



Welcome from Chairman of British Orienteering

I would like to welcome everyone to the 2010 Jan Kjellström Festival of Orienteering hosted by the South West Orienteering Association (SWOA) of British Orienteering.

As many of you, but I'm sure not all, will know, Jan Kjellström was a young Swedish orienteer who did pioneering work on orienteering in the UK but who was tragically killed in a car accident. We honour his memory every year with this major event named after him.

There is now an established 4-day format for this Easter weekend orienteering extravaganza, with a Sprint event, followed by two days of individual events (two long, or middle and long, dependent on age class), and then relays on Day 4. SWOA can be relied on to organise and run our major events smoothly and with challenging courses, and I am sure that the 3 areas they have chosen for you this year will prove an enjoyable test for everyone participating. There is also a major Trail-O event which will count towards selection for the British team to go to the World and European Trail-O Championships to be held in Scandinavia this summer.

If this is your first "JK", a special welcome. I well remember my first JK when I was amazed at the scale of the event and the numbers participating. Don't let that put you off – everyone of every standard is very welcome and is catered for. Enjoy the experience of being with large numbers of the UK orienteering family, from Elite runners to newcomers, all celebrating the sport we love.

Please support the equipment and catering stands and we thank the companies involved for their assistance.

British Orienteering would also like to thank the landowners, sponsors and all the other organisations and individuals who have helped make this weekend possible. In particular I would personally like to thank the whole organising team and the many volunteers who are part of it or have contributed to the huge effort a big event like this always involves.

Finally, don't forget the British Orienteering 2010 AGM being held on Saturday 3rd April 2010 at 1700 at North Devon Leisure Centre, Seven Brethren Bank, Barnstaple, Devon, EX31 2AP.

Enjoy the best orienteering that Devon has to offer!

Neil Cameron

Chairman, British Orienteering

JK 2010 South West Orienteering Association

SWOA are very happy to host the 2010 JK. We shall excel ourselves if we better the weather of JK 1997 at Penhale when, you'll remember, we had exceptional sunshine. However, we can only control what we can control. I just hope that the relocation of the Met Office to Exeter is a positive sign. I fully expect you to enjoy the differing contrasts that Devon will offer you and trust that you'll be staying on for the rest of the week. If you have the time and inclination to explore this part of the South West, do support the extra events that clubs are putting on after the JK itself.

Roger Hargreaves, Chairman, South West Orienteering Association

Welcome to JK 2010

Yes – the JK is coming back to the South West again. It will be 31 years since it was last held in Devon in 1979. Then it was a two day event with the Individual held in Fernworthy Forest on Dartmoor and the Relay in Bramble Brook (now called Bullers Hill) on Haldon Hill near Exeter. In the intervening years, the event has developed. Now we are offering you four contrasting events in three different locations.

The stately house at Bicton College with its surrounding parkland is host to the Sprint Event on Day 1. Bicton is some 15 miles SE of Exeter, the county town of Devon. Day 2 moves to the darker plantation forest at Cookworthy near Holsworthy in Tarka country. Here the Elite will have a Middle Distance race whilst the rest will have the more usual long distance event. Days 3 and 4 are in the open sand dunes of Braunton Burrows just west of Barnstaple. Here we can guarantee you some high pressure map reading. Day 3 is the Long distance day for all classes. Day 4 is the JK Relay.

Devon is not the furthest south west county of Britain - that honour goes to Cornwall. Neither is it difficult to get to. There are good road, rail and air connections to the rest of the UK and the world. Make JK 2010 your destination at Easter and look forward to four splendid days of orienteering.

Erik Peckett, Organiser JK 2010

JK 2010 Sponsors

The main sponsor of the JK 2010 Festival of Orienteering is Walsh Sports who will be selling PB Trainers through the CompassPoint mobile shop.

We also welcome the support of Premier Foods who with their local production facilities at Lifton are able to provide you all with a sample of - wait and see!

Amendment Record for JK 2010 Final Details

28.03.10	Page 4	Under Timings table: a note about Day 2 Elite starts
28.03.10	Page 27	Relay Category Start Times table: replaced
28.03.10	Page 33	Wheal Florence event: more information

British Orienteering AGM

The British Orienteering Annual General Meeting will be held at North Devon Leisure Centre, 7 Brethren Bank, Barnstaple, Devon EX31 2AP at 1700 on Saturday 3rd April 2010.

The JK 2010 competition will be run under British Orienteering Rules 2010.

Entry information

Individual Entry Queries

If you have any queries about your entries, please contact the Entries Secretary, preferably by e-mail to orienteer999@btinternet.com or, as a very last resort, by telephone on 01935 863429 between 2000 and 2130 please. After Sunday 28 March, only the most urgent queries will be dealt with. For non-urgent matters, you are asked to visit the Enquiries desk at the event. Further copies of the programme will be on sale for £3 each or can be downloaded from the website.

Late Entries, Alterations and Cancellations

Late entries for non-Elite competitors in the JK will be accepted by email to the Entries Secretary after the closing date of 12 March until 28 March, subject to map availability. There will be a surcharge of £2 on each fee. After 12 March, entry to Colour-coded courses will be EOD only.

Non-Elite competitors may make changes to their online entries until midnight on 12 March. After that date, changes may be made only via the Entries Secretary; there will be a fee of £2 per competitor per day. Changes to class are subject to map availability.

Cancellations may be requested by e-mail to orienteer999@btinternet.com up to Friday 12 March, and refunds of 75% will be given. After 12 March, no refunds will be given. Should the event, or part of the event, be cancelled, the organisers reserve the right to retain all or part of the entry fees to cover committed costs. In the event of a last minute cancellation (for example due to extreme weather), the organising team will do everything they can to contact all competitors, for example via email provided by those entering online. A notice will also be posted on the website www.jk2010.co.uk. Those without internet access can contact the Entries Secretary on 01935 863429 until the evening of Wednesday 31st March.

Relay Registration

Team names, competitor names and SI-cards can be updated online via the entry system until 1800 on Thursday 1st April and this is encouraged. Team declaration forms should be collected from Relay Registration (in Enquires) on Day 2 (between 1300 and 1600) and on Day 3 (between 1000 and 1600). Signed declaration forms should be returned to Relay Registration and Race Numbers will be handed out in exchange. The final deadline for registration is 1600 on Day 3; earlier submissions will be appreciated.

SI-card Hire and Changes

Hired SI-cards can be collected at Enquiries at any time before your first run. Keep the same SI-card for the whole weekend, and return it at Download after your last run. You must use the SI-card that you entered with, or that which has been allocated to you. Any changes must be reported before you run. An SI-card must not be used by more than one competitor during the weekend. SI-cards may be hired on the day for £1 per day. Loss of hired SI-cards will be charged at £35.

On Day 2 M21L competitors will require an SI-card capable of holding more than 30 punches (i.e. Type 6 or Type 9). On Day 3, M21E competitors will also require a Type 6 or 9 card. If you do not have a suitable SI-card then a Type 9 card will be allocated to you, free of charge. Please collect these from Enquiries on Day 1, or before your first run, for use on all days.

Entry on the Day Courses (EOD)

All EOD courses are open to anyone and you do not need to be a member of British Orienteering. If you need to hire an SI-card, see above.

Day 1 – Sprint: Non-competitive entry to courses 8, 9 and 10 will be available. Competitive entry to course 10 will be available only to BOF/IOF members. Entry fees will be £13 senior, £7 junior (same price as pre-entry by latest closing date). Please go to Enquiries to enter.

Days 2 and 3 – Colour Coded: White, Yellow, Orange, Long Orange and Red courses will be available.

Pre-entered competitors should go to Enquiries to get a start time. For entry on the day (subject to maps), please register at Enquiries, where you will be allocated a start time. EOD entry fees are Senior BOF £10, unattached £12, all juniors/students £5. If you are late for your start time you may face a wait for another gap. Colour coded courses only will have a punching start.

Day 4 – Relays: There will be no entry on the day courses on Day 4.

Trail-O: Entry on the day will be available for TempO on Day 1 and the Trail-O courses on Days 2 and 3. See Trail-O section for details.

Timings

	Day 1	Day 2	Day 3	Day 4
Car Park	1030 – 1700	0800 – 1800	0800 – 1700	0715 – 1700
Enquiries (incl. trophy return)	1100 – 1630	0900 – 1630	0900 – 1630	0900 – 1400
SI-card hire	1100 – 1500	0900 – 1300	0900 – 1230	N/A
Entry on day registration	1100 – 1430	0900 – 1230	1000 – 1230	N/A
Relay team declarations	N/A	1300 – 1600	1000 – 1600	N/A
Starts	1130 – 1530	0930 – 1330	0930 – 1330	1000 – 1100
Colour coded starts	N/A	1000 – 1330	1000 – 1330	N/A
Leading elite finishers	1445 – 1545	1315 – 1415	1400 – 1500	1130
Prize-giving	1550 (Day 1 Elite only)	1500 (Elite only + Day 1 prizes)	1530 (all classes)	1400
All courses close	1615	1600	1530	1430
String course	1130 – 1500	1100 – 1400	1030 – 1330	1030 – 1230
Trail-O (Temp-O) registration and enquiries	1130 – 1430	1330 - 1500	1100 - 1430	N/A
Trail-O (Temp-O) starts	1200 – 1500	1400 – 1500	1200 – 1500	N/A
Trail-O (Temp-O) courses close	1600	1630	1700	N/A

On Day 2, the Elite starts (only) will be extended until 1350.

General Information

Please make sure you remember these important points!

For Days 2 and 3, courses will not necessarily go from the same colour Start on both days; please check which Start you should go to before you leave the Assembly Areas.

Water will not be provided at the Finish on any days. Please bring your own supplies.

Safety pins will not be provided for numbers (affects everyone – Sprint, Individual and Relay). Please bring your own supplies (4 pins).

Rubbish bags will not be provided. Please take all your rubbish home with you.

Travelling

There will be large numbers of vehicles travelling to the West Country over the Easter weekend. In particular, the M5 past Bristol and onwards and the A303 generally are prone to traffic jams, often extending for miles. You are advised to travel as early as you can and to allow extra travelling time. There are local attractions to visit if you arrive early (see last paragraph of Day 1 details).

Parking Permits

If you ordered a parking permit then you will receive it by post. Parking permits are required for all four days. Please display your parking permit in the top left corner of your windscreen. For those who are not displaying a valid parking permit there will be a daily charge of £3 for cars and campervans / £6 for minibuses / £13 for coaches. Please have your cash ready. If you are bringing a coach, please contact the JK Individual Entries Secretary (orienteer999@btinternet.com).

You will be able to buy a parking permit on the gate. Prices are £6 for cars and campervans / £15 for minibuses / £30 for coaches.

Safety

Competitors take part in orienteering events at their own individual risk. Please read each Day's safety information. Do not compete if you feel unwell or are injured. Risk assessments have been completed for each day's competition. Please be considerate to other users of the areas, such as horse riders and walkers. The Organiser for each day will be wearing a labelled jacket.

In the event of extreme weather, cagoules (waterproof jackets with a hood) may be made compulsory. If this is the case, notices will be posted at entries and exits to parking areas, the Assembly Area, and en route to the start, and competitors will not be allowed to start without a cagoule. Please ensure you bring one with you in case it is needed.

All competitors shall carry a whistle on Days 2, 3 and 4. Six short blasts indicate a competitor in trouble. Anyone hearing this signal is required to offer assistance.

All competitors must report to Download (even if they are retiring).

Ticks can be found at this time of year. Competitors are advised to check for ticks after their runs.

Car keys can be left at Enquiries.

Yellow and black tape will be used to mark hazards, so competitors should take special care when coming across such tape.

Smoking is not permitted in any of the Car Parks, Assembly Areas or Competition Areas.

Parents are responsible for their children and should be particularly aware of the dangers in the car park and at road crossings.

Any lost children should be taken to the Enquiries tent for safe keeping. Parents/carers who collect lost children from Enquiries may be asked for identification.

First Aid

First Aid cover for the event will be supplied by AHEP Medical Services Ltd and will be available in the Assembly Area for each day. Competitors should bring their own basic first aid kit for any minor cuts.

Children below the age of 14 must be accompanied by a parent or adult if attending the First Aid tent (unless in an emergency). Parents/carers collecting unaccompanied children from the First Aid tent may be asked for identification.

Dogs

Dogs on leads are permitted in car parks and assembly fields. Dogs are not permitted on courses, not even in areas where the general public normally has access.

Rubbish

Please help us to maintain orienteering's reputation for leaving competition sites clean. No rubbish sacks or bin bags will be provided. Please take your rubbish away with you and recycle what you can.

Traders

Ultrasport and CompassPoint are attending all four days.

On Day 1 the Bicton College cafeteria, situated near the start, will be open. Also attending will be Wilfs and British & Continental Catering (see below).

Days 2, 3 and 4 will be attended by the following caterers:

Wilfs (Scott Catering) (vegetarian); British & Continental Catering (bacon rolls, English burgers, English hotdogs, German burgers, German bratwurst / grillwurst / currywurst, tea, coffee, cold soft drinks); Fuel Catering (soup of the day, hot dishes, filled jacket potatoes, home-made cakes and biscuits, smoothie of the day, fresh-brewed real coffee, selection of teas).

Meet the British Orienteering Board of Directors

You can meet the Directors of British Orienteering in each day's Assembly Area. Look out for the British Orienteering tent near Enquiries. Exact times will depend on Director availability. This is an ideal opportunity to have an informal chat with the Directors, ask questions, or put forward a concern or point of view.

Photography

During the Sprint race at Bicton on Day 1, James Pyne Photography <http://www.jamespyne.co.uk> will be taking photographs of as many competitors as possible, downloading and displaying them on a rolling basis on screens in his tent in the Assembly Area, and printing in situ and selling them, to order.

British Orienteering has employed the services of Digisport to be the JK official photographer. We plan to have pictures available on the JK website (www.jk2010.co.uk); these will also be available on the Digisport website www.digisport.net shortly after the event.

If you do not want your picture published on the website or used to promote orienteering in future promotional activities please email marketing@britishorienteering.org.uk.

In accordance with British Orienteering Child Welfare Policy and Procedures, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the British Orienteering policy. The event organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns with regard to inappropriate or intrusive photography they should report these to the Organiser.

Drug Testing

British Orienteering Rules require competitors on Elite courses to make themselves available for drug testing if requested. It is the responsibility of all competitors to ensure that no prohibited substance enters their body tissue or fluids. Competitors are warned that they are responsible for all and any substance(s) detected in

samples given by them. Any competitor using a prohibited substance or method commits a doping offence unless they have previously declared themselves to be non-competitive or obtained exemption from their national Orienteering Federation. Information on prohibited substances can be obtained from British Orienteering office (during office hours), on +44 (0) 1629 734042 or by electronic enquiry to info@britishorienteering.org.uk.

Shadowing of Junior Competitors

Adults may shadow inexperienced junior competitors on colour coded courses only. For the adult to be competitive on their own course, they must complete their own course before entering the competition area as a "shadower".

Selection Races

Days 2 and 3 are English team selection races for the Junior, Senior and Veteran Home Internationals (in the autumn).

Days 1, 2 and 3 are British Orienteering selection races for the European Championships, the Nordic Orienteering Tour, the European Youth Championships, the Junior World Championships, the World University Championships, the World Championships, and the Junior Coaching and Racing Camps. These days are also UK Cup and FCC races.

Start Lists

Start lists will be published on the SPORTident website linked from the JK website as soon as possible after the closing date of 12 March and displayed in the Assembly Area and at the Starts each day. Start times will be mailed to those who entered by post. Start times will not be mailed to those entering online (even if a programme was ordered and is being mailed) – please check online as above.

Elite Day 3 start times will be dependent on Day 2 results. They will be available on the website on Saturday evening, in the Assembly Area on Day 3, and Elite competitors can also phone a JK team member on 01395 512416 between 1900 and 2100 on Day 2 to find out their start time.

Results

Results will be displayed in the Assembly Area on each day, including the final results from the previous day's races. Provisional results will also be online each evening. RouteGadget will be available as soon as possible after each day's racing.

Complaints and Protests

British Orienteering Rule 9 applies. **Complaints** may be made on special forms available at Enquiries, within a reasonable time of finishing your race. The Organiser will make a decision on your Complaint as soon as is practicable and record it at Enquiries.

Should you wish to lodge a **Protest** against the Organiser's decision you must put it in writing and lodge it at Enquiries without delay. There will be no fee for lodging a Protest. Protests will be passed to the Controller, who will convene the jury if necessary. Their decision will be recorded at Enquiries.

For World Ranking Events (M/W 21E classes on Day 3) IOF Rules 27 and 28 apply. These are similar to British Orienteering Rules.

Commentary

Race commentary will be provided on all four days by Chris Poole and his team. Listen out for exciting Elite competition news, class leader results, competitions and more.

Local Wireless Network

SPORTident will erect a Wireless Access Point with a range of up to 400m near to the Finish. Those who bring a suitably enabled device with web access will be able to view provisional results. Connect to any web page and you will be automatically routed to the Live Results on the local intranet at no cost.

Trophies and Prizes

All individual and relay trophy holders are to return them to Enquiries on Days 1 and 2. All holders of trophies should have received a letter asking them to return their trophies at the event. If you are not able to deliver your trophy yourself, please make every effort to arrange for someone to do it for you. If you have any difficulties with returning trophies please contact Scott Collier (sjcollier@gmail.com / 07791 564449 any time between 1000 and 2200).

There will be prize-giving ceremonies on all days as below. Please stay and attend the prize ceremonies and bring your club flags to add to the atmosphere and colour. Please ensure all winners are available in the pre-presentation area, about three presentations before their own (Days 2 and 3) to avoid unnecessary delay. In the event of bad weather, we reserve the right to cancel or curtail the prize-giving (and distribute prizes by other means).

If you are unable to collect your prize, please try to arrange for someone to collect it for you. Unclaimed prizes from previous days can be claimed from Enquiries, or for one month after the event by contacting the JK Individual Entries Secretary (orienteer999@btinternet.com).

Day 1 – Sprint Race

Prizes, medals and mementoes will be awarded for 1st, 2nd and 3rd for all classes. The prize-giving for the **18, 20 and 21 classes only** will take place on the day at 1550 in the Assembly Area. The prize-giving for all other classes will take place on Day 2.

Day 2

There will be a flower ceremony at 1500 in the Assembly Area for 1st, 2nd and 3rd in each of the Elite classes for Day 2, followed by the remaining prizes from the Day 1 sprint prize-giving for all non-Elite classes.

Day 3

Prizes, medals and mementoes will be awarded to 1st, 2nd and 3rd of all Long and 'A' classes, along with a memento for the winners of all Short and 'B' classes, based on the aggregate of Day 2 and Day 3 times. The prize-giving will take place at 1530 in the Assembly Area.

Day 4 – Relays

Prizes, medals and mementoes will be awarded for members of the 1st, 2nd and 3rd teams in Classes A to M; the winning team in Class N (Mixed Ad Hoc) will receive mementos. The prize-giving will take place at 1400 in the Assembly Area. A photographer will be on hand to take pictures of the recipients ensuring competitors still running have access to records of the ceremony.

The trophies for the best men's and women's individual performances over the whole JK weekend will be presented at the British Orienteering Championships on 01 May 2010.

Competition Information

Elite and WRE Competitions

On Day 1 and 2 the M/W21E classes (including M/W18E and M/W20E who run the same courses) and on Day 3 the M/W21E classes are part of the UK Cup. On all 3 days the M/W18E and M/W20E classes are part of the Future Champions Cup. An individual can only win a prize in the class that he (or she) has entered.

On Day 3, the M/W21 Elite courses are World Ranking Events and will be conducted under IOF rules. Where these are in conflict with British Orienteering Rules, IOF Rules will prevail. There are a few minor areas of deviation from IOF WRE guidelines, or areas where clarification is deemed necessary, as follows:

A previous map of Braunton Burrows is available for download on the JK 2010 website; maps of Cookworthy and Braunton Burrows will also be displayed in the Assembly Area from Day 1 onwards.

Water is available on the courses; however water is not provided at the Start or Finish.

Control description sheet sizes will be a maximum size of 215x52 mm.

Tim Pribul (SEOA) has been appointed as JK 2010 WRE Adviser for Day 3 and has had input into the planning and controlling of the WRE courses. Dave Peel has been appointed as BOF Elite Adviser at Major Events and has had input into the planning of all the Elite courses. Roger Maher (SO) has been appointed as Map Advisor.

Use of GPS

On the WRE courses on Day 3, competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in the race, unless the equipment is specifically approved by the Organiser in advance. GPS data loggers with no display or audible feedback are not prohibited. IOF Rule 21.4 applies.

Race Numbers

All runners will be required to wear bibs to provide identification for commentators and spectators. No bib, no start. All individual bibs will be available for collection on the way to the starts (Day 1) and, on Days 2 and 3, at or beside Enquiries. It is your responsibility to bring your own pins and allow enough time to collect your bib and pin it to your clothing. It must be pinned to the front of your torso unfolded, in such a way as to ensure that your number and the organiser's and sponsors' logos are visible. For Elite classes there are new bibs for each day (at Enquiries): individuals' numbers depend on start order. Non-Elite runners are to retain their bibs for subsequent days. Replacements are also available at Enquiries (all days).

Maps

All competition maps will be printed on waterproof paper, and will not be bagged.

The area being used for Day 1 is new to orienteering so the map will not be available before the competition. The areas being used for Days 2, 3 and 4 have been used previously for orienteering; maps of these areas will be displayed in the Assembly Areas from Day 1 onwards.

The maps will not include a full legend. Maps will show any special symbols used. Separate map legends will be available from Enquiries.

Control Descriptions

Days 1, 2 and 3: IOF pictorial control descriptions will be printed on the front of all maps, and available in the start lanes. They will not be available before this time, or on the website (although control description sheet sizes will be a maximum size of 215x52 mm).

Loose written (English) descriptions will be available in the start lanes on Day 1 for course 9; and on Days 2 and 3 for courses 28 and 29, White and Yellow.

Day 4: IOF pictorial control descriptions will be printed on the front of all maps.

All control descriptions will be printed on waterproof paper.

Controls and Punching

All days will use SPORTident controls. It is your responsibility to punch correctly. If you think your punch has not been registered correctly, punch your map with the manual punch at the control site and report the problem at the Download area.

Start Procedure

Days 1, 2 and 3: The pre-start procedure will be the same for all Days as follows:

A timed start will operate for all JK courses. Helpers and the second parent on split starts will have a timed start. Colour coded competitors will have a punching start.

Anyone arriving late for their allocated start time should report to the late start lane marshal. They will be allowed to start in the next available slot for their course. The time at which they start will be noted, but they will be timed as if they had started at their allocated start time. Note that some courses are likely to be full and there may not be many vacant start slots available.

In order to keep the event flowing smoothly, neither start nor download officials will be able to authorise any adjustments to the authorised start times. Late starting competitors who believe that they have good reason to have their start time adjusted should report to Enquiries after their run and use the complaints process. Helpers and second parents on split starts who start late are also asked to go to Enquiries after they have downloaded.

Days 1, 2 and 3: The pre-start procedure will be the same for all Days as follows:

Pre-start: Clear boxes.

–4 minutes: Call up. Names will be checked off against Start list. SI-card checked that it is cleared.

–3 minutes: Collect loose copies of control descriptions.

–2 minutes: View copies of the blank competition map.

–1 minute: Silence.

Day 4 – Relays: Timings of relay mass starts are in the Day 4 details.

Finish Procedure

Days 1, 2 and 3 – Individual Days: Punching finish at the finish line, then proceed to the Download tent. Elite course maps will be collected after Download on Day 3 until after the last start time and can then be reclaimed from the same place, or at Enquiries on Day 4. All other competitors may keep their maps after finishing, but please uphold the spirit of fairness and do not show to runners still to compete.

Day 4 – Relays: All laps other than the last lap should hand over to their next runner, then proceed to a punching finish, and then on to Download. Last lap runners will be directed into a separate finish lane, positions will be judged on the first to cross the Finish Line; please then keep in order (obeying marshals' instructions) and proceed to punch and on to Download. Maps will be collected from all competitors, and released to club representatives after the last mini-mass start.

All days: You must download, both as a safety check and so that your time is recorded. If you do not finish your course and are retiring you must still go to the Download tent and record your safe return. Please address any questions or problems to the queries desk in the Download tent.

No Water

In order to reduce the impact of waste from bottles / cups, and given the Finish is in the Assembly Area each day, water will **NOT** be available at the finish on any day. Water is available part way round some courses – see individual days for more information.

Training Event

With the Sprint Event at Bicton on Day 1, there are no plans for the traditional formal training venue for JK 2010. However, there are several permanent courses in the area which you may care to visit to stretch your legs. Both venues are likely to be busy on a Bank Holiday weekend, so you will have to take your chances with the general public for parking.

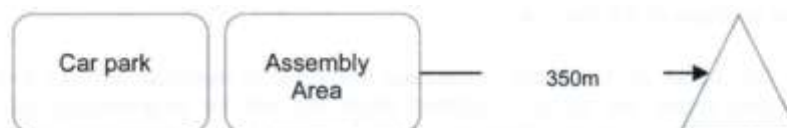
Killerton Park is a National Trust property 10km NE of Exeter. It has 31 permanent controls set out in a mixed estate of parkland and woods. There is some contour detail. Parking and toilet facilities are available to the general public and, as well as Killerton House to visit, there is a small restaurant. Entrance is free to NT members, otherwise there is an entrance fee for the grounds. Map packs are available at the ticket office for a small charge. Killerton Park is located at SS975002, telephone 01392 881345.

Haldon Forest Park is a Forestry Commission activities area 10km SW of Exeter. It has 32 permanent controls set out in an area of mixed forest. There is a good track plan and lots of contour detail. There are parking and toilet facilities available for the general public as well as a small café. Mountain bikes are available to hire, and there are a number of marked mountain bike routes. There is also an aerial adventure experience. Entrance to the park is free, but there is a parking charge. Map packs are available from the Rangers Office on site for a small fee. Haldon Forest Park is at SX884849, telephone 01392 834251.

Day 1: Friday 02 April 2010

Sprint Race, Bicton College

Organiser	John Rye (RMOC)
Planners	Helen Winskill (WCOC) and Ian Hargreaves (KERNO)
Controller	Katy Stubbs (BKO)
Mapping	Erik Peckett (DEVON), January 2010



Travel and Parking

Bicton College (EX9 7BY) www.bicton.ac.uk/directions.php is 17km ESE of Exeter at grid SY076859. Most competitors will travel to Devon down the M5 or the A303/A30. These will both be very busy with south-bound holiday traffic on Good Friday (public holiday) so please allow more than sufficient time, bearing in mind that start times will not be changed. Access to Bicton College is via M5 junction 30, then the A3052 towards Sidmouth for 7 miles. At Newton Poppleford turn south (B3178) and after 2 miles turn right through the Bicton College arched gatehouse and up the Monkey Puzzle avenue. "Bicton Park" (its entrance is 200m south of Bicton College) features on brown tourist signs at all junctions.

Public Transport

By Air: Exeter International Airport is only 10km from Bicton College with regular buses running into Exeter or the 56 bus to Half Way Inn and change to 52, X53 or X54 to Newton Poppleford (see below). For more: www.exeter-airport.co.uk

By Train/Bus: The main line station in Exeter is Exeter St Davids. Buses from Exeter bus station numbers 52, X53 and X54 go to Newton Poppleford (25 minutes) and Bicton is 4km south. The number 157 Exmouth bus goes from Newton Poppleford past Bicton College and the bus stops (on request) outside the college. Alternatively go on by train to Exmouth (30 minutes) and catch the 157 bus towards Newton Poppleford (20 minutes). For more: www.stagecoachbus.com.

Terrain

Bicton College, <http://www.bicton.ac.uk/about/> which is set within an Area of Outstanding Natural Beauty in East Devon, has an estate of open parkland and rolling countryside; and a majestic Georgian manor house overlooking a beautiful lake. The area has never been used for orienteering before and consists of several widely differing terrains – a college campus with irregularly shaped buildings and open space, rural parkland, some woodland, and fenced fields with many gateways.

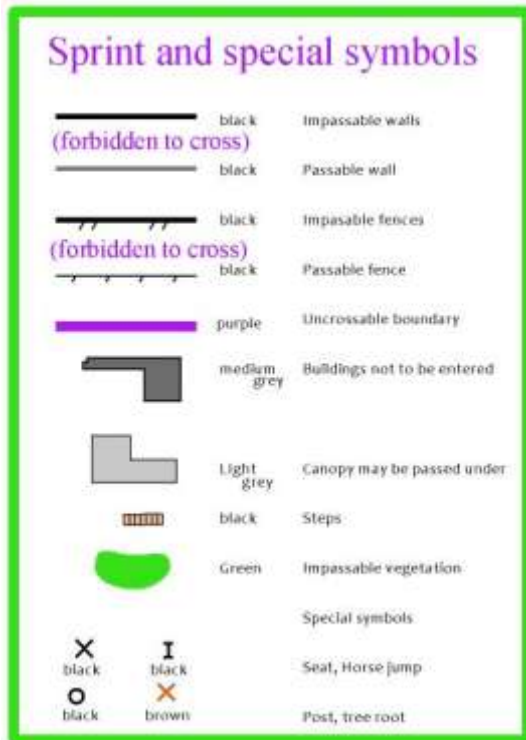
These terrains will provide an interesting mix for the sprints with significant route choice on all but the shortest courses. The mix of terrain types will provide a chance to switch techniques within the race and may catch out the unwary.

One area of woodland, visited by the longer courses - 1, 2, 3, 4 and 10 - has continuous work ongoing. Any significant changes to the area since the maps have been printed will be indicated on maps in the start lane.

The longer the course the lower the percentage of tarmac or metalled surfaces so while rubber studded shoes are advised, dobbed studs will not be disadvantageous. The shorter courses will have a high percentage of hard running surfaces.

Map

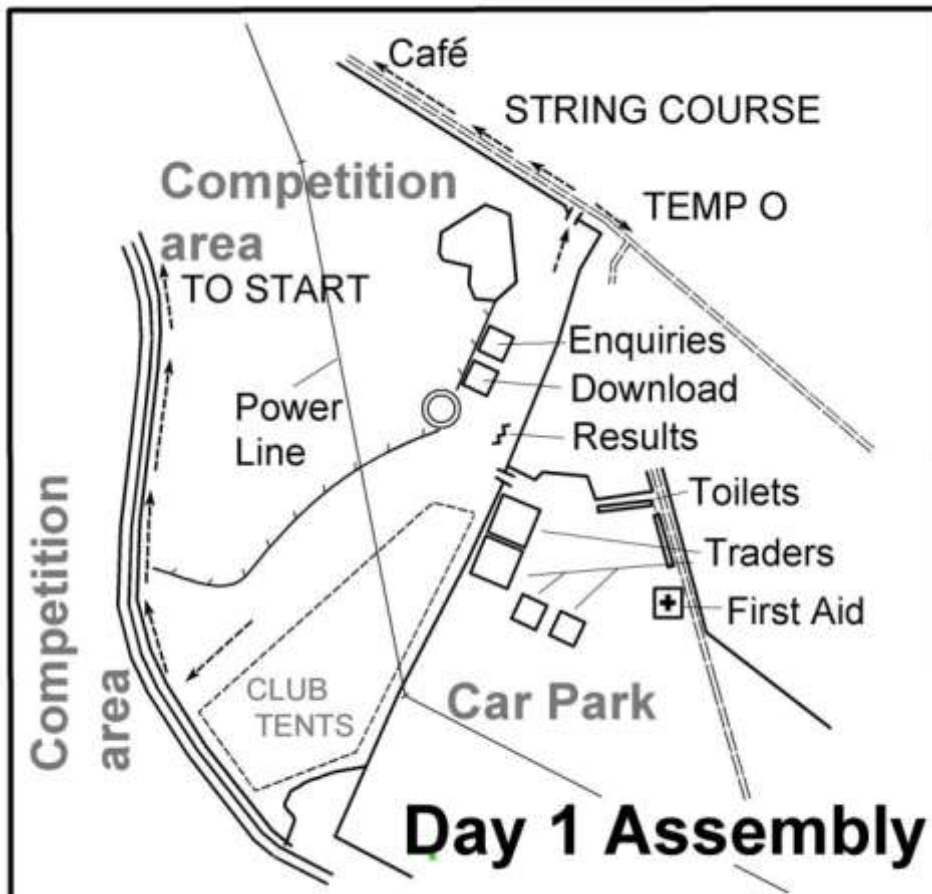
The Sprint map is drawn at a scale of 1:4,000 with 2.5m vertical interval to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these – in fact, it is crucial that they are aware especially of those which denote “passability”. The most important Sprint map symbols used for Day 1 are shown here (and a selection of symbols will appear in the map legend).



In general, a thick black line represents a feature which is impassable, i.e. must not be crossed, whether or not it looks crossable. Vegetation (often hedges) mapped as green/black must not be crossed – even if there appear to be passable gaps on the ground. Areas mapped by a green/yellow (olive green) “settlement” colour are also not to be entered - such areas might be flower beds or private gardens.

Warm-up maps will be available at Enquiries, showing the route to the start.

Assembly Area



The Assembly Area is immediately adjacent to the parking field and there will be space for club tents. Spectator areas will be taped.

Toilets

Portable toilets will be available along the north-west edge of the parking field. There are no toilets at the start or access to the café toilets.

Race Numbers

Race numbers will be located en route to the start. Please know your race number and allow time to find it. Ensure you go equipped with 4 safety pins and wear your race number on your chest with sponsors' logos visible. EOD competitors will receive their race numbers at Registration. Remember – no bib, no start.

Spectating

The Assembly Area will offer a good view of competitors approaching their final control and sprinting to the finish. There will be a comprehensive commentary. Elite competitors' numbers will have a coloured background to identify them as such. There are controls visible from the Assembly Area, from the route to the start and from the route to the café. The pre-start area will also offer a view of competitors on most courses approaching their later controls. Those en route to/from the café are to take care not to obstruct runners crossing the road to their final controls. See the layout sketch.

Starts

There will be one start, around 350m from the Assembly Area. The route to the start will be taped and number pick-up will be en route. Please do not use the route to the café to get to the start.

Out of Bounds

OOB patches of daffodils will be taped on the ground but not marked as OOB on the map. Avoiding these patches will have a minimal effect on net velocity. Other out of bounds areas are marked on the map by the normal vertical purple line overprint but are not taped.

Day 1 Course Details

Course	Classes	Distance (km)	Climb (m)	Controls
1	M21E, M20E, M18E	3.2	40	24
2	W21E, W20E, W18E	2.8	40	20
3	M40, M45	3.0	40	20
4	M16, M50	2.7	40	19
5	M14, M55, W16	2.3	30	18
6	M60, W14, W35, W40	2.2	25	15
7	M65, W45, W50	1.9	15	13
8	M12, M75, M80, W12, W65, W70, W75, W80	1.5	15	12
9	M10, W10	1.1	10	12
10	M35, Men Open	3.2	40	20
11	M70, W55, W60	1.9	20	13

To cater for the highest ever entry on a JK Sprint, an additional course (11) has been planned. A number of course / class allocations have been changed from those given in the printed programme and are shown above. All competitors should therefore confirm the course that they are running. Details of this class/course allocation will be displayed at Assembly and at the Start.

Safety

The estate contains some fine tree specimens, some of which are old. In the car park and the Assembly Area a few large trees will be taped off as there is a risk of falling boughs. Do not park a car or pitch a tent under these trees. An overhead power line crosses the car park and Assembly fields. Do not pitch flagpoles and club banners within 5m and take special care with tunnel tent poles.

There should be virtually no vehicles moving on the estate and there is no other planned activity or right of public access.

The area has the usual array of fences, walls where you will need to be careful. This includes a variety of slopes, steps and a board walk that can be slippery when wet. Ensure that you run within your capabilities. An area of paddocks contains a number of impassable 3 bar wooden fences which at first glance seem to be easily crossable. These fences have an electrical cable projecting horizontally 30cm out from the top rail. You must not attempt to climb these fences except at marked crossing points.

There is a large lake below Bicton House which all competitors will be able to see from Assembly. Most courses go closer to this lake which is not to be entered – it is deep. There are some other small ponds which are not to be entered.

Also see the safety comments under General Information.

String

Come and join The Great Bear Hunt. A free map and loan of electronic dibber will be available at the start tent. The map will include a certificate on the reverse that will be a record of the time taken, and the number of off-string controls found. Results will be displayed each day with a cumulative certificate of attendance for multiday participants. A Logo Bug (with ribbon) will be given to every participant each day. The 200m route to the string course is taped from the Assembly Area. String participants will be able to see the Sprint race competitors in the adjacent field.

TempO

The 100m route to the TempO course is taped from the Assembly Area. Please see the detail in the Trail-O section of the programme.

Traders and Food

The Bicton College Refectory (café), situated by the pre-start, will be open to serve a range of excellent food. Note there will be no access to the café toilets. Bicton Gardens are only 200m south of the car park and reduced entrance fees have been negotiated (with programme cover or race number): it too has a good café. Orienteering traders will be present – see the general information section for details.

Today only James Pyne Photography will be taking photographs, downloading and displaying them on a rolling basis, and printing and selling them to order. Knowing your race number will be key information.

Acknowledgements

Bicton College (Principal: Mr David Henley)

Local Attractions

Bicton Gardens – 100m south of the car park exit www.bictongardens.co.uk/. Reduced entrance fees have been negotiated (with programme cover or race number) and it has a nice café.

Otterton – 1.3km SE www.otterton.org/

Otterton Mill – 1.2km SE www.ottertonmill.com/

King's Arms, Otterton - 1.4km SE www.kingsarmsotterton.co.uk/

East Budleigh – 2km south <http://home.btconnect.com/eastbudleighvillage.org.uk/>

Colaton Raleigh - 1.5km north www.ovapedia.org.uk/index.php?page=colaton-raleigh

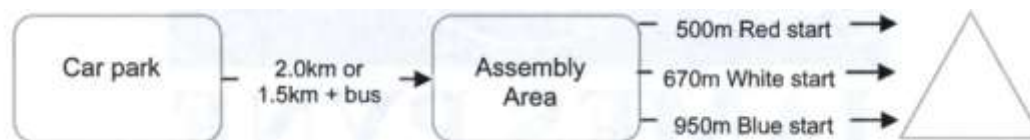
The Otter Inn – 1.5km north www.otterinn.co.uk/

Budleigh Salterton – 4km south www.visitbudleigh.com/

East Devon – Area of Outstanding Natural Beauty www.eastdevonaonb.org.uk/

Cookworthy Forest

Organiser	Carol Pearce (DEVON)
Planners	Arthur Vince (KERNO); Graham Pring (KERNO)
Controller	Colin Duckworth (TVOC)
Mapping	Erik Peckett (DEVON)



Travel and Parking

Parking will be on narrow forest roads. Parking is limited so it would be appreciated if competitors could share transport.

Most of the parking will be on the south side of the A3079, but some vehicles may be directed to a track to the north of the road.

The event will be signed from three places:

1. From the junction of the A386 and A3079 (grid ref: SX 559 943, postcode: EX20 4NB)
2. From the junction of the A3079 and the A3072 (grid ref: SS 405 038, postcode: EX22 6JP)
3. From Halwill Junction (grid ref: SX 443 999, postcode: EX21 5UA)

Please approach the event along the A3079 from the southeast, via the village of Halwill Junction (location 3 above) **if you have:**

- Small children (under 6yrs) in the car - so we can park you as close as possible to Assembly.
- A dog or dogs in the car - so we can park you away from the ground nesting birds.
- A campervan or minibus - so we can get you onto a wide parking track.

You will be directed to parking places along forest roads; please obey marshals' directions.

We regret there is no opportunity to drop off club tents before you park.

Bussing

Buses will be used to transport competitors parked more than 2km away from Assembly. Bussing will commence at 0815. You should factor in waiting time (up to 30 minutes) and bus transfer time (5-10 minutes) to your travel plans. The number of buses will be reduced over the period 1200 to 1330 to allow the drivers to have their mandatory rest period.

Route to Assembly

If you have parked within 2km of Assembly you will be directed by notices and by the parking team as to the best route to take. Part of this route will be along forest roads (which may contain parked cars or may have slow-moving traffic – TAKE CARE) and part will be along a marked route. If you are parked further away, you will be picked up by bus. The maximum walk to a bus will be 1.5km.

All competitors will pass through the yard belonging to the Devon Wildlife Trust.

To get to the Assembly field, you will be directed towards the road crossing point where you will be helped to cross the busy A3079. You must obey the directions of the marshals on duty to ensure your safety - which nevertheless remains your responsibility.

Terrain

Cookworthy is a commercial Forestry Commission forest, planted many decades ago on farmland without intricate contours. It has an irregular patchwork of tree cover of various ages, both coniferous and deciduous, including a small area of eucalyptus. There are also clear-felled areas of varying runnability, and grassy

clearings. The forest was planted on soil which retains water, so there are marshy areas – often too small to map – and also many drainage ditches and streams. Ditches through the younger and thicker plantations, shown with a dashed blue line, are often dry and can give relatively easy progress along their length. Streams draining northwards often run in deep gullies. The agricultural past has left ruins deep in the forest and a complicated network of earth walls about 1m high, with the trees remaining from old hedges growing from them. Most of the forest is mature and runnable, although there are some areas of windblow. There is hardly any bracken; and brambles are not a significant hindrance. Some of the older coniferous areas have many rootstocks, usually with the tree trunk still attached; the map shows those which are 2m or more high.

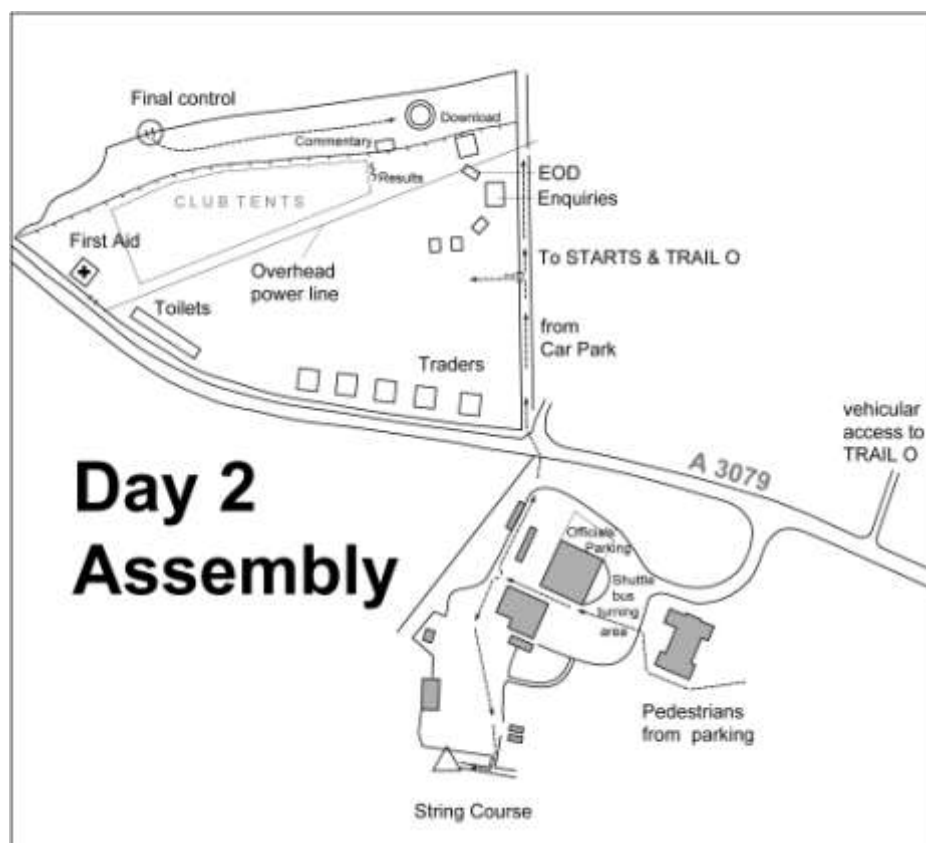
An old railway trackbed bisects the forest; there are paths along some of its length but long stretches have returned to nature, with marshes and ponds in the cuttings and jungle on the embankments. The courses that cross it do so at places which do not present any difficulty.

Although there is a network of forest roads there are comparatively few paths. The TD2 (Yellow) standard courses will use earth walls, ditches and streams as line features.

Map

The map was first used for the Tamar Triple event in 2006, and last used for the Caddihoe Chase in 2007. It has been completely revised over the autumn and winter of 2009/2010. Three special symbols are used: a green circle for an isolated or distinctive tree; a black cross [x] for a hide; and a black circle [o] for a seat. A hide is a structure built from branches and supported by a tree or trees, at least 2m high, and resembling a wigwam in shape. Areas of windblown trees which are difficult to cross are shown by the green *Difficult to run* screen together with brown dots for *Broken ground*. The earth banks along narrow stream gullies are shown by the brown *Earth bank* symbol but where the banks are close together the downhill tags may be omitted.

Assembly Area



Take great care that flag poles or tent poles do not get anywhere near the overhead power line.

Although there are no spectator controls, there are radio controls on both the Elite men's and Elite women's courses and the commentary will follow runners' progress.

Toilets

Toilets will be sited on the southern side of the Assembly field. There will be no toilet facilities at the Starts for competitors.

Race Numbers

Race numbers for pre-entered competitors who did not collect them on Day 1 at Bicton will be located at or near Enquiries. For Elite classes there are new bibs for each day at Enquiries; individuals' numbers depend on start order. Remember – no bib, no start.

SI-cards

M21L competitors will need a Type 6 card or a Type 9 card.

Starts

Distances from eastern edge of Assembly:

- Red Start – 500m level walk through forest.
- White Start – 670m level walk mainly through forest.
- Blue Start – 950m level walk through forest then along forest road.

Elite competitors go from the Blue start.

Routes to the Starts may be boggy in places, and the section through the forest is rough and not suitable for pushchairs. There are no clothing transfers.

The forest roads may be used for warm-up; but the forest on either side is out of bounds. Remember – no bib, no start.

PLEASE NOTE: course combinations from each Start at Cookworthy are NOT the same as the combinations at Braunton on Day 3. Take care to ascertain which Start your course goes from. Parents should ensure children know which Start to go to.

Control Descriptions

Two special pictorial descriptions will be used: a cross [X] for a hide, and a circle [O] for a seat. For Courses 28, 29, White and Yellow, both pictorial and written descriptions will be available.

Day 2 Course Details: subject to final controlling

Course number		START	Length km	Climb m	Controls	Map scale
1	M21E, M20E, M18E	Blue	5.5	130	23	1:10,000
2	W21E, W20E, W18E	Blue	4.4	115	21	1:10,000
5	M21L	Red	10.9	215	32	1:15,000
6	M35L	Red	9.5	205	28	1:15,000
7	M40L	Red	9.0	195	28	1:15,000
8	M18L, M20L, M21S, W21L	Red	6.9	180	21	1:15,000
9	M35S, W35L	Red	6.2	155	20	1:15,000
10	M40S, W40L	Red	5.9	115	21	1:15,000
11	M20S, M18S, M21V, W18L, W20L, W21S	Red	4.8	105	17	1:15,000
12	W35S, W40S	Red	3.9	90	14	1:15,000
13	M45L	Red	7.8	170	22	1:10,000
14	M50L	Red	7.1	160	21	1:10,000
15	M55L	Red	6.5	130	21	1:10,000
16	M16A, M60L	Red	6.0	125	16	1:10,000
17	M45S, W45L	Blue	5.2	90	17	1:10,000
18	M65L	Blue	5.0	75	15	1:10,000
19	M55S, W55L	Blue	4.3	80	14	1:10,000
20	M70L, M60S	Blue	4.1	70	14	1:10,000
21	M75L, M80, M85, M65S, W70L, W18S, W20S, W21V, W45S, W50S	Blue	3.4	75	13	1:10,000
22	M70S, M75S, W75, W80, W85, W55S, W60S, W65S, W70S	Blue	2.9	65	14	1:10,000
25	M14A, M16B	Blue	4.1	70	17	1:10,000
26	W14A, W16B	Blue	3.2	70	11	1:10,000
27	M12A, M14B, W12A, W14B	Blue	2.6	70	14	1:10,000
28	M10A, W10A, M12B, W12B	White	1.8	60	10	1:10,000
29	M10B, W10B	White	1.4	45	9	1:10,000
30	M50S, W50L	Blue	5.1	75	15	1:10,000
31	W16A, W60L, W65L	Blue	4.1	70	14	1:10,000
Red		Blue	5.2	85	14	1:10,000
L Orange		Blue	3.8	65	14	1:10,000
Orange		Blue	2.6	65	13	1:10,000
Yellow		White	1.8	60	10	1:10,000
White		White	1.4	45	9	1:10,000

On the Course

Out of bounds: All forest on either side of the routes to the Starts is Out of Bounds. A group of railway cottages, their gardens and the track leading to them is out of bounds, as is the single dwelling and its grounds to the north of the old railway line. These areas will be marked as Out of Bounds on course maps.

Trail-O controls and parking: Competitors on the longer courses may encounter Trail-O kites (marked with blue tape) and other equipment. Kites will be visible from the forest roads which Trail-O competitors will follow. The most junior courses do not pass near the Trail-O area. The latest starters from the Red Start may encounter cars parked for the Trail-O competition and vehicles approaching the parking area along a forest road.

Drinks points: There will be two drinks points marked on the map with the drinks symbol. Competitors on all but the very shortest courses will find one or both close to their route.

Courses 28, 29, White and Yellow will have a 140m marked route near the end of the course.

Safety

The Assembly Area and Competition Area lie to the north of the A3079; most of the car parking is to the south of it. The organisers are anxious not to lose any competitors, so please follow taped routes; DO NOT go along the main road. Cross it at the designated crossing point ONLY.

There is an overhead power line (6.2 metres above ground level) in the Assembly field. Please ensure any tall flagpoles and club banners are located at a safe distance away, and take special care with the long poles for tunnel tents.

Earth walls in the forest may have wire along them and loose wire near them.

Also see the safety comments under General Information.

String Course

Come and join The Great Bear Hunt. The String course will be on the south side of the main road, with the start adjacent to the Devon Wildlife Trust yard. You will enjoy an unusual area with a regular layout of lanes. There will be opportunities for 'short cuts' for those brave enough and who are prepared to read their maps!

Trail-O

The Trail-O event will be located about 1.8km from Assembly.

Dogs

Dogs are allowed in the Assembly Area as long as they are under control. They are NOT allowed on the courses.

One of the parking tracks is in an area where birds will be nesting, and we have been asked to ensure no dogs enter this area. Parking officials will therefore direct cars containing dogs to one of the other tracks.

Acknowledgements

Forestry Commission, Area Forester W Devon, Martin Webb, and former Area Ranger, Glyn Bradbury
Mr Colin Sanders, Northcott Farm, for the use of his fields
Devon Wildlife Trust for the use of their Yard
Ruby Country Partnership for the use of their facilities
Devon County Council Area North Highways Management
Holsworthy Police Station Community Support Officers
Residents in and around the forest for their cooperation

Braunton Burrows, N. Devon

Organiser	Peter Brett (DEVON)
Planners	Roger Hargreaves (KERNO); Andy Reynolds (DEVON)
Controller	Tim Pribul (CHIG)
IOF Adviser	Tim Pribul (CHIG)
Mapping	Brian Parker (DEVON), John Pearce (DEVON)

Travel Directions

North Devon is a major tourist destination with traffic tailbacks common from mid morning onwards, especially on the approaches to Braunton village. Please allow plenty of time for your journey, and if possible listen to the local radio (Heart Radio) on 96.2 FM for regular traffic reports.

From Barnstaple take the A361 west towards Ilfracombe. At Braunton take the B3231 towards Saunton and Croyde; after approximately 2 km (SS 469373) the event will be signposted south along a single track road. This road serves a number of farms and residential properties, please drive courteously. The car park is at the end of the road, approximately 2km from the B3231. A one-way system will operate which will return cars near to the centre of Braunton village where the police hope to provide an Officer to control traffic flows during peak periods. **Under no circumstances should any other road be used to access the competition area; please ignore any road signs indicating Braunton Burrows.**

Parking

Parking for cars will be on a level sandy stubble field while minibuses, campervans and coaches will be directed a little further south to a public car park with a hard surface. Display your parking permit and follow the marshals' directions. The main parking field is crossed by two very deep drainage channels which will be marked with hazard tape. Drivers should take care not to park too close to the edge of the channels which are out of bounds.

Terrain

Braunton Burrows is a most unusual area, being both a UNESCO Biosphere Nature Reserve and a site for army all-terrain vehicle training. One of the largest sand dune systems in Britain, about 5 km long north-south and 1½ km wide, it has a number of roughly parallel ridges, up to 30 m in height, separated by slacks, fronted on the seaward side by a line of foredunes and backed by a broad plain interrupted by lower, but detailed, dune features.

Military use of the site is long-standing. Reminders of the preparation for D-day in 1944 include the American Road, now much decayed, running down the eastern side of the site and a number of concrete mock-up landing craft in the south of the area. Currently, extensive all-terrain vehicle training takes place, mostly in the central part of the dunes.

Map

The area has been resurveyed by Brian Parker (DEVON), assisted by John Pearce (DEVON) during 2009/10 with a 5m contour interval. The scale of the map depends on your class: see course details table. Two small adjacent areas are marked out-of-bounds on the map.

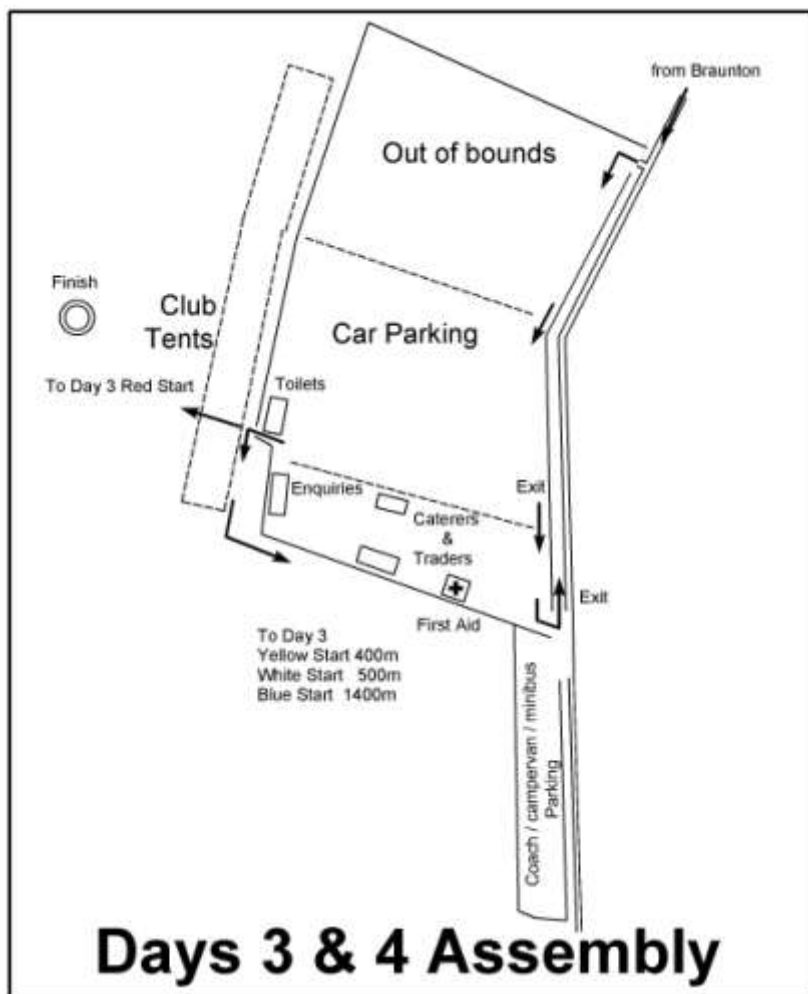
Attention! Braunton Burrows, typical of detailed sand dune terrain, is a challenge to mappers and competitors alike. In addition to this normal expectation there are the additional complications of seasonal water and military vehicle tracks. Both of these have influenced the mapping and it is important for competitors to be aware of what is, and what is not, shown on the map.

- Seasonal water. The map gives the expected condition in late Spring, when seasonal flooding has largely receded to leave ponds and marshes. However, the blue marked areas on the map should be regarded as uncrossable, whereas other areas which may be flooded have a good underlying surface and can be crossed without difficulty.

- Military vehicle tracks. In the central area these are too numerous to be shown with the conventional vehicle track symbol. (If shown, these would make the underlying contouring more difficult to read and obscure adjacent features). For the main access routes, the 'vehicle track' symbol is appropriate and used. Elsewhere, the prominent tracks with very visible ruts of exposed sand are marked as 'footpaths'. Since military training is ongoing, there may be more recent tracks absent from the map.
- Human tracks. These are shown as 'small footpaths' or 'indistinct small footpaths'. Except in the areas used for the shorter, less technical courses, minor paths, which might normally be expected on an orienteering map, are not shown.

The vegetation representation is very detailed, with green dots for bushes and small thickets that stand out, and this should assist competitors in otherwise confusing terrain. Undergrowth affecting route choice is shown as the map scale permits. The exposed seaward sides of the dunes are less vegetated and offer better runnability.

Assembly and Finish Areas



The Assembly Area is separated from the parking area by one of the drainage channels which can be safely crossed at either end near the field boundary. Those parking in the public car park can access the Assembly Area via a gateway at the southern end of the field.

The finish will be within 200m of the western edge of the Assembly Area via a marked crossing point through the hedge. An area will be set aside for club tents; space is limited so get there early if you want a prime spot to cheer your club members along the run-in. **However, rabbits are very active over most of the area selected for the finish. Great care will be required to avoid tripping in one of the many rabbit holes.** Commentary and results display will be in this area.

Facilities

Toilets will be located in the Assembly Field near to the pedestrian exit. No clothing dump/transfer will be provided.

Race Numbers

Race numbers for pre-entered competitors who did not collect them on previous days will be located at or near Enquiries. For Elite classes there are new bibs for each day at Enquiries; individuals' numbers depend on start order. Remember – no bib, no start.

Competition clothing

The map comments make mention of the vegetation and there has been an increase in thorny vegetation on the terrain. Despite the area being sand dunes, and for purposes of clarity, there can be no relaxation of Rule 7.1.1 (i.e. clothing shall fully cover the torso and legs).

String

Come and join The Great Bear Hunt. The start, which is close to the White start, will be signed from the main car park. Today you will have a contoured map on sand dunes, just like mum and dad, and you can try your hand at map reading.

Trail-O

For details, see the Trail-O section in the programme.

Spectator control

Spectator controls will be visible from a specially designated area adjacent to the finish and may be visible from some parts of the area set aside for club tents.

World Ranking Event

A separate warm up area for Elite competitors will be provided on similar terrain which is not part of the competition area. Competitors entered on M21E will require a Version 6 or 9 SI-card.

The Trail-O course extends into the Elite Foot-O competition area and Foot-O competitors will cross the Trail-O area twice. No Trail-O flag will be closer to a Foot-O control site than the 60m limit set in the IOF Rules.

Routes to Starts

Four starts will be in operation: Red, White, Blue and Yellow. Each will be taped from the south western side of the Assembly Field. Remember – no bib, no start.

Elite classes; as this is a World Ranking Event (WRE) the Elite start will be close to the Finish and in view of the commentary and club tents/spectators. The Colour Coded courses will have a separate start (400m, 0 m climb) while the other courses will be split between Junior (500m 0 m climb) and Senior starts (1400m 0 m climb).

Special Map Symbols

Green circle – Prominent tree.

Black circle – Flagpole. **IMPORTANT:** The many notice poles around the edges of the military training area are NOT mapped.

Black cross – Man-made object. In one case a dismembered tank, the other a metal enclosure of indeterminate purpose.

Day 3 Course Details: subject to final controlling

Course number	Class	START	Length km	Climb m	Controls	Map scale
1	M21E	Red	15.9	520	31	1:15,000
2	M20E M18E	Red	11.7	390	24	1:15,000
3	W21E	Red	10.4	290	24	1:15,000
4	W20E W18E	Red	7.7	215	21	1:15,000
5	M21L	Blue	12.9	280	29	1:15,000
6	M35L	Blue	11.2	245	23	1:15,000
7	M40L	Blue	10.5	230	25	1:15,000
8	W21L M21S M20L M18L	Blue	8.6	200	23	1:15,000
9	W35L M35S	Blue	7.4	155	21	1:15,000
10	W40L M40S	Blue	6.5	185	17	1:15,000
11	W20L W18L W21S M20S M18S M21V	Blue	5.4	190	13	1:15,000
12	W35S W40S	Blue	4.9	130	11	1:15,000
13	M45L	Blue	9.3	180	23	1:10,000
14	M50L	Blue	8.2	215	21	1:10,000
15	M55L	Blue	7.5	200	17	1:10,000
16	M16A M60L	Blue	6.9	200	14	1:10,000
17	W45L M45S	Blue	6.6	110	14	1:10,000
18	M65L	Blue	5.1	170	11	1:10,000
19	W55L M55S	Blue	4.8	125	11	1:10,000
20	M70L M60S	Blue	5.0	100	14	1:10,000
21	M75L M80 M85 M65S W70L W20S W18S W21V W45S W50S	Blue	4.7	65	12	1:10,000
22	M70S M75S W75 W80 W85 W55S W60S W65S W70S	Blue	4.3	35	12	1:10,000
23	Not Used					
24	Not Used					
25	M14A M16B	White	4.4	135	17	1:10,000
26	W14A W16B	White	3.7	90	11	1:10,000
27	M12A W12A M14B W14B	White	3.4	60	12	1:10,000
28	M10A W10A M12B W12B	White	2.7	50	13	1:10,000
29	M10B W10B	White	2.0	10	12	1:10,000
30	W50L M50S	Blue	5.4	150	13	1:10,000
31	W16A W60L W65L	Blue	5.0	100	14	1:10,000
Red		Yellow	6.1	120	17	1:10,000
L Orange		Yellow	4.4	85	12	1:10,000
Orange		Yellow	3.1	60	10	1:10,000
Yellow		Yellow	2.6	50	11	1:10,000
White		Yellow	1.9	10	11	1:10,000

Junior Courses

Smiley Faces: as the junior courses begin in a network of paths the best route will be emphasised by the use of Smiley Faces which will be displayed on a white background. An example will be displayed at the start.

Drinks Points

Water will be provided at 4 locations approximately 25min running time apart for the Elite. These stations are designed to serve all the longer courses and will be indicated on the map.

Safety

THIS IS IMPORTANT – ALL COMPETITORS MUST READ THIS!

All competitors shall carry a whistle when competing.

Notices will be posted if the weather is bad and cagoules are thought to be necessary; Braunton Burrows is exposed to the sea with little between it and America!

Braunton Burrows is a Military training area; competitors must not touch any suspicious objects.

Acknowledgements

We would like to extend our thanks to the following people without whose help the event could not have taken place:

Mr Coldwell and staff of the Christie Estate
Mr Avery for the use of his field and other general assistance
Sgt N Rowell Devon & Cornwall Police
Mr Robbins, grazier at Braunton Burrows
Mr R Dawson, Highways, Devon County Council
Premier Foods Ltd

JK RELAYS – Braunton Burrows, N. Devon

Organiser	Peter Brett (DEVON)
Planner	Mike Forrest (BOK); Michelle Spillar, (WIM);
Controller	Roger Baker (TVOC); John Pearce (DEVON) Assisting
Mapping	Brian Parker (DEVON), John Pearce (DEVON)

The following are as for Day 3:

Travel Directions, Car Parking, Assembly and Finish

Map and Terrain

All maps will be at the scale of 1:10,000.

Competition Information

Explanation of Classes

Class		Lap	Length	Spectator control to Finish, km
A	JK Trophy	1, 3	5.9	2.1
		2	4.7	1.9
B	Women's Trophy	1, 3	4.9	1.2
		2	4.3	1.2
C	Men's Short	1, 3	4.0	1.9
		2	3.2	1.9
D	Women's Short	1, 3	3.2	1.2
		2	2.5	1.2
E	M120+	1, 3	5.9	2.1
		2	4.7	1.9
F	W120+	1, 3	4.0	1.9
		2	3.2	1.9
G	M165+	1, 3	4.9	1.2
		2	4.3	1.2
H	W165+	1, 3	3.2	1.2
		2	2.5	1.2
J	M48-	1, 3	3.7	1.3
		2	2.8	n/a
K	W48-	1, 3	3.0	1.1
		2	2.5	1.1
L	M/W40-	1, 3	2.4	n/a
		2	1.8	n/a
M	Mini Relay (M/W12-)	All	2.0	n/a
N	Mixed Ad Hoc	Long	3.3	1.1
		Med	3.0	1.2
		Short	2.8	n/a

- To be competitive in classes A to M all runners must be in the same club (UK or overseas), except in classes A and B where the UK Relay League Neighbouring Clubs Alliances guideline applies.
- Class N, Mixed Ad Hoc, is open to teams (M and/or W) made up from members of different clubs.
- The British Orienteering age class applicable is that for calendar year 2010.
- For age-restricted relay classes E to L the total of the British Orienteering age classes (not the actual ages) of the entrants counts. Added together these must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes J, K, L) the number stipulated for the class.
- For Junior Relay classes J, K, and L all competitors must be M/W20 or below. Laps 1 and 3 are TD3 (Orange) and lap 2 is TD2 (Yellow).
- For the senior classes E, F, G, and H any junior will be counted as though they were 'running up' as an M/W21. Junior fees apply to junior classes only. Juniors running in any class other than J, K, L, M will be charged the same entry as a senior runner in that class; (i.e. the entry fee applies to the relay class entered, not to an individual runner).
- For the intermediate relays (J and K), laps 1 and 3 are TD5 (Green) and lap 2 is TD3 (Orange).
- For class M, the Mini Relay, all entrants must be M/W12 or below. Copies of all the pictorial descriptions being used in this race will be on display at Enquiries with explanations in English. All laps are TD2 (Yellow).
- Laps will be run in the order shown except for class N, Mixed Ad Hoc, which will have lap lengths jumbled up. For this class, the running order will be shown on the Team Declaration Form so that team members will be able to select the lap appropriate to them. The long and medium laps are TD5 (Green); the short lap is TD3 (Orange).

Relay Category Start Times

Class		No of teams	Call up	Mass Start	Bib numbers
M	Mini Relay	25	0945	1000	1201- 1225
C	Men's short	60	0955	1010	201 – 260
F	W120+	30	0955	1010	2100 – 2130
N	Mixed Ad Hoc	100	1005	1020	1001 – 1100
D	Women's Short	40	1015	1030	301 – 340
H	W165+	35	1015	1030	6601 – 6635
B	Women's Trophy	30	1025	1040	101 – 130
G	M165+	75	1025	1040	6501 – 6575
A	JK Trophy	55	1035	1050	1 – 55
E	M120+	60	1035	1050	2001 – 2060
J	M48-	40	1045	1100	4801 – 4840
K	W48-	22	1045	1100	4851 – 4872
L	M/W40-	40	1055	1110	4001 - 4040

Control Descriptions

Control descriptions will be printed on the front of the map.

Race Numbers

Team Captains should return their signed Team Declaration form and collect their team numbers from Relay Registration (in Enquiries) on Day 2 (between 1300 and 1600) and Day 3 (between 1000 and 1600). The final deadline is 1600 on Day 3, so please do this earlier rather than later.

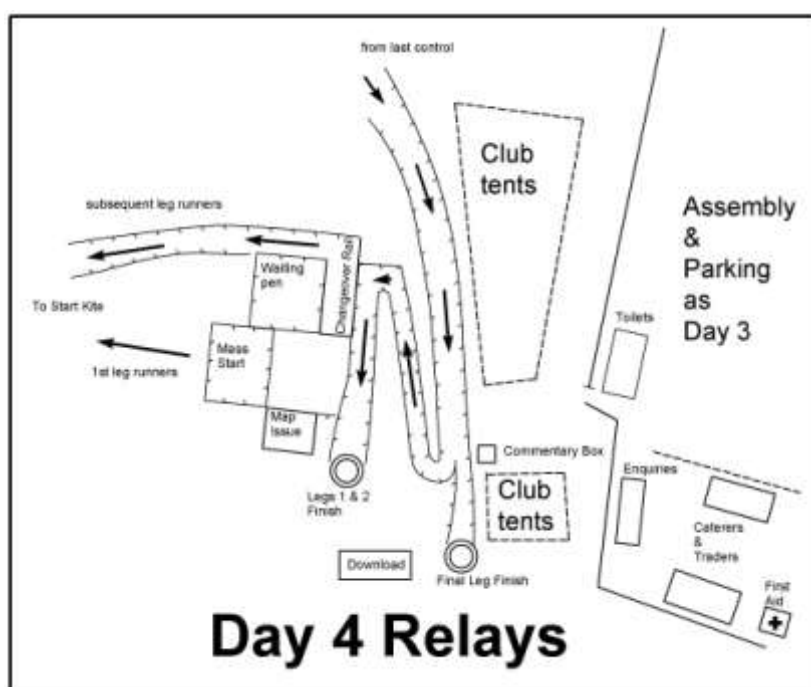
Race numbers will have a coloured band to indicate the lap: the colour sequence will be Lap 1: Red; Lap 2: White; Lap 3: Blue.

SI Punching

Competitors should use the personal or hired SI-card they have used in the individual events. These will be checked prior to Map Issue to ensure competitors are using their registered card.

Call-up and Map Issue for 2nd and 3rd Laps

Second and third leg runners can proceed, via the SI-card check and map issue tents, to the waiting pen at any time after their previous lap runner has started. The only exit from the waiting pen is via the changeover area or the mini mass start pen.



Junior Courses

Junior courses are “gaffled” - young competitors who may not be experienced in relays need to be made aware that their courses may be different from others on the same lap.

Shadowing of junior competitors

Shadowing is not allowed on any relay course.

Spectator Control

There will be a spectator control to the North West of the hand-over area. Commentary from the approach to the spectator control will indicate the majority of those runners passing through it. Refer back to “Explanation of Classes” for approximate distances to the finish from the spectator control.

The Start

First lap runners will be called up 15 minutes before their designated start time, and will move into the pre-start box at -5 minutes. Maps must not be opened until the race is started. All relay starts will be timed starts.

Changeover and Finish

The numbers of incoming runners will NOT be announced. However, a guide to the likely finish time of incoming runners can be estimated from their time through the spectator control (see above). Runners may enter the changeover area at a time of their choice. It is the competitor's responsibility to be there on time. Please allow smaller runners access at the front. Changeover will be by touch of hand, after which the outgoing runner may open the envelope. Incoming runners should then punch their SI-card (to record their actual finish time) and continue to the download tent. For last lap runners in the event of a close finish with another team in their class, their position is determined by whoever is leading as they cross the Finish line, not when they punch to record a time.

Map Collection

Maps will be collected from finishers until after competitors have started on the final Mini Mass Start. The club bags containing the maps may be collected (by one person per club) after the final Mini Mass Start.

Mini Mass Starts

Mini Mass Starts will be held as appropriate and will be announced on the PA system.

Results Display

Results will be displayed and updated regularly throughout the duration of the event. Results from the previous two days will be on display nearby.

String

Come and join The Great Bear Hunt. Here's your chance to revisit yesterday's string course, but with a different twist. The start will be close to the public car park. For the more experienced there will be 4 off-string controls (today and every day, with manual punching).

Acknowledgements

We would like to extend our thanks to the following people without whose help the event could not have taken place:

Mr Coldwell and staff of the Christie Estate
Mr Avery for the use of his field and other general assistance
Sgt N Rowell Devon & Cornwall Police
Mr Robbins, grazier at Braunton Burrows
Mr R Dawson, Highways, Devon County Council

Days 1, 2 and 3: Trail-O / Tempo

Organisers	Mike Kite, Keith Henderson, John Warren (WIM)
Planners	Days 1 and 2 Dick Keighley (WIM); Day 3 Brian Parker (DEVON)
Controllers	Brian Parker (DEVON), Dick Keighley (WIM)
Mapping	Erik Peckett, Brian Parker (DEVON)

Important Information

On Days 2 and 3, Competitors in Foot-O must complete those courses before participating in Trail-O. Foot-O competitors should request an early start time for their JK courses.

Day 1: Friday 02 April 2010 : Bicton College (Tempo)

Travel and Parking

As for the main event.

Toilets

There will be an accessible toilet located near Registration.

Course details

Tempo is a competition based on the timed control element of Trail-O and consists only of timed controls; an instruction display will be available at registration and SPORTident electronic punching will be used. The area is open so most control clusters may be visible prior to the competition. Competitors must remain on the track, path or marked route throughout the short course. At each decision point a number of different maps, all referring to the same cluster of controls, will be presented in turn. At each control cluster please keep back until called forward to the decision point by the official.

Registration

Registration will be in the main Car Park and open from 1130 to 1430. The entry fee is £7.00 seniors / £3.50 juniors. SI-card hire £1 (for all days). There is one course for all, with Open and Paralympic classes.

Start and Finish

Starts from 1200 to 1500. Courses close at 1600.

Day 2: Saturday 03 April 2010 : Cookworthy Forest (Trail-O)

Travel and Parking

The Trail-O competition will start at 1400. You will not be allowed to drive a vehicle to the Trail-O Assembly Area until after 1330, after the main Foot-O starts have closed; access to the Trail-O Assembly and parking uses a road that passes one of the Foot-O starts.

Approach Cookworthy as for the Foot Orienteering, then follow the Trail-O parking signs. (The JK Assembly Area drawing shows the entrance for Trail-O vehicles.) Parking will be on forest roads. Competitors who wish to walk from the JK Assembly Area to the Trail-O competition (about 1.8km from JK Assembly) should follow the route as if for the White Start as far as the forest road; then follow directions from there. Please note that the first part of this route is boggy and rough underfoot.

Toilets

There will be an accessible toilet on the forest road near the Trail-O Registration/ Assembly Area.

Terrain

Mixed woodland. For the most part the courses follow firm forest roads and tracks. The terrain is hilly and the course time and length reflects this. There is a steepish uphill/downhill section and we expect to have helpers to assist wheelchairs.

Maps

Maps have been produced according to ISOM 2000 at a scale of 1:5,000 with contours at 5m. Based on the Foot-O map and amended for Trail-O use by Brian Parker.

Course Details

There are two courses of about 2.0 km: Elite and Novice. The Elite course has up to 20 controls, including timed controls. The Novice course has fewer controls, with no timed controls. Control clusters could be very close together and tapes on the ground at the decision point will indicate the quadrant containing those relevant to each control. Tapes across paths indicate no access.

Course timing will be electronic using SPORTident. A pin punching system will be used to record control decisions. The punches will be taped within 3m of the viewing point.

Registration

Pre-entry is required for the Elite course, and is available from trailo@jk2010.org.uk. Competitors who enter by 28 February will pay entry fees of £7.00 senior, £3.50 junior; thereafter entry fees will be the same as for EOD.

Registration will be in Trail-O Assembly and is open from 1330 to 1500, where control cards will be issued. Entry on the day is available for the Novice course; the entry fees are £10.00 senior, £5.00 junior. SI-card hire £1 (for all days).

Start and Finish

Start and Finish are both 300 metres uphill from the car park. Starts for all competitors will be from 1400 to 1500. Courses close at 1630.

Note: The Day 2 Trail-O timings may change from those in the printed version of the JK Programme. Details of any changes will be displayed at the event and on the JK website.

Day 3: Sunday 04 April 2010 : Braunton Burrows (Trail-O)

Travel and Parking

Car parking and Assembly is at the Crow Point car park (SS468328), situated at the southern end of the Burrows and accessed via the Braunton Marsh Inspectors toll road (cars £1.50).



From Barnstaple. At roundabout next to petrol station bear left, following signs for Crow Point and Braunton Burrows. At next roundabout straight on.

From JK car park. First right soon after leaving car park. Follow lane to toll road. Beware sharply humped bridges. Distance from JK to Trail-O Parking is 5 km, 15 minutes.

Access on foot via American Road is 3 km.

The Crow Point car park is frequented by the public (whose presence is expected to be substantial but not excessive). Watch for directed Trail-O parking.

Toilets

There will be an accessible toilet in the Trail-O car park.

Terrain

Classic sand dunes and pebble flats.

Maps

Maps have been specially produced for Trail-O by Brian Parker to ISOM 2000 at a scale of 1:5,000 with contours at 2.5m, based on a Stirling Surveys photogrammetric plot of 1999 and Blue Sky aerial photography of 2007.

Course Details

Following a late change of venue, course planning has been outlined but not finalised. There will be two courses: Elite and Novice. The Elite course will be to international Elite standard.

The courses pass over firm tracks, a consolidated pebble slack, a boardwalk and firm rabbit-grazed grass. The boardwalk will be repaired to facilitate access for wheelchairs. It is undulating with some steep sections for which aid will be provided. The permitted off-track routes will be indicated on the map and marked on the ground.

The course extends into the Elite Foot-O competition area and Foot-O competitors will cross the Trail-O area twice. No Trail-O flag will be closer to a Foot-O control site than the 60m limit set in the IOF Rules. Flags from different control clusters could be visible from some decision points and tapes on the ground at the decision point will indicate the sector containing those relevant to each control.

Course timing will be electronic using SPORTident. A pin punching system will be used to record control decisions. The punches will be taped within 3m of the viewing point.

Registration

Pre-entry is required for the Elite course, and is available from trailo@jk2010.org.uk. Competitors who enter by 28 February will pay entry fees of £7.00 senior, £3.50 junior; thereafter entry fees will be the same as for EOD.

Registration will be in Trail-O Assembly and is open from 1100 to 1430, where control cards will be issued. Entry on the day is available for the Novice course; the entry fees are £10.00 senior, £5.00 junior. SI-card hire £1 (for all days).

Start and Finish

The start will be close to Trail-O Registration. The finish will be 400m away, on the flat.

Starts from 1200 to 1500. Courses close at 1700.

Final Details

Consequent upon the late change in venue, final instructions and information are not yet available and will be given to competitors at Trail-O Registration on the day.

If necessary, information will also be available at JK Enquiries in the JK Assembly Area and at Trail-O registration at Cookworthy.

Wheal Florence – Contour Challenge: Wednesday 07 April 2010

Organiser	Alan Simpson (DEVON) tel. 01752 311367
Planner and Mapper	Jim Prowting (TVOC)
Controller	Arthur Boyt (KERNO)

Parking

Parking will be at SX 562590 on the B3417 10km ENE of Plymouth.

Terrain

This exciting event will be held on a former tin mining area that is a profusion of gullies, knolls and depressions, graphically described by the original mapper, Brian Parker as 'chaotic terrain'.

Map

Jim Prowting has revised his 1:3,750 map with 2.5m contours to 1:2,500 with far more explicit 1:25m contours.

Course Details

There are three courses: Long Technical, about 5 km, using back-to-back maps; Short Technical, about 2.5 km; Short Easy (orange standard), about 2 km.

Registration

Registration will be from 1000 to 1230; the entry fees are £5 seniors, £1 juniors. SI-card hire £1.

We have opened an online entry with Fabian4. Please use this if possible. Existing requests for map reservations will be honoured, but, if you could confirm and pay for your entry on Fabian4, this will speed the registration process.

More details, plus a map to find your way through Plympton. on www.devonorienteeing.co.uk.

Urban Race at Eden: Thursday 08 April 2010

Organiser	Elsie Hargreaves (KERNO) tel. 01872 277320
Planner and Mapper	Roger Hargreaves (KERNO)

Now that you are in the South West of England then you must go to see the Eden Project! Unique in the country with its Temperate and Tropical Biomes.

What's more you can visit the Project in the day and compete in the first full scale "Urban" Orienteering Race across the entire site. When? On 08 April in the week following the JK. The Organisers are in discussion with the Eden Team about a "special" admission fee for the day on production of your BOF card or your race bib; look for an announcement on the JK and KERNO websites.

We will run three courses with target winning times of 30 minutes. This is no straightforward site. It is unique with lots of nooks and crannies and lots of route choice. Will you go into the Biomes? Probably! Lots of climb too – this is a big hole in the ground.

A new map is being created for the event at 1:4000 with 5m contours.

All competitors will be required to park in Strawberry Car park (SX 048551) any time from 1000 to **pre-register to reserve a map and a start time**. Strawberry Car Park is situated on the access road south from SX 043559 or west from SX 050552. The Eden Project is well signed by "Brown" tourist signs from far and wide. The post code is PL24 2SG.

The Eden Project have asked you to stay in this car park and take a short walk to the entrance. There is a maximum number of runs available - 75 for the short, 75 for the medium and 60 for the long course. At about 1515, please leave the pit and return to the car park to get ready for the race. There will be a short timed start window starting at 1600 and closing at 1715. The short and medium course will use all of this window but the last start time for the long course will be 1700. All courses close at 1800. Car park gates close about 1825.

The flyer is downloadable from the JK 2010 web site (www.jk2010.co.uk) and Cornwall OC would be pleased to hear from you as soon as possible to reserve your map. See also www.edenproject.com, and www.cornwallorienteering.org.uk.