



## Final Details

**Amphill Park**  
**18<sup>th</sup> April 2010**

### COURSES AVAILABLE

- ◆ Team Score Relay (teams of 3) and individual score course (30 controls)
- ◆ White (very easy) 1.25 km
- ◆ Yellow (easy) 1.7 km
- ◆ Orange (moderate) 2.5 km

If you are entering a colour coded course, please skip to the section called GENERAL INSTRUCTIONS.

### TEAM SCORE EVENT

This is based on the “Harris Relay” but with an age handicap, so that families and other teams with Juniors will be competitive. There are a total of 30 controls. 10 of these form a loop called the “spine”. The remaining 20 are spread around the area.

**Team Score Registration** – Teams of 3 are accepted. Please fill in one of the special forms from registration to provide details of all 3 team members, plus your team name. Entry fee is the same as if you were entering as individuals, as below. Hand in your completed form and entry fee at registration.

Each member of the team requires an SI card. SI cards can be rented for the day at “Dibber Hire” at 50p each. Please obtain your SI card(s) before continuing to registration.

If you want to find a team to join on the day, go to Enquiries.

**Team Score Mass Start** – The mass start is at 11:00 am. All 3 team members must enter the mass start area ready to go by 5 minutes before the start (10:55).

REMEMBER TO CLEAR YOUR SI CARD when you enter the mass start area.

Each team will be given a sealed roll containing 3 (identical) maps and 3 sets of loose control descriptions. When the start whistle is blown, (not before!) you are allowed to open the roll and distribute the maps between you. Maps are pre-printed but are not waterproof, neither are the control descriptions. Maps are not bagged, but A4 bags will be available.

There will be no start punch at the mass start – this will be a timed start.

There will be no team score starts in advance of the mass start.

**Team Score Late Starts** – Any team registering too late for the mass start will need to go to the normal start. In this case the 3 team members start together, each punch the start and then pick up their map.

Once you have your maps, you must then agree between you a control picking strategy that obeys the following rules:

#### Team Score Relay Rules

**1.** ALL THREE members of all teams MUST visit the 10 spine controls (shown linked on the map by purple lines). The team will be DISQUALIFIED if any member fails to punch all 10 spine controls. ORDER DOES NOT MATTER – you can visit Spine controls in any order and it can be different for different members of the team.

**2.** Between the three members of the team, you must visit all of the remaining controls once per team. You can decide how to split the 20 non-spine controls between you any way you want (e.g. one person could visit all 20 whilst the other two members visit none, or each visit 6 or 7, or anything in between). Again, order does not matter.

**3.** There are severe time penalties if the team fails to visit any (non-spine) control: for every control missed by all 3 members of the team, there is a 10 minute addition to the team total time (after age handicapping).

**4.** There are severe time penalties if the team multiply visits any (non-spine) control: for every control punched by more than 1 member of the team, there is a 5 minute addition to the team total time (after age handicapping). If all 3 punch it, that would be 10 minutes penalty!

5. All 3 team members must cross the finish together (but please ALL 3 remember to punch!). If necessary, finishing times will be adjusted to match the finish time of the last member of the team to finish.

Pin punch controls are used for the colour coded courses. These are NOT part of the score course. It should be very easy to tell these apart but remember to IGNORE any controls that do not have SI boxes!

You may be asked to hand in your maps when you finish. You will be able to collect them after the last team has started.

### Scoring and Handicapping

The teams score the sum of the individuals handicapped times. The handicapped time is the race time divided by the factor in the table below:

Age	10-	11+	13+	15+	17+	19+	21+	
Male	1.5	1.4	1.31	1.23	1.14	1.04	1.00	
Female	2	1.87	1.75	1.63	1.53	1.43	1.33	
Age	35+	40+	45+	50+	55+	60+	65+	70+
Male	1.07	1.14	1.23	1.31	1.4	1.5	1.61	1.72
Female	1.43	1.53	1.63	1.75	1.87	2	2.14	2.29

Using this scheme, a team consisting of three M21s, crossing the finish line together after 45 minutes would score a total of  $45/1.00 + 45/1.00 + 45/1.00 = 135:00$  minutes (plus any penalties for missing or duplicated controls). Another team finishing 15 minutes later (60 minutes) comprising a W45, an M50, and an M14 would score  $60/1.31 + 60/1.63 + 60/1.14 = 45.8 + 36.8 + 52.6$ , a total of 131:24, so beating the M21 team.

### GENERAL INSTRUCTIONS

#### Entry Fees

**Fees for Seniors** £8

**£2 reduction for National or Local (EA) British Orienteering members on production of Membership Card (you can join at Enquiries).**

**Fee for Students and 1<sup>st</sup> Junior in a family** £3 **Juniors = (under 21)**

**Fee for further Juniors in a family** £2

**SI-Card hire** 50p

Colour coded courses will use pin punching (Only those running on the score course require an electronic SI card). For these courses, you will be given a control card (coloured White, Yellow or Orange to match the course you have entered) with a start time. Please make sure BOTH SECTIONS of the card are correctly filled out before going to the start. You will need to hand in the stub section at the start. You will also be given control descriptions.

Those on White and Yellow courses get their map at registration. Otherwise, a pre-marked map is waiting for you at the start. Maps are pre-printed but are not waterproof. An A4 sized plastic bag is needed if you need to protect your map. Please ask at enquires if you have not brought one and would like to protect your map.

## START

Go to the start a few minutes ahead of your start time and hand in your control card stub. Start when instructed by the official. Your race time will start when you cross the start line and before you pick up your map.

(NOTE: Starts will run from about 10:30 to 12:30, but there will be a hiatus around 11:00 when the Team Score Mass Start occurs nearby. Starts will resume after a few minutes once the thunder of stampeding hooves has subsided).

You should ignore any control site that has an electronic SI box and does not have a pin punch: these are the controls of the score course which are separate from the colour coded courses.

## FINISH procedure

At the finish, your race time will be recorded by an official who will collect your card. **For safety reasons you must report to the finish and hand in your card even if you do not complete your course.**

**LOST SI-CARDS** Take care of your SI-Card. We will charge £22 for each hired SI card not returned.

**RESULTS** will be displayed on the WAOC website: [www.waoc.org.uk](http://www.waoc.org.uk).

To obtain a printed copy, please address an envelope at Registration and leave 50p.

## **SAFETY AND FIRST AID**

Please remember to download/report to the finish.

Watch out for rabbit holes underfoot in some wooded areas.

**One control on the Orange course is close to a small pond.** Please take special care here.

A first aid box is located at the download tent.

The nearest hospital with an A&E department is Bedford Hospital South wing (7 miles approx). Directions and contact details at Enquiries.

COURSES CLOSE AT 2:00 pm. After this time controls all may be collected in.