will be £4, while stocks last. To enter please go to Enquiries.

#### Table of courses

	Event		Championship / Elite	Non-Championship / Colour coded
Day 1	Sprint	Pre-entry	Yes	Yes
		Entry on Day	No	Yes
Day 1	Trail O	Pre-entry	Yes	Yes
		Entry on Day	No	Yes
Day 2	Middle Distance	Pre-entry	Yes	Yes
		Entry on Day	No	Yes

## Cancellation Procedure and Refund Policy

British Orienteering Major Events [Cancellation Policy & Procedure](#)

You can cancel your entry up until Monday 1<sup>st</sup> May via [Si Entries](#) or by contacting Mark Pruzina at [entries@lvo.org.uk](mailto:entries@lvo.org.uk)

## Hospitals

Day 1 – Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ. Tel: 028 3833 4444

Day 2 – Royal Victoria Hospital, 274 Grosvenor Road, Belfast, BT12 6BA. Tel: 028 9024 0503

## First Aid

First Aid Trainers NI will provide/supervise First Aid on both days. We extend our thanks for their assistance.

The dedicated Event Emergency number is 07745 794595 (Raymond Shannon).

## Bibs

Bibs are used for all Foot-O classes. There will be **separate bibs for the two days**. All competitors should complete the reverse side of the bib with contact details and any medical information.

If you have entered the Day 1 Sprint and the Day 2 Middle, please **collect both bibs on Day 1**. Remember to bring your Day 2 bib with you on Sunday.

The bibs can be collected next to enquiries where they will be hung in alphabetical order.

Remaining Day 2 bibs will be brought to the Middle-distance arena for collection.

All competitors must wear their individually numbered bibs and will not be allowed to start without them.

**Elite runners on any day please read the following section carefully.**

**• M/W18, 20 and 21 competitors who qualify for the A Final will be given a coloured Final race bib which can be collected after the Final start lists are announced.**

## Shadowing

Shadowing/pairs is not permitted on any of the Championship courses or on the Elite Trail O 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: [https://www.sientries.co.uk/list.php?event\\_id=10852](https://www.sientries.co.uk/list.php?event_id=10852) . Please note that seeded starts take precedence over start preferences.

**Start Times for the Sprint Finals** will be published online after the Qualifier races via this link - [https://lvo.org.uk/bcw/bs\\_start\\_lists\\_finals.pdf](https://lvo.org.uk/bcw/bs_start_lists_finals.pdf). Paper printed copies will also be available at the Arena.

## Electronic Punching

These events use SI Card timing throughout. SI Air (contactless punching) will be enabled for both days for people with SIACs. There will be a limited number of SIAC and ordinary SI Cards available for hire at Registration. The finish will be in SI Air mode so those with SIACs can 'punch' touch free. People with traditional SI cards must "dib" all controls including the Finish.

If you are concerned about your SIAC battery level, you should check beforehand at any event that uses SI Air. See [SPORTident UK Ltd - SIAC Battery Exchange](#) for more information. There will also be SIAC Battery Test stations at the event. If your battery is low, there will be a limited number of SIACs and standard SI Cards for hire at Registration - or you can use your SIAC to punch manually.

- Competitors will need SI cards for end-to-end course timing in the TrailO events.

The control layout will be consistent throughout with SI boxes mounted horizontally on stakes with the code number on the top of the box and the kite below that. Additionally a punch will be attached for use in case of failure of the box.

Day 1 & 2- Control numbers on top for all.

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 £2.50/day.

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

## Traders and Caterers

There will be a food van at the Arena on both days, with vegetarian and possibly vegan options. The Sprint event will, in addition, have a tea/coffee cart and a school tuck shop. No orienteering gear traders will be present at the events.

## Results

Results will be published online – Links and QR codes will be given on the splits printouts and posters.

- ❖ Sprint Qualifiers – [https://lvo.org.uk/bcw/bs\\_qualifiers\\_liveresults.html](https://lvo.org.uk/bcw/bs_qualifiers_liveresults.html)
- ❖ Sprint Finals – [https://lvo.org.uk/bcw/bs\\_finals\\_liveresults.html](https://lvo.org.uk/bcw/bs_finals_liveresults.html)
- ❖ Middle Distance – [https://lvo.org.uk/bcw/bm\\_liveresults.html](https://lvo.org.uk/bcw/bm_liveresults.html)
- ❖ Linked from the British Champs Webpage as soon as possible after the event and on Routegadget, Winsplits, Splitsbrowser

- Results will not be displayed in the event arena.

**TrailO results** will be published on the British Orienteering web site after the completion of the event.



## Medals and Prizes

### Sprint

There will be a Senior Men and a Senior Women Trophy awarded to the first placed eligible competitors in the M/W Open (18,20,21) A Final.

Medals are to be awarded to the first, second and third placed competitors in each age class. Competitors are only eligible for medals in the age class they have entered.

### Middle Distance

There will be a Senior Men and a Senior Women Trophy awarded to the first placed eligible competitors in the M/W 21 category.

There will also be Junior Men and Women Trophies awarded to the first placed eligible M/W 18 or MW20 entered for course F2 and F4 for male and female classes respectively.

British Championship Medals will be awarded to the first, second and third placed competitors in age classes.

Competitors are only eligible for Trophies and/or medals in the age class they have entered.

### Rules

The event will be run under British Orienteering Rules.

### Complaints, Protests and Appeals

As a competitor, if you feel that the Rules are not being followed there is a procedure to follow. Any complaint should initially be discussed with the Complaints coordinator, Harold White and/or the Event Organiser, using the standard Complaints/Protests form.

When approaching the Organiser or any other event official you should bear in mind that they are volunteers who have given their valuable time to put on the event, often under circumstances which are not ideal. If the complaint is not resolved satisfactorily, then a protest can be lodged with the Controller who will, if necessary, convene a Jury.

Complaints should be made before course closing times. A further 30 mins will be allowed for the Organiser, Controller and Jury to deal with the request and for competitor protests/appeals.

**Jury** - All members of the juries are British Orienteering members. See each day's details for more information.



## GPS Regulations

The use of GPS devices is allowed if:

1. they have no map display
2. they have no communication capability other than receiving GPS data
3. they are not used for navigation purposes

GPS devices are not permitted in TrailO competition.

## Embargoed areas

These can be found on the British Orienteering web site [here](#).

Please respect the embargoes until the events have finished, even if you have completed your course you should not go into the competition area as it distracts and is unfair to others.

Even if you not taking part in TrailO, you still need to respect the embargoes for that discipline.

## Transport

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

## Control Descriptions

Control descriptions are printed on the front of the maps.

Loose control descriptions will be available in the Start Lanes.

## Photography and Child Welfare Policy and Procedures

Official Day 1 Photographer – to be confirmed.

Official Day 2 Middle Photographer – Neil Harrison.

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 and comply with section 4.8 of British Orienteering's O Safe Policy which can be found on the British Orienteering website.

To avoid photographs of juniors or at-risk adults being published please email the relevant name and entry/bib number to [rgamble@britishorienteering.org.uk](mailto:rgamble@britishorienteering.org.uk) before the event.

If anyone at the event has any concerns about how photographs are being taken, they should inform the Day Organiser, contactable via Enquiries. 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.

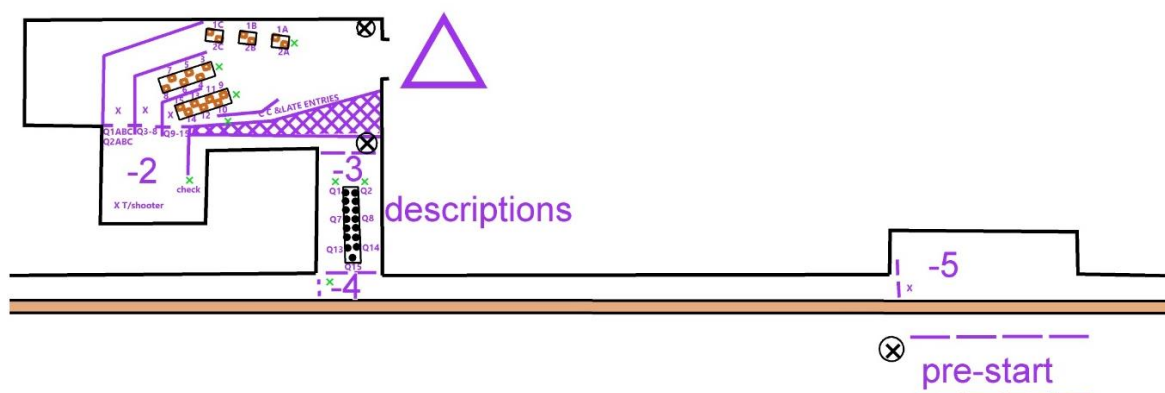
# Start Procedures

## Day 1 - Sprint Qualifiers

### It will be a Timed Start (as Allocated)

Before the Start Lanes there will be SI Clear and Check stations. It is your responsibility to Clear your SI card by holding the dibber in the hole in the Clear station until the station makes a beep and then Check it. **This also switches on your SIAC.**

Box	What is in the box	At start of Interval	At end of interval
-5	Call up Clock Clear and Check stations	Names ticked off, start time on bib checked Competitor moves into first box.	Move forward
-4	SIAC test	At -4, competitor moves to next box. SIAC test stations available.	Move forward
-3	Loose control descriptions	At -3, competitor moves to next box and takes control descriptions	Move forward
-2	Any last minute Information. Final Check station.	At -2, competitor moves to next box. Official offers check station for SI Cards. Competitor stands at correct Start Lane.	Move forward
-1	Quiet waiting Start lanes and maps in boxes on tables with course number visible.	At -1, competitor moves forward to stand by the correct map box for their course.	Competitors are responsible for checking that they pick up the correct map. At -10 seconds, competitors may hold a corner of the map but may only pick it up and go on the long (zero) beep from the start clock.



**Day 1 - Sprint Finals**

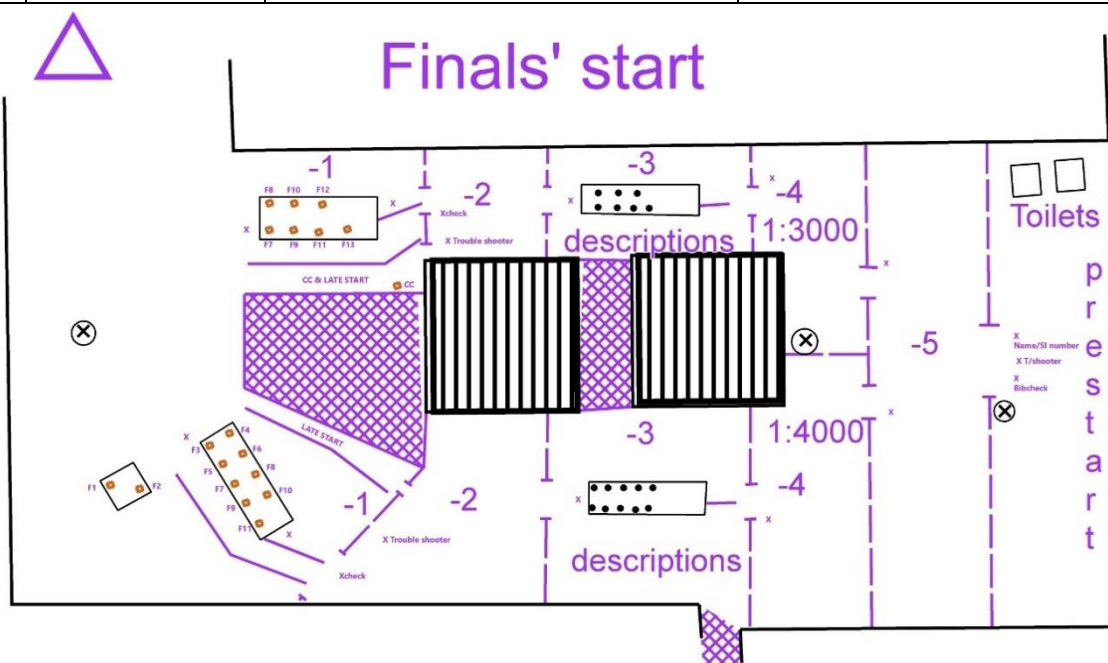
**Start Times for the Sprint Finals** will be published online after the Qualifier races via this link - [https://lvo.org.uk/bcw/bs\\_start\\_lists\\_finals.pdf](https://lvo.org.uk/bcw/bs_start_lists_finals.pdf) which will also be printed at the arena.

Competitors in the M/W18, 20 and 21 A Final will be issued new bibs - collected from Registration.

**It will be a Timed Start (as Allocated)**

Before the Start Lanes there will be SI Clear and Check stations. It is your responsibility to Clear your SI card by holding the dibber in the hole in the Clear station until the station makes a beep and then Check it. **This also switches on your SIAC.**

Box	What is in the box	At start of Interval	At end of interval
-5	Call up Clock Clear and Check stations	Names ticked off, start time on bib checked. Competitor moves into first box.	Move forward into correct -4 box for your map scale. 1:4000 on left, 1:3000 on right.
-4	SIAC test	At -4, competitor moves to next box. SIAC test stations available.	Move forward
-3	Loose control descriptions	At -3, competitor moves to next box and takes control descriptions	Move forward
-2	Any last minute Information. Final Check station.	At -2, competitor moves to next box. Official offers check station for SI Cards. Runner stands at correct Start Lane.	Move forward
-1	Quiet waiting Start lanes and maps in boxes on tables with course number visible.	At -1, competitor moves forward to stand by the correct map box for their course.	Competitors are responsible for checking that they pick up the correct map. At -10 seconds, competitors may hold a corner of the map but may only pick it up and go on the long (zero) beep from the start clock.



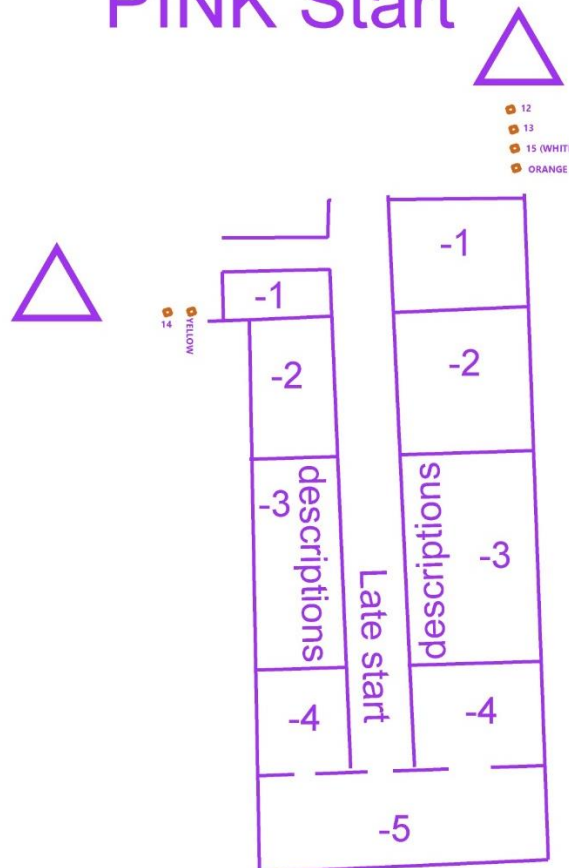
**Day 2 – Middle Distance Pink Start Procedure**

It will be a **Timed Start**.

Before the start boxes will be SI Clear and Check stations. It is your responsibility to clear your SI card by holding the dibber in the hole in the Clear station until the station makes a long beep.

Box	What is in the box	At start of Interval	At end of interval
-5	Call up Clock Clear and Check stations	Names ticked off, start time on bib checked. Competitor moves into first box.	Move forward into correct lane in -4 box. Left Lane Course 13 Middle Lane Colour courses and late starters. Right Lane Courses 11, 12
-4	SIAC test	SIAC test stations available.	Move forward to -3.
-3	Loose control descriptions	Collect control descriptions.	Move forward to -2.
-2	Any last minute Information. Final Check station.	Official offers check station for SI Cards.	Move forward to -1.
-1	Quiet waiting	At -1, competitor should note position of map box and go on long beep.	Competitors are responsible for checking that they pick up the correct map.

# PINK Start





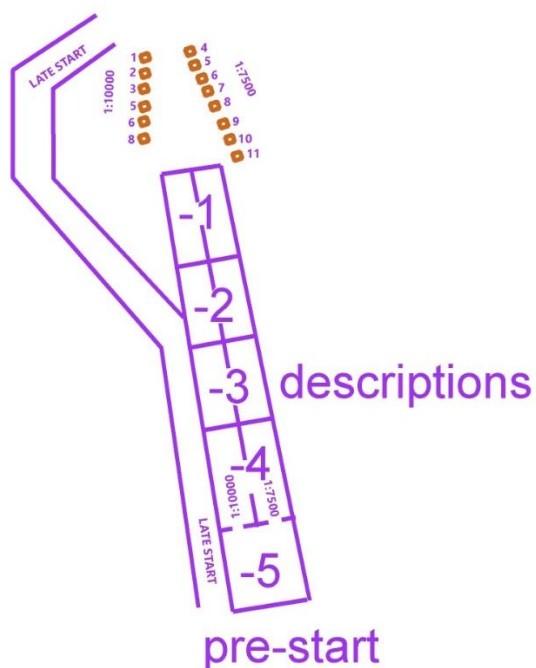
**Day 2 – Middle Distance Yellow Start Procedure**

It will be a **Timed Start**.

Before the start boxes will be SI Clear and Check stations. It is your responsibility to clear your SI card by holding the dibber in the hole in the Clear station until the station makes a long beep.

Box	What is in the box	At start of Interval	At end of interval
-5	Call up Clock Clear and Check stations	Names ticked off, start time on bib checked. Competitor moves into first box.	Move forward into correct -4 box for your map scale. 1:10000 on left, 1:7500 on right.
-4	SIAC test	SIAC test stations available.	Move forward to -3
-3	Loose control descriptions	Collect control descriptions	Move forward to -2
-2	Any last minute Information. Final Check station.	Official offers check station for SI Cards. Competitor stands at correct Start Lane.	Move forward to -1
-1	Quiet waiting	At -1, competitor should line up in course order in the narrow lane.	Competitors are responsible for checking that they pick up the correct map.

# YELLOW Start



### Late Starters – for all races

It is the competitor's responsibility to ensure that they get to their Pre-start on time.

If you are late for your call up time, report to a pre-start official. If possible, the official will slot you into the correct start box for your start time.

If you are late and beyond your start time, the following procedure will apply:

An official will guide you to the late start location, enabling you to collect control descriptions and start you in accordance with BOF rules.

*The following BOF rules will apply:*

*27.6.1 In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately.*

*27.6.2 In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval.*

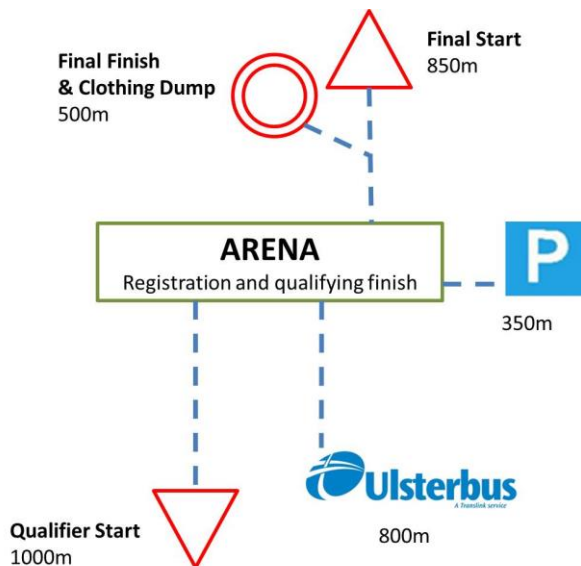
*27.7 Competitors who are late for their start time through no fault of the organiser shall be timed as if they had started at their original start time. Competitors who are late for their start time through the fault of the organiser shall be timed from their new start time.*

## Day 1: Saturday 6<sup>th</sup> May – Sprint – Armagh City

### Important Notices:

- Most roads will NOT be closed. The planner and controller have obviously taken precautions in the setting of courses and the management of the road crossings on the day, but please do take care of traffic and other road users.
- Bibs must be worn by all competitors.
- Only those M/W18, 20, 21 competitors who qualify for the A-Final will need to collect a new coloured bib for the Sprint Final. They can be collected once the final start times have been announced. All other competitors will wear the same bib as the qualifier.
- A limited amount of club tents is allowed. Club banners are encouraged alongside the finish run-in.
- Competitors must keep to marked routes and must not enter the competition area, up until the courses close.
- Please dispose of all rubbish in bins or take it away with you.

### Travel, Directions & Parking:



### Public Transport:

Where possible we would encourage the use of public transport to/from the event. Unfortunately Armagh has had no railway service since the 1950s but it is well connected by bus services, with links to train stations at Portadown and Newry, as well as bus services further afield to Belfast and Dublin.

The [Translink](#) and [Transport For Ireland](#) websites provide journey planners using public transport options.

### Walking/Bicycle:

The Assembly Arena is a flat 800m north of Armagh's Ulsterbus station, a 15 minute walk along Lonsdale Road, Railway Street (with a shortcut possible through the Home Bargains store car park) and Alexander Road. See Map 2 below for the approach route.

**By Road:**

Car and camper van/coach parking is available 350 metres from the Assembly and will be open from 8.30. **Please arrive at the vehicle parking before 10.45 where possible and we would ask you not to leave before 13.15.** On arrival please follow the instructions of marshals and the signs on arrival as part of the same route is being used by pedestrians leaving the carpark and may also be crossed by competitors.

The Assembly should be approached by vehicles:

- (i) *From the city centre / south*  
From The Mall go along Lonsdale Road and Railway Street in the direction of Dungannon; at the **Moy Road roundabout** (see maps below) take the fourth exit onto Alexander Road; continue along Alexander Drive and Alexander Avenue; turn right onto Lisanally Lane and continue for 200 metres until an entrance on the left with a large SRC sign, where a marshal will be located. Please follow marshal instructions and stop if asked to do so.
- (ii) *From Dungannon / north:*  
at the **Moy Road roundabout** (see maps below) take the second exit onto Alexander Road; continue along Alexander Drive and Alexander Avenue; turn right onto Lisanally Lane and continue for 200 metres until an entrance on the left with a large SRC sign, where a marshal will be located. Please follow marshal instructions and stop if asked to do so.

The latter part of this route is a residential area with traffic calming speed bumps, so please respect local residents and keep an eye out for children playing. Other competitors arriving have to cross this road so take care on approach.

See maps for the approach routes. Please do not attempt to reach or leave the parking by any other route as you may potentially enter the competition area or threaten the safety of fellow competitors.

The event will be signed from the Moy Road roundabout on the northern edge of the city centre.

Moy Road roundabout grid reference: H 87375 45997

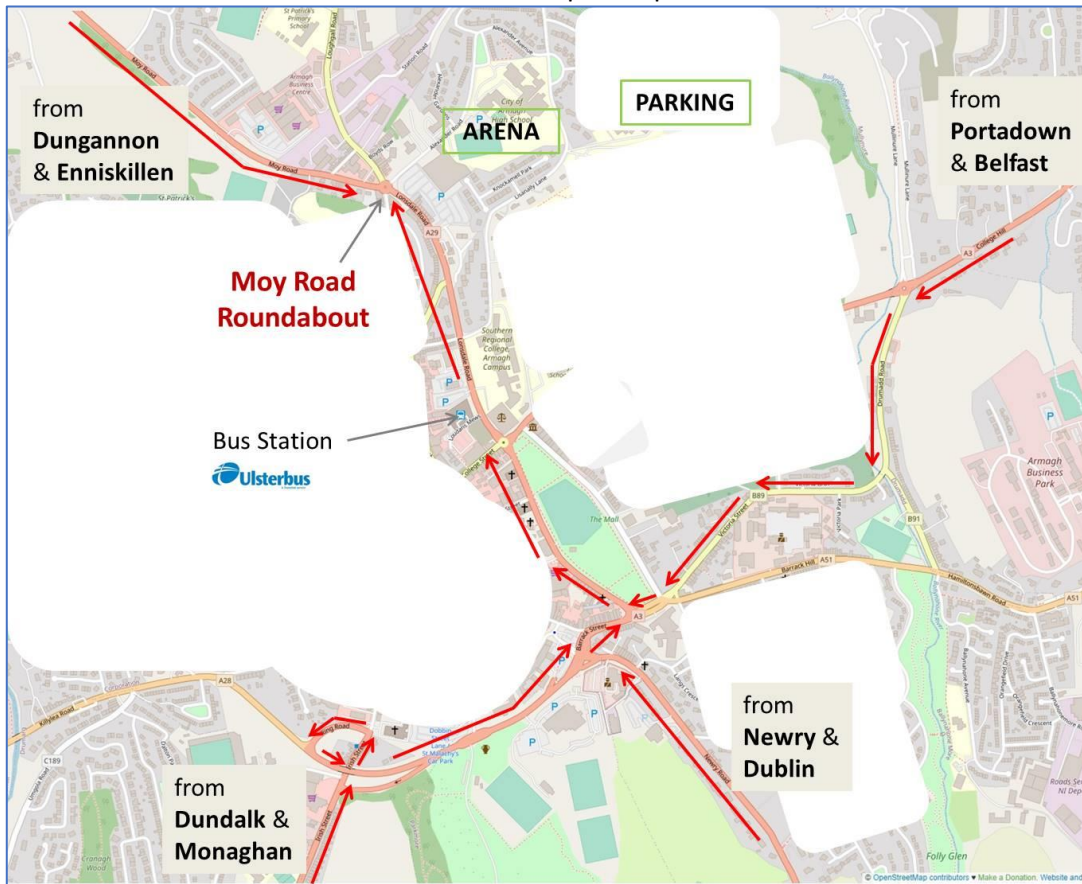
Moy Road roundabout coordinates: 54.355290, -6.656706

Moy Road entrance What 3 Words reference: [///sedated.tabloid.blink](#)

Parking entrance grid reference: H 87782 46080

Parking entrance coordinates: 54.355953, -6.650425;

Parking entrance What 3 Words reference: [///observes.snoozing.unfilled](#)



Map 1: Vehicular approaches to Moy Road Roundabout



MAP 2: Vehicle approach from Moy Road Roundabout & pedestrian route from Bus Station

**Priority Parking** – there is limited priority parking. Please contact [rgamble@britishorienteering.org.uk](mailto:rgamble@britishorienteering.org.uk) if you have good reason and wish to request a Priority Parking Pass by Wednesday 3 May.

**Dogs** - Dogs are allowed in the main parking but not in the Assembly or on courses. Please clean up after your dog.

**Campervans and Minibuses** – Please go to the main parking. There is an overflow area if required.

### Event Arena

The Arena is up to 400 m from the parking area (follow **Orange** tape) and it is 1000 m from the Arena to the Qualifying start (**Pink** tape) and 850 m to the Final start (**Green** tape).

We have the use of an indoor hall. Please remove dirty shoes before entering the building. Download is a one-way system along a corridor.

There is limited space for club tents in the Arena.

Club flags are permitted on the grass area alongside the finishes for both races.

There are **2 separate bibs** to collect: a race bib for the Sprints, and another bib for the Middle-Distance race. **Collect both race bibs on Day 1**, next to Enquiries. Bibs will be arranged in alphabetical order of surname.

Those who qualify for the M/W18,20,21 A Finals will receive a new bib for the Sprint Final race. All other competitors will use the same bib as for the Sprint Qualifying race. The new M/W18,20,21 A Final bibs will be ready for collection when the Finals Start List is published.

Please ensure that bags are stored safely whilst out on your run, and ideally have someone there to keep an eye on the bags.

Toilets - The majority of the toilets are located next to the Arena. There are also toilets available 200m from the Qualifying pre-start and in the Final pre-start.

The Arena contains first aid.

### Enquiries

The Enquiries point will be located in the Arena hall. This will provide for:

- Colour-coded EOD
- SIAC card hire
- Trophy return
- Car key deposit
- Lost property
- General enquiries

### Entertainment

A local folk group, the Armagh Rhymers, will be along to entertain between races in the main hall.

Also, it is hoped to facilitate a screen that will allow viewing of some of the core ceremony for the King's Coronation.

## Arena Layout



## Timings

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

08:30 Car parks open (*If using the car park, please arrive before 10.45 where possible*)

09:15 Enquiries, Trophy Return

10:45 First start time Qualifying

12:15 Last start time Qualifying

15:00 First start time Final

16:15 Last start time Final

17:15 Medal Ceremony for the races

18:00 Enquiries close

## Maps

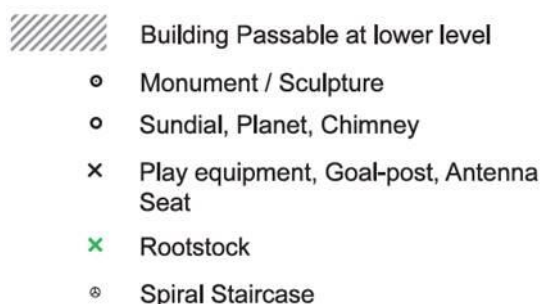
Maps for both the qualifying and final races are drawn at 1:4000 with 2.5 m contours using the latest ISSprOM 2019-2 mapping standard. Age classes M/W 14 to M/W 55, including M/W Open will use **1:4000** scale maps. M/W 10, M/W12 and M/W 60 and over will use **1:3000** scale maps for both qualification and final stages. Survey and cartography by Graeme Francis in 2022. All maps are printed on waterproof paper, not bagged.

An old version of an Armagh urban map (at 1:5000 scale) used in previous events in 2017 and 2019 will be available to view at the Assembly and may be viewed online at: <https://www.lvo.routegadget.co.uk/rg2/#300>

You are reminded of the specific rules for sprint orienteering where features are mapped as not to be crossed:



Special map symbols:



## Terrain & Course Notes

The terrain is varied, comprising urban streets, campus, parkland and open grassland. It is hilly in parts with tarmac, concrete, grass and woodland surfaces as well as steps that may be slippery in the event of wet weather conditions ... well, the 40 shades of green around here don't appear without some rain now and again! **Please use appropriate footwear and exercise caution.** There are likely to be other users in the areas so be considerate and run wide on corners.



A public road running through the Qualifier course area has been closed for the event. Please note that both areas contain other roads, most of which are open to public traffic. All courses will cross these roads. Whilst traffic is generally infrequent and slow moving, you are reminded to remain vigilant. There will be marshals present at particular locations to warn vehicles as competitors approach; for safety reasons **please heed any instructions marshals give.**

### **Out of Bounds**

Follow the signs and tape directly from parking to the Arena. Outside of arriving at the event, it is only permitted to attend the Friday afternoon 'Orienteering the Cosmos' event at Armagh Planetarium within the embargoed area.

### **Warm up area**

Warm up areas are beside both pre-starts: grass and hard surface at the Qualifying; grass only at the Final. If using grass at the Qualifying pre-start, please remain on the northern section.

### **Start times for the Finals**

Final Start times will be published online after the Qualifier races via this link - [https://lvo.org.uk/bcw/bs\\_start\\_lists\\_finals.pdf](https://lvo.org.uk/bcw/bs_start_lists_finals.pdf). Paper printed copies will also be available at the Arena.

The procedure for allocating the start times is laid down in [Competition Rule C](#) Section 5. Summarising:

M/W Open: the best third qualify for the A final and the remainder the B final. Equal numbers of runners will qualify from each heat. The starting order of the finals will be the reverse of the positions in the heats so that the best competitors start last.

M/W18+20: "the best half of the entrants in the class will qualify for the A final". However, due to the low number of competitors in each of these classes, it has been decided that all entrants will qualify for the A final. The starting order of the finals will be the reverse of the positions in the heats so that the best competitors start last. Note that anyone who fails to successfully complete the heat will be ineligible for a medal in the final.

All other classes: classes with 15 or more entrants have an A and a B final with the faster half of the entrants in the heat qualifying for the A final. Classes with fewer than 15 entrants have just a single final. In either case, the starting order of the final will be the reverse of the positions in the heats so that the best competitors start last. Any competitors who do not complete the qualification race successfully will run before all other runners in their class in the final but will not be eligible for a medal.

Competitors who are not eligible for British Championship medals but who would qualify for A finals will be placed in their respective A Final but will start ahead of the eligible competitors, in reverse order.

### **Course Details**

All courses are optimum route for both Sprint Qualifying and Final.

Qualifying Courses

Course	Age Class	Length (km)	Climb (m)
Q1A	MOpen-1	3.3	30
Q1B	M18-1, MOpen-2	3.3	50
Q1C	M20-1, MOpen-3	3.2	40
Q2A	W18-1, WOpen-1	3.0	30
Q2B	WOpen-2	3.1	30
Q2C	W20-1, WOpen-3	3.0	30
Q3	M16, M35, M40	3.2	40
Q4	M45, M50, W16, W35	3.0	40
Q5	M14, W40	2.8	40
Q6	M55	2.9	50
Q7	W45, W50	2.7	50
Q8	M60	2.7	40
Q9	M12, W12, W14	2.4	35
Q10	W55	2.5	40
Q11	M65	2.4	40
Q12	W60, W65	2.2	35
Q13	M70	2.3	30
Q14	M75, M80, M85, W70, W75, W80, W85	2.1	30
Q15	M10, W10	1.9	35
Orange	Orange	2.3	35
Yellow	Yellow	1.9	35

**NOTE: Due to a road closure no longer being granted - There will be a supervised mandatory road crossing point on all qualifying courses. This crossing is not marked on the map but will be obvious and on route. All competitors must punch/swipe controls on both sides of the road. This is not a Timed-out crossing but for safety, please obey marshals' instructions.**

Finals Courses

Course	Age Class	Length (km)	Climb (m)
F1	MOpenA	3.8	40
F2	M18A, M20A, WOpenA	3.4	40
F3	M16A, M35A, M40A, MOpenB	3.4	40
F4	M35B, M45A, M50A, W18A, W20A, W35A	3.2	40
F5	M14A, M18B, M20B, W16A, W35B, W40A, WOpenB	3.1	35
F6	M16B, M40B, M55A, W18B, W20B	3.1	35
F7	M45B, M50B, M60A, W16B, W45A, W50A	2.9	35
F8	M12A, M14B, M55B, W12A, W14A	2.6	40
F9	M60B, M65A, W40B, W45B, W55A	2.5	35
F10	M70A, W14B, W50B, W60A, W65A	2.3	35

F11	M65B, M70B, M75A, W55B, W70A, W75A	2.0	20
F12	M75B, M80A, M85A, W60B, W65B, W70B, W75B, W80A, W85A	1.8	20
F13	M10A, W10A	1.8	20
Orange	Orange	2.4	30
Yellow	Yellow	1.7	20

## Clothing

Shorts and running vests are permitted for this race. Shoes with spikes and metal dobs are not allowed. Trail shoes rather than racing slicks are recommended.

Competitors are being encouraged to wait at the Final finish to cheer on club mates and friends. Therefore, given the remote finish for the Final, there will be a clothing dump just off the route to the Final start and close to the Finish. Club banners may also be dumped here for first finishers to raise. You are **not** permitted to go beyond the clothing dump towards the Finish area before your run.

There is no clothing dump for the Qualifying race.

## Control Descriptions

Control descriptions are printed on the front of the map. Loose control descriptions will be available in the Start Lanes at -3. These are pictorial for all courses, but with some text control descriptions for White and Yellow courses only.

## Starts

See Start procedures earlier in the programme.

## Finish

The Finish is in the Arena for the Qualifying and at a remote location 500 m away for the Final. Maps will be collected from courses 1 and 2 competitors only (i.e. M/W 18s, 20s and Open) and released after the start closes. For others, please do not show your map to anyone yet to run.

## Download

Download will be close to the finish. Everyone must download, irrespective completing the course successfully.

## Event Officials & Jury

Organiser: Kieran Rocks, LVO

Planner: Philip Baxter, LVO

Assistant Planner: Michael Burton, LVO.

Assistant planner/mapper: Graeme Francis, LVO

Controller: Graham Nilsen, DEE

Assistant Controller: John McCullough

British Orienteering Jury: Keith Tonkin, BL; Donald Grassie, MOR; Graeme Ackland, INT.

## Complaints

There will be a 30-minute time limit, for complaints, after the publication of the Final start list, and a limit for protests of 30 minutes after that. In the first instance please bring complaints to Harold White who will be based at enquiries.

## Hospital

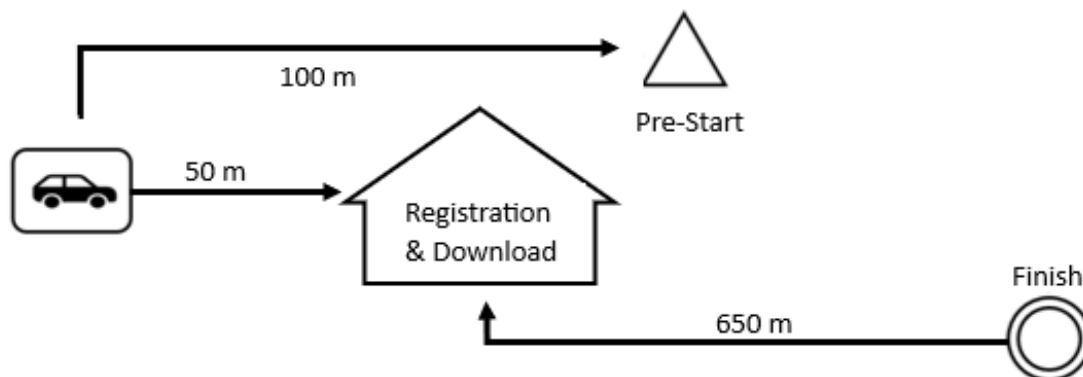
Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ. Tel: 028 3833 4444

What3Words: ///sweep.cabbies.amazed

## Day 1: Saturday 6<sup>th</sup> May – Trail O – Armagh Palace Demesne, Armagh

### Important Notices:

### Travel, Directions & Parking:



Public Transport: The venue is 1.0km from Armagh Bus Centre. Ulsterbus Goldliner 251 express from Belfast also calls at Portadown Train Station. Timetables at <https://www.translink.co.uk/timetables>

Walking/Bicycle: The venue is 1.9km from the British Sprint Championships arena.

By Road: Approaching Armagh City from the Portadown Direction on the A3, follow signs towards Monaghan. Pass Armagh City Hotel on the left and turn left towards the carpark for the hotel and then immediately right into the carpark of Armagh Rugby Club. DO NOT enter Armagh Palace Demesne, which is the next entrance.

Grid reference: H877447

What 3 Words reference: ///mysteries.cubes.crawled

**Dogs:** Dogs are not permitted.



British Championships



**Campervans and Minibuses:** There is adequate parking for all vehicles.

### **Event Registration, Download and Enquiries**

Registration is at City of Armagh Rugby Club, Friary Rd, Armagh BT60 4EN.

Registration is in the pavilion.

Please carry a pin punch and an SI card. If you cannot supply your own these can be borrowed at Registration.

Toilets – Toilets and showers are available at the City of Armagh Rugby Club pavilion. Toilets may also be available adjacent to the finish.

### **Timings**

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

16:00 Car parks open. Do not arrive any earlier as the gates will only be opened from this time.

16:30 Registration open

16:45 First start time for all courses

18:00 Last start time

20:00 Registration close

### **Map**

Map All maps will be A4, ISSprOM at a scale of 1:4000, 2.5m contour interval, and printed on waterproof paper (not bagged). Benches and picnic tables are not marked. X represents goalposts headstone or planter. O represents floodlights or information board.

Mapped by Graeme Francis, LVO. Updated by Stephen Gilmore, LVO

### **Terrain & Course Notes**

The courses cover an area with a mix of parkland and gardens.

### **Out of Bounds**

In the interests of fairness, prior to the event, Armagh Palace Demesne must not be entered, either on foot or by car. The car park to be used is at Armagh Rugby Club, adjacent to Armagh City Hotel which is adjacent to the Demesne.

On the course paths must be taken at all times. Purple bars on the map must not be crossed.



British Championships



**Course Details**

Course	Classes	km	Climb	Controls	Map Scale
1	Elite	1.7km	20m	22	1:4000
2	Standard	1.7km	20m	20	1:4000



## British Championships



### **Starts**

For Elite competitors, the pre-start for call up for the first of two timed controls is adjacent to the carpark.

For Standard course competitors, ask for directions at the pre-start to go directly to the start. Standard course competitors do not visit the timed controls.

Courses will be on punched start with SI, with the time starting from the time of the punch.

The time limit is 110 minutes for open and standard, 120 minutes for P Class.

### **Finish**

The Finish is 650m from registration/download. Please proceed immediately to download. Maps will be collected if there are still competitors to start.

### **Prize Giving**

Prize giving will be held immediately before the Middle Distance prizegiving at Drumkeeragh.

### **Officials & Jury**

Planner & Organiser: Wilbert Hollinger, LVO.

Controller: Stephen Gilmore, LVO.

British Orienteering Jury: Graham Urquart OD, John Kewley MDOC, Lyle Fleming LVO.

### **Hospital**

Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ. Tel: 028 3833 4444

What3Words: ///sweep.cabbies.amazed

## Day 2: Sunday 7<sup>th</sup> May – Middle Distance – Drumkeeragh Forest

### Important Notices:

- Day 2 Middle bibs are different to the Day 1 Sprint bibs. Please collect your middle-distance bib at Day 1. (Remaining Day 2 bibs will be hung near enquiries).
- Numbered bibs **MUST** be worn by all competitors.
- Whistles are recommended. In the event of bad weather, the organiser may state a waterproof jacket is compulsory and hats and gloves will be advisory.
- Club tents and banners should be put only in the marked areas.
- No Water will be provided on the courses. You may wish to bring your own supplies.
- Please take all your rubbish away with you.
- Please car share! Car sharing can drastically reduce problems at this event and for future events.

### Travel, Directions & Parking:

**Public Transport:** None

#### By Road:

What 3 Words reference: [///household.keep.scooped](#) (takes you to the junction of Drumnaquile Road and Mountain Road).

Please follow the signed route from Dromara and Castlewellan. A one-way system will operate on the mountain road for carparking Arena 3ss.

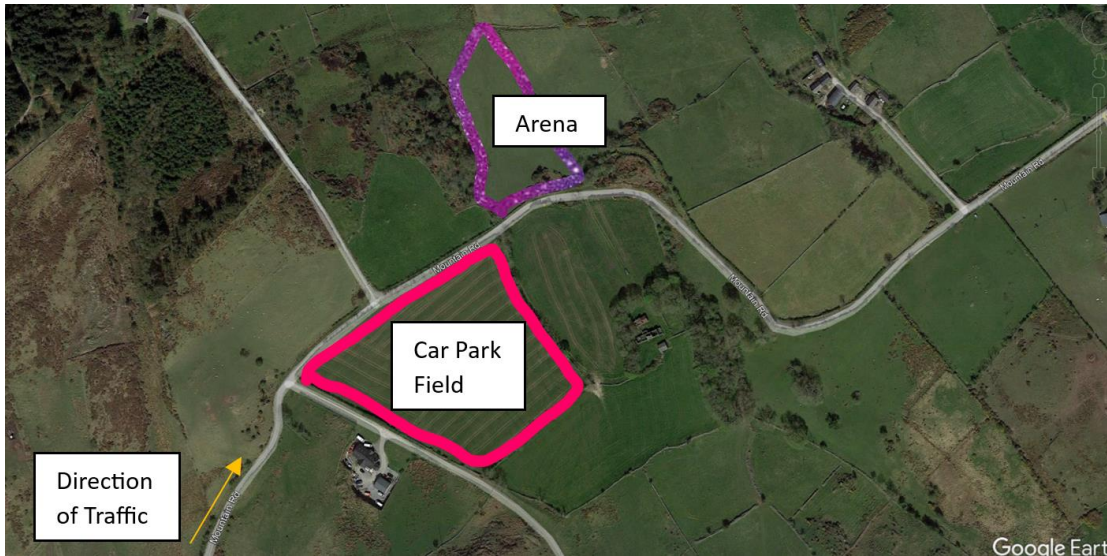
From Dromara: follow B7 towards Rathfriland after 0.2mile turn left onto the Castlewellan Road and follow this road for 6 miles past the main forest entrance to the next junction. Turn left onto the Mountain Road for one mile. Car parking field signposted on the right.

From Castlewellan: Follow the A25 east for 1 mile, turn left onto the Ballylough Road, following the brown and white signs for Drumkeeragh Forest. After 3.5 miles turn left onto the Drumnaquoile Road, follow this for 3miles to the junction, turn right onto the Mountain Road for one mile. Car parking field signposted on the right.



**Parking**

The Main car park (for cars) is situated only 200m from the arena. There is no priority parking.



**Campervan and Minibus Parking:**

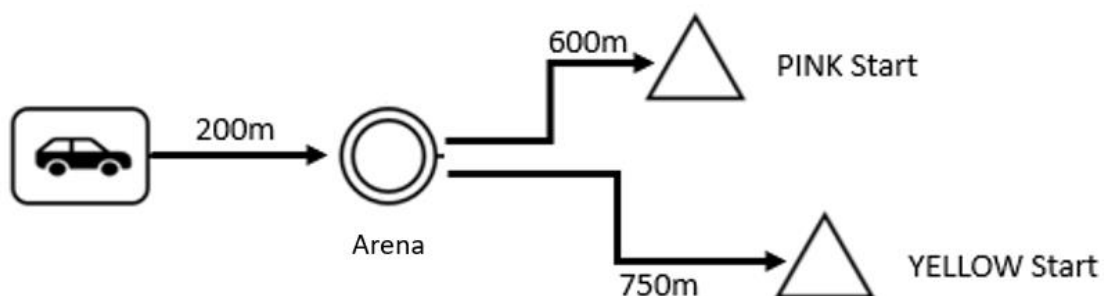
Please be aware the main car park is NOT suitable for bigger vehicles. There is separate parking for campervan and minibus drivers at Slieve Croob Flying Club, 70a Ballywillwill Rd, Castlewellan, Ballynahinch BT31 9LE. [What3Words///incoming.attic.start](https://www.what3words.com/incoming.attic.start)

Follow road directions in the first instance:

From Dromara: 100m beyond the Mountain Road Junction turn right onto the Ballywillwill Road. Parking is which is 1mile further on the left-hand side. [What3 Words](https://www.what3words.com/incoming.attic.start)

From Castlewellan: The turn off for Motorhome / Campervan Parking will be Signposted shortly before the Ballywillwill Road. Turn left onto the Ballywillwill road. Parking is in the Airfield which is 1 mile further on the left-hand side. The Ballywillwill Road is 100m before the Mountain Road turn off.

A minibus shuttle service will operate in approximately 20-minute intervals. The journey will only take approximately 5 minutes.



Allow 15 minutes to walk from Arena to Pink Start (600m, 30m climb) and 20 minutes for the Yellow start (750m, 50m climb).



## Event Arena

The Arena is up to 200m from the main parking area. There is space for club tents in the Arena and club flags are permitted.

The Download tent will be near the finish.

First Aid station – a first aid tent/mobile unit will be based in the Arena.

A catering van will be situated on the entry road to the Arena Field.

There will be no kit storage provision. Please ensure that your possessions are stored safely whilst out on your run. We do not have any additional concerns over loss or theft of possessions, but responsibility of your possessions lies with you rather than the organiser.

Toilets - The majority of the toilets are located on the entry road to the arena. There is one toilet available at the Pink start.

## Enquiries

Enquiries will be located in the Lagan Valley Orienteers 'Mobile Orienteering Office' (MOO) on the entry road to the arena. This will provide for:

- Trophy return
- Lost and found property
- General enquiries
- Bib collection - For anyone who did not collect a Bib at the Sprint event on day 1. Bibs will be hung in alphabetical order of surname.

## SIAC Hire

Pre-hired SIACs can be collected at Registration. A limited number of SI Cards and SIACS will be available for hire on the day.

**Dogs:** The bringing of dogs to this event is discouraged due to there being sheep in adjacent fields. If a dog must be brought, at all times the owner must ensure it is on a lead or securely tethered within the car park or arena field.

## Timings

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

08:00 Car parks open

08:15 Enquiries open, Trophy Return

10:00 First start time

13:00 Last start time

14:00 Medal Ceremony for the races

14:30 Courses close

15:00 Enquiries close. Jury to Meet at enquiries (MOO)

## Map

ISOM 2017 1:7,500 5m contour except Courses for M/W 18 - 40 which are 1:10,000. Survey and cartography by Stirling Surveys and Deeside Orienteering & Leisure Maps. All maps are printed on waterproof paper, not bagged.

## Terrain & Course Notes

Drumkeeragh is a small but varied and challenging forest. Drumkeeragh Woods were planted on an interesting easterly sloping part of Slieve Croob. The original area offered much rock and contour detail. Since planting most of the rock features are covered with years of fallen pine needles, however, the interesting terrain remains. The youngest of the pine woods are densely planted and offer low levels of visibility and low branches (eye protection may be beneficial). These areas tend to be bramble free (rare in Ireland) and navigation is technically challenging. The more mature parts of the woods offer good running although the ground cover could be described as 'messy' due to the many small branches that litter the forest floor.

The mid green areas are clean underfoot but have low visibility. Some of the trees have spiky branches. Where we have used ditches as control sites the map is very good, elsewhere you may come across significant ditches that are unmapped.

Unfortunately, very recent forestry thinning has left a block of 'White' forest difficult to cross. The planners have managed to re-plan the most severely affected courses to avoid this block. The recently felled and thinned areas have significantly altered a large part of the 'white' forest. The worst of these areas has been avoided as part of the planning process, however some of the longer courses do cross this thinned ground and the green striped 'slow run' symbol has been used where brushings and some remaining logs will be encountered. Around this thinned area there are large stacks of extracted logs. These stacks are generally around 10m in length with small openings between them.

As we go to press the contractors are continuing to remove the felled timber and are clearing the worst of the brush, it is unlikely that this work will have been completed by the time of the event. This area is marked with green 'slow run' stripes.

## Course Details

Course	Age Classes	Length	Climb	Controls	Map Scale	Sides	Start
1	M21	4.9	230	27	10000	Double	Yellow
2	W21	4.3	205	22	10000	Double	Yellow
3	M35 M40	4.3	190	23	10000	Double	Yellow
4	M45 M50	4.2	185	20	7500	Double	Yellow
5	M18 M20 W35	4.0	190	22	10000	Double	Yellow
5	M55	4.0	190	22	7500	Double	Yellow
6	W40	3.5	155	19	10000	Single	Yellow

6	M60	3.5	155	19	7500	Single	Yellow
7	M16 M65 W45	3.1	140	17	7500	Single	Yellow
8	W18 W20	3.0	160	17	10000	Single	Yellow
8	M70 W50	3.0	160	17	7500	Single	Yellow
9	M75 M80 M85 W16 W65	2.3	100	14	7500	Single	Yellow
10	W55 W60	2.4	110	15	7500	Single	Yellow
11	W70 W75 W80 W85	2.1	90	12	7500	Single	Yellow
12	M14 W14	2.2	85	12	7500	Single	Pink
13	M12 W12	1.7	85	12	7500	Single	Pink
14	M10 W10	1.5	50	11	7500	Single	Pink
15	White	1.2	25	11	7500	Single	Pink
Orange	Orange	1.7	85	12	7500	Single	Pink
Yellow	Yellow	1.4	50	11	7500	Single	Pink

### Colour-coded Courses – Entry on the day

The following non-championship courses will be offered: White, Yellow and Orange.

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 the **Registration tent** in the arena.

### Clothing and whistles

As per British Orienteering rules you **MUST** wear full leg and body cover. Shorts will not be permitted. The Organisers will require a lightweight hooded waterproof jacket to be worn or carried if the weather is bad – if so, notice will be given in online information and will be displayed at the parking areas and enquiries in the arena.

Whistles are recommended.

Bibs for all courses (with exception of coloured courses) are compulsory - you will not be allowed to start without your bib – so please don't forget. There will be no clothing transfer and no area for clothing to be left at the start.

## Control Descriptions

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

## Starts

There are 2 separate starts, Yellow and Pink.

The Yellow start is 750m with 50m climb and the Pink start is 600m with 30m of climb from the arena. The route to the Pink start will be along the road past the entrance to the car park.

Please allow time to get to your start.

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 make themselves known to the start official. If you are late for your start speak to a start official immediately.

## 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

Download will be close to the finish. **Everyone MUST Download.**

## Medal Ceremony/Prize Giving

Prize giving will be held in the Arena at 14:00

## Event Officials & Jury

Organiser: Greg McCann, LVO

Planner: Ivan Millar, LVO

Assistant planner: Helen Baxter, LVO

Controller: Andy Lewsley, BL

Assistant Controller: Val Jones, FIN

British Orienteering Jury: David May, SLOW; Chris Burden, AIRE; Patrick Smyth, NATO.

## Hospital

Royal Victoria Hospital, 274 Grosvenor Road, Belfast, BT12 6BA. Tel: 028 9024 0503.

What3Words: ///dusty.chief.drill



## Acknowledgements

Thank you to all the event officials and volunteers who have helped stage this event. Special mention to Mark Pruzina for leading the IT/Timing team and Raymond & Teresa Finlay for heading up the Start team.

For allowing the hosting of the event on their facilities, the organising teams would like to express their gratitude to: City of Armagh High School, Lisnally Special School, the Education Authority, Southern Health Trust, Armagh, Banbridge and Craigavon Borough Council, City of Armagh Rugby Club, Forest Service/Deara and Slieve Croob Flying Club.

Special thanks go to all the landowners who have so generously offered access to their terrain. Without the support of local residents and farming community, these races would not be possible. Please be careful to respect any Out of Bounds or not crossable areas that appear on or near your course. These have all been designated by the landowners as areas that they wish to preserve and which we are asked to avoid.

And many thanks to the volunteers involved for all their time, effort and travelling, both in the preparation for and on the day of the event to ensure it goes well.

NI Orienteering and the Event Coordinators would also like to acknowledge the generous sponsorship provided by Anaeko, Data Engineers.

The Event is using the SITiming system produced by SPORTident UK. The most complicated timing aspect of running qualifying heats followed by A and B finals lies in swiftly and accurately creating the entry lists and start times from the results of the qualifiers. The rule changes introduced at the beginning of this year meant that existing software was no longer valid. We would like to acknowledge the efforts of SPORTident UK to reconfigure this aspect of their timing software, unique to the British Championships, in time for use at the 2023 Sprint Championships. We are very grateful for this unfunded contribution to the day.

Day 2 Middle Photographer – Neil Harrison: <https://neilharrisonphotography.myportfolio.com/>





As I hope you are aware the British Championships are the final two events of the 10 days of the Emerald Isle O-Festival.

The full programme of events can be found here: [Emerald 2023 Orienteering Festival – NI Orienteering Association](#)

Some entry deadlines have already closed, but the following are still open:

- Tues 2 May Belfast City Touristic MapRun
- Thur 4 May UK Urban League Carrickfergus – hurry entries close Thursday 27 April
- Fri 5 May Orienteering the Cosmos – Professor Michael Burton (LVO), will give a special planetarium show for the orienteers coming to this year’s British Championships
- Fri 5 May Hillsborough Forrest (Middle Distance training)