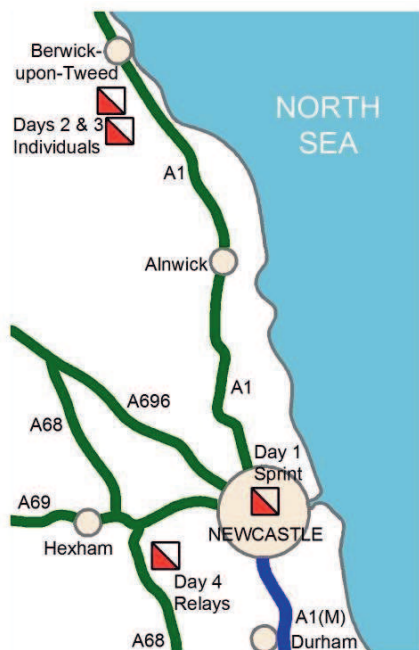




Final Details

Two World Ranking Events
UK Cup, Future Champions Cup
UK Relay League
Trail-O



Friday, 10th April
Sprint - Newcastle city

Saturday, 11th April
Middle/Long - Kylee Woods

Sunday, 12th April
Long - Detchant, Shiellow, Greensheen Hill & Cockenheugh

Monday, 13th April
Relay - Dipton Woods



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Welcome from the JK 2009 Co-ordinator

Welcome to the 2009 Jan Kjellström Festival of Orienteering in the North East of England.

The small but zealous team of volunteers hope you will enjoy the adventure of orienteering over varied terrain within Northumberland.

We offer challenging and enjoyable courses which will ensure competitors on long courses feel the satisfaction of overcoming conditions of both mental and physical pressure. The Sprint will take place in the City of Newcastle upon Tyne, with the mixture of Victorian and modern buildings around the university and Town Moor area. We move north for the two individual days where I hope competitors take the time before or after their run to soak up the unspoilt scenery of the North East Coast. Kyo Woods and Detchant have been used for the British Championships back as far as the 1980s. For the relay we move south to the southern edge of the County to Dipton Woods, which I am sure will produce an exciting finale to the festival.

Boris Spence, JK 2009 Co-ordinator

Welcome from the Chairman of British Orienteering

On behalf of British Orienteering, welcome to JK 2009!

Each of our 12 Associations has traditionally had the opportunity in turn to host our annual Easter festival of orienteering, and this year, the North East Orienteering Association (NEOA) has taken on this task. I say "this year" but as those who have been involved with JKs will know, the work

typically starts well beforehand with the appointment of key position holders in the JK team, the identification of potential areas, the initial work of access permissions and mapping, and the set up of a budget. This weekend is the culmination of a lot of hard work by many people.

NEOA is a small Association with few clubs, so the task of finding all the volunteers required to stage a JK is an onerous one, and has no doubt stretched Association and Club resources to the limit. On behalf of all competitors I would therefore like to thank NEOA and all those who have contributed to planning and delivering this year's JK for our enjoyment. I would also like to thank all the sponsors, landowners, tenant farmers and others who have co-operated to enable this event to take place.

In last year's programme I commented on the early Easter and the risk of cold weather and some people suggested I had to bear some responsibility for the snow we had. This year I will therefore not comment about the possible weather!

I would like to welcome especially those from abroad or who are new to the JK and hope you enjoy the experience of being in the company of thousands of your fellow orienteers. New friendships are forged here that can last a lifetime, so take time to talk to others. Also talk to the volunteers who are staging the event – I'm sure they'll appreciate your thanks when you see a job well done.

Finally, I ask you to reflect on how we can improve the JK experience for everyone, and especially how we can attract even more entrants or use it also to drive our key priority of increasing participation – your feedback is welcome.

I look forward to seeing some of you at the British Orienteering tent in each Assembly Area where I and/or fellow Directors will be in attendance, or at the AGM on Saturday 11 April at 17:00. And if not there, then at the JK in 2010 at the other end of England when it's South West OA's turn as hosts.

Enjoy yourselves!

Neil Cameron, Chairman, British Orienteering

JK2009 Sponsors

The main sponsor for the JK 2009 Festival of Orienteering is Walsh Sports who will be providing PB Trainers through the Compass Point mobile shop.

Roberts Mapping are sponsoring the Trail-O / TempO maps.

Many thanks to them and all our other sponsors for their generous donations.



JK 2009 is hosted by the clubs of the North East Orienteering Association: CLOK, NN, NATO and UDOC. They are very kindly assisted by helpers from outside the region in BL, ESOC, NOC, DVO, LEI, LOC and LOG, for which NEOA is extremely grateful.



Entry Information

Individual Entry Queries

If you have any queries about your entries, please contact the Entries Secretary, preferably by e-mail to entries@jk2009.org.uk, or, as a very last resort, by telephone on 07802 671472 (between 20:00 and 21:30 please).

Further copies of the programme will be on sale for £3 each or can be downloaded from the website for free.

Late Entries

Entries are now closed for all JK courses and for on-line Colour Coded entries. Entry on the Day will be accepted for courses 8 and 9 on Day 1 and Colour Coded classes on Days 2 and 3, as described below, subject to availability of maps.

Cancellation of or Changes in Entries

Individuals and teams may amend or transfer entries already made on-line (except for Elite classes) until Tuesday 7th April (but changes to class are subject to map availability). Such changes are distinct from the relay team declaration, which is described later.

Cancellations may be requested by e-mail to entries@jk2009.org.uk, again prior to Tuesday 7th April. Entry fees will be refunded for such cancellations, subject to a charge of £2 per competitor per day for administration.

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 www.jk2009.org.uk website; those without internet access can contact the JK co-ordinator Boris Spence (01670 860897).

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 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 £30.

Despite the pre-event publicity to the contrary, Version 8/9 SI-Cards (identified as those with numbers over 1,000,000) can be used during the weekend. SPORTident have kindly provided the additional new style boxes that are required to work with these cards.

Entry on the day

All entry on the day 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 and 9 will be available. 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 & 3 – Colour Coded: White, Yellow, Orange and Light Green courses will be available. On-line entry was available until 20th March and those people are guaranteed a map – please go to Enquiries to get a start time. For entry on the day (subject to maps), please register at Enquiries. Entry fees are £6 senior / £3 junior. Everyone will be allocated a specific start time. Courses will have a punching start, but if you are late for your start time you may face a wait for another gap. On Days 2 and 3 all Colour Coded courses go from the Green 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 Trail-O Novice courses on Days 2 & 3. See Trail-O section for details.

Timings

| | Day 1 | Day 2 | Day 3 | Day 4 |
|------------------------------------|--------------------------|-----------------------------------|---------------------|---------------|
| Car Park | N/A | 08:00 – 18:00 | 08:00 – 18:00 | 07:15 – |
| Enquiries (incl. trophy return) | 11:00 – 16:30 | 09:00 – 17:00 | 09:00 – 17:00 | 09:00 – 14:00 |
| SI-Card hire | 11:00 – 16:30 | 09:00 – 13:00 | 09:00 – 13:00 | N/A |
| Entry on day registration | 11:00 – 15:00 | 10:00 – 12:30 | 10:00 – 12:30 | N/A |
| Relay team declarations | N/A | 10:00 – 16:00 | 10:00 – 16:00 | N/A |
| Main starts | 11:30 – 15:30 | 10:00 – 14:00 | 10:00 – 14:00 | 10:00 – 11:00 |
| Colour coded starts | N/A | 10:30 – 13:30 | 10:30 – 13:30 | N/A |
| Leading elite finishers | 14:45 – 15:30 | 14:00 – 14:45 | 14:00 – 15:00 | N/A |
| Prize giving | 15:50 (Day 1 elite only) | 15:00 (elite only + Day 1 prizes) | 15:30 (all classes) | Various times |
| All courses close | 16:00 | 16:30 | 16:30 | 14:30 |
| String course | N/A | 11:00 – 14:00 | 11:00 – 14:00 | N/A |
| Trail-O registration and enquiries | 11:30 – 13:30 | 12:00 – 14:00 | 10:00 – 14:00 | N/A |
| Trail-O starts | 12:00 – 14:00 | 14:00 – 14:45 | 10:30 – 14:30 | N/A |
| Trail-O courses close | 15:30 | 16:30 | 16:30 | N/A |

Note: The Day 2 Trail-O timings have changed since those in the printed version of the JK Programme.

British Orienteering AGM

The British Orienteering Annual General Meeting will be held at The Blue Bell Hotel, Market Place, Belford, Northumberland, NE70 7NE (grid reference NU108339) at 17:00 on **Saturday 11th April 2009**. This is approximately a 10 minute drive from the Day 2 competition. Parking is available in a car park in front of the hotel. As well as the standard Annual General Meeting business, there will be three directors appointed and a session with World Champion Jon Duncan who will be talking and answering questions about the 2008 World Championship Relay race and the build up to the amazing Gold Medal winning performance.

English Orienteering Council AGM

The English Orienteering Council (EOC) Annual General Meeting will take place on **Friday 10th April 2009** at Royal Marines Reserve Tyne, Anzio House, Quayside, Newcastle-upon-Tyne, NE6 1BU starting at 5:00pm (venue by permission of RMR Tyne's Commanding Officer, Lieutenant Colonel P H Sampson Royal Marines).

As the venue is a military site, a list of attendees is a security requirement. Please let Chris Morris, the EOC Secretary know if you will be attending, by emailing secretary@orienteeringengland.org.uk with your British Orienteering membership number and an email address, by no later than 1st April 2009. Attendance will not be possible without these details.

General Information

If you read little else, make sure you remember these important points!

- **Dogs are not permitted in any of the Car Parks, Assembly Areas or Competition Areas, with the exception of the Days 1 & 4 Car Parks only. Parking officials on Days 2 and 3 will turn away vehicles with dogs.**
- **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 individual elite entries, and relay runners). Please bring your own supplies.**

Parking Permits

If you ordered a parking permit then you will receive it by post. Parking permits are required for Days 2, 3 and 4, but not Day 1. 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.

Start Lists

Start lists will be published on the JK2009 website (www.jk2009.org.uk) as soon as possible after the closing date of March 20th and displayed in the Assembly Area and at the Starts each day. Start times will be posted to those who entered by post. Start times will not be posted to those entering online (even if a programme was ordered and is being posted) – 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 07802 671472 between 19:00 and 21:00 on Saturday evening to find out their start time.

Safety

Competitors take part in orienteering events at their own individual risk, as per British Orienteering rule 1.7.1. Risk assessments have been completed for each day's competition to ensure that the events are as safe as is compatible with the staging of competitive races. Please be considerate to other users of the areas, such as horse riders and walkers on public rights of way.

All competitors must report to Download, even if they are retiring, before the course closing time.

In the event of extreme weather, cagoules (waterproof with a hood) may be made compulsory. If this is the case, notices will be posted in parking fields, 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.

Despite the season, ticks can still be found in the Day 2 and 3 forests at this time of year. Competitors are advised to check for ticks after their runs.

Car keys can be left at Enquiries by competitors travelling alone. Otherwise a 'buddy' system will be in operation.

All competitors are strongly advised to carry a whistle. Six short blasts indicate a competitor in trouble. Anyone hearing this signal is asked to offer assistance.

Please read the safety statements in this programme relating to each of the competitions.

Yellow and black tape will be used to mark out hazards during the whole weekend, so competitors should take special care when coming across such tape anywhere at the event.

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

First Aid

First Aid cover for the event will be supplied by the British Red Cross. Medical cover will be available on site for each day and will be clearly signed. Competitors should bring their own basic first aid kit for any minor cuts. Competitors are requested to assist other competitors in difficulties on courses and report the location of any injured person to the Finish. Please note children below the age of 14 years old must be accompanied by a parent or adult if attending the First Aid tent (unless in an emergency).

Drug Testing

Elite competitors should be aware that this event is being held in accordance with British Orienteering Rules, and that these rules require competitors on Elite courses to make themselves available for drug

testing if requested. It is the responsibility of 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 British Orienteering. Information on prohibited substances can be obtained from British Orienteering office (during office hours), on +44 (0) 1629 734042.

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 selection races for the Veteran Home Internationals (14/15th November 2009, EMOA).

Days 1, 2 and 3 are selection races for the Junior World Championships

Days 2 and 3 are selection races for junior summer tours (M/W15+).

Commentary

Race commentary will be provided on all four days, with technical support from Ian Marsden and family. Listen out for exciting Elite competition news, class leader results, competitions and more.

Results

Results will be displayed in the Assembly Area on each day, including the final results from the previous day's races. Results will also be online each evening. Route Gadget will be available from early in the week after the JK.

Local Wireless Network

SPORTident will erect a powerful 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.

Dogs

We regret to have to announce that there must be **NO DOGS** in Parking fields, Assembly Areas or Competitions Areas on any of the days. The only exceptions are Day 1 parking (which is in public car parks) and Day 4 parking (where dogs are permitted in the car park, but not on the busses or at the Assembly Area).

The reasons are that Day 1 has its Assembly Area on private property where dogs are not allowed, and Days 2, 3 & 4 are in prime sheep country during lambing time. No matter how well controlled your dog is, we cannot run the risk of them disturbing nearby animals, on which the landowners depend for their livelihoods. Parking officials on Days 2 and 3 will turn away vehicles with dogs. We fully understand that this is not an ideal situation for all those who might wish to compete in the JK, but it is a condition of being able to use the areas, and future access depends on your compliance.

Rubbish

Please help us to maintain orienteering's reputation for leaving competition sites clean. There will not be a skip for rubbish. Whilst we will provide some rubbish bins/bags for you to use, please help us by taking your rubbish away with you and recycle what you can. Please do not use traders' rubbish sacks if you have not bought goods from them!

Complaints and Protests

British Orienteering Rule 9 applies for all classes except for M/W 21E. **Complaints** may be made on special forms available at Enquiries. You will be expected to have lodged any such Complaints within a reasonable time of your finishing the race. The Day Organiser will respond with a decision on your Complaint as soon as is practicable.

Should you wish to lodge a **Protest** against the Organiser's decision you will be required to lodge a fee of £5 at Enquiries with your Protest (in writing). Protests will be passed to the Day Controller, who will convene the jury if necessary. If the Protest is upheld, the fee will be refunded.

For World Ranking Events (M/W 21E classes on Days 2 and 3) IOF rules 27 and 28 apply. These are broadly similar to British Orienteering rules, except that no fee is required when a Protest is lodged.

Traders

Lakes Runner, Ultrasport, CompassPoint and SmartWool are all attending all four days.

On Day 1 a local catering company may attend but it is still to be confirmed.

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

Wilfs (vegetarian), British & Continental Catering (Bacon Rolls, English Burgers, English Hotdogs, German Burgers, German Bratwurst / Grillwurst / Currywurst, tea, coffee, cold soft drinks), Cascade Catering (fresh doughnuts, special coffees and hot chocolate).

Meet the British Orienteering Board of Directors

You can meet the Directors of British Orienteering in each day's Assembly Area – on day 1 in the general Assembly Areas, and on Days 2, 3 and 4 in the British Orienteering tent in the Assembly Area. 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.

JK T-shirt

Lakes Runner are producing a T-shirt for JK 2009. This will be a technical shirt from CRAFT, with the JK logo. This can be pre-ordered from their website, www.lakesrunner.com, or bought from their stand in the Assembly Area each day.

Photography

British Orienteering has employed the services of Digisport to be the JK official photographer. Pictures will 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 line with the recommendation in the 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 on the use of video, zoom or close range photography and the subsequent use of these images (described in the O Safe Policy document in the Downloads: About British Orienteering section on the British Orienteering website). 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 Day Organiser.

Trophies and Prizes

Please will all individual and relay trophy holders return them to Enquiries at the event on Days 1 to 3. All current 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 Peter Firth (firth@riscos.org / 0191 2371176 between 9:30am and 9:30pm)

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 & 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, else after the event by contacting the JK Co-ordinator (coordinator@jk2009.org.uk).

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 at 15:50 in the Assembly Area. The prize giving for all other classes will take place on Day 2.

Day 2 – Elites

There will be a flower ceremony at 15:00 in the Assembly Area for 1st, 2nd and 3rd in each of the elite classes for Day 2. The remaining prizes from the Day 1 sprint will also be presented at this time.

Day 3 – Individual

Prizes, medals and mementoes will be awarded for 1st, 2nd and 3rd for all classes, based on the aggregate of Day 2 and Day 3 times. The prize giving will take place at 15:30 in the Assembly Area.

Day 4 – Relays

Prizes, medals and mementoes will be awarded for members of the 1st, 2nd and 3rd teams in all classes. Multiple prize givings will be held as soon as possible after each class result has been confirmed and will be announced over the commentary system. 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 made at 13:00.

Refreshments at Finish

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. We request competitors to bring sufficient liquid refreshments of their own. Water is available part way round some courses – please see individual days for more information.

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Competition Information

Elite and WRE Competitions

On Day 1 the M/W21 classes, and on Days 2 and 3 the M/W21E classes (including M/W18E and M/W20E who run the same courses) are part of the UK Cup. On Day 1 the M/W18 and M/W20 classes and on Days 2 and 3 the M/W18E and M/W20E classes are part of the Future Champions Cup (and will count as qualification towards the final on 2nd/3rd May in the Forest of Dean).

On Days 2 and 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:

- Previous maps of the areas are available for download on the JK2009 website, and the new maps will be displayed in the Assembly Areas from Day 1 onwards.
- The Leibnitz Convention (an IOF declaration to take steps to raise the profile of orienteering) states an aim of having the Start and Finish in the Assembly Area. This is the case for Day 2, but on Day 3, whilst the Finish is in Assembly Area, the Start is in the forest.
- Water is available on the courses; however water is not provided at the Start or Finish.
- Control description sheet sizes will be confirmed on the website by 4th April.
- The IOF have appointed Dick Carmichael (SOA) as JK09 Event Adviser and BOF have appointed former Elite coach Dave Peel as JK09 Elite Adviser. Both these individuals have had input into the planning, controlling and finalisation of the WRE courses.

Elite runners will be required to wear named bibs which must be retained for Days 1, 2 & 3 to provide identification for commentators and spectators. These will be available for collection at the start of the first race you are competing in, and it is your responsibility to allow enough time to collect your bib and pin it to your clothing. It must be pinned to the front of your torso, in such a way as to ensure that your name and sponsors' logos are visible. Replacements will be available from Enquiries.

Maps

All competition maps (including entry on the day maps) will be printed on waterproof paper, and will not be bagged. If you want additional protection for your map, you should ensure that you bring the means to do so.

Map sizes (in mm) are:

- Day 1 – 1:4,000: 210 x 297 (A4)
- Day 2 – 1:15,000: 272 x 200
1:10,000: 383 x 280
- Day 3 – 1:15,000: 272 x 369
1:10,000 (courses 13, 14, 15, 16, 18 & 19): 272 x 438
1:10,000 (green & white start courses): 394 x 306
- Day 4 – 1:10,000: 361 x 271

The areas being used for Days 2, 3 and 4 have been used previously for orienteering, so in accordance with the JK and WRE Guidelines, maps should be displayed. Previous maps of these areas are available for download on the JK2009 website, and the new maps will be displayed in the Assembly Areas from Day 1 onwards. The area being used for Day 1 is new to orienteering, and the map will not be available before the competition.

Possession or use of any orienteering or other maps of the competition area is prohibited during the competition days at the race sites until officially permitted.

The Day 2 and Day 4 maps will not include a legend. If required, 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 for Days 2 & 3 will be confirmed on the website by 4th April).

On Day 3 the special pictorial control descriptions symbol X indicates a horse jump.

On Day 1 there will also be loose written (English) descriptions available in the start lanes for course 9; and on Days 2 and 3 for courses 23, 24, 27, 28 & 29 (includes the most junior courses, the M/W21N novice courses, and all colour coded courses).

Day 4: IOF pictorial control descriptions will be printed on the front of all maps. The Mini class (M) will also have written (English) descriptions on the map.

Controls and Punching

All days will use SPORTident controls (with the exception of the string course that uses EMIT). Insert your SI-Card into the hole in the top of the unit. You should wait until you hear the bleep and see the light flash. It is your responsibility to punch correctly. If you think your punch has not been registered correctly please 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 as follows:

Pre-start: Clear boxes.

–4 minutes: Call up. Names will be checked off on a list.

–3 minutes: Collect loose copies of control descriptions.

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

–1 minute: SI-Card check.

A timed start will operate for all JK courses and there will no unit to punch after starting and before you collect your map.

Anyone arriving late for their allocated start time should make themselves known to the start officials. 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. Helpers without an allocated start time should also proceed to the late starting lane and will have a punching start.

Colour coded competitors will have a punching start.

Late starting competitors who believe that they have good reason to have their start time adjusted must go through the normal complaints process after their run. Neither start nor download officials can authorise this adjustment.

Day 4 – Relays: See separate details for timings of relay mass starts.

Finish Procedure

Days 1, 2 and 3 – Individuals: Punching finish at the finish line, then proceed to the Download tent. Elite course maps will be collected after Download on Days 2 & 3 until after the last start time, and can then be reclaimed from the same place, or at Enquiries on subsequent days. 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 arrival. Please address any questions or problems to the queries desk in the Download tent.

JK 2010



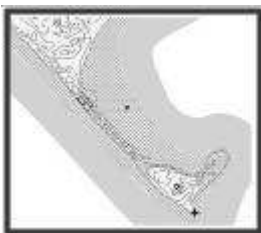
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the JK Festival of Orienteering.**

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Day 1: Friday 10th April

Sprint Race, Newcastle University

| | |
|------------|----------------------------------|
| Organiser | Paul Thornton (CLOK) |
| Planner | Chris Wright (CLOK) |
| Controller | Nev Myers (EBOR) |
| Mapping | Peel Land Surveys, December 2008 |



Terrain

The majority of the area has never been used for orienteering before and consists of several widely differing terrains – a city centre University campus with irregularly shaped buildings, urban parkland, the grounds of a school, quiet streets occupied by University accommodation or offices, and civic open space.

These terrains will provide an interesting mix for the sprint environment with significant route choice on all but the shortest courses. Do not expect anything similar to the enclosed University campuses of Guildford and West of England used for the JK Sprint in the last two years.

The area is essentially flat, and is divided into distinct segments by the “Newcastle Central Motorway”. Access between segments is by a mix of underpasses and bridges – **THE MOTORWAY IS STRICTLY OUT OF BOUNDS.**

Rubber studded shoes are advised (metal spikes/studs are not suitable for the metalled and tarmac surfaces).

Travel and Parking

Newcastle City centre has around 10,000 parking spaces (mostly Pay and Display) which are not expected to be busy. There is no official event parking or orienteering event sign posting, and, with two exceptions (Claremont Road and the Civic Centre car parks as mentioned below), you can use any car park. The most convenient are as follows:

5/10 mins walk to Assembly – John Dobson Street or Newbridge Street Multi Storey (NCP). If travelling north over the Tyne Bridge (A167), take the 2nd exit, then signs for the city centre. If travelling south on the A167, take the first exit after the 'double decker' section of the Central Motorway. At the traffic lights turn right for John Dobson Street or left for Newbridge Street.

Eldon Square or Eldon Gardens Multi Storey - if travelling from the West, take A186 to the city centre, then follow signs.

10/15 mins walk to Assembly – Dean Street or Manors. Travelling north over the Tyne Bridge (A167), take the 1st exit. Turn left (signposted station) and then left to Dean Street, or right all around the roundabout and then follow signs. If travelling south on the A167, this roundabout is the 2nd exit after the 'double decker' section of the Central Motorway.

5 mins walk + Metro ride – Times Square. 5 mins drive from the A1 Western Bypass – take the A184 (between the Angel of the North and the Metro Centre). At the north side of the Redheugh Bridge, follow the signs for the 'Centre for Life' parking. 5 mins walk, past the 'Centre for Life' through Times Square to the Central Station, then Metro to the Haymarket station.

Make sure to secure your vehicle as you would in any other city centre location.

The civic centre car park itself is reserved for officials and for those with young families. The entrance will be marshalled and other competitors will be turned away.

The “Claremont Road” car park (to the N of the city centre, off the A167 Central Motorway) is adjacent to the competition area and competitors are asked not to use it.

Public Transport

By Train: Newcastle is on the east coast main line with regular services from North and South. The station is 1.5km from the Assembly Area - a 20 minute walk, or a short Metro ride.

By Metro: Haymarket Metro station is 400m south of the Event Centre (see map below), and the metro is an effective means of travel from the main railway station. Several Metro stations have 'park and ride' facilities (see <http://www.nexus.org.uk/wps/wcm/connect/Nexus/Metro/>).

Assembly Area

This uses a paved area to the west side of the Newcastle Civic Centre Building, slightly North of the city's main retail areas and attractions. The common approaches to the Assembly Area will be signed and, where appropriate, taped.

A marshalled clothing dump will be provided in the Civic Centre quadrangle – where runners can leave belongings during their run.

Much of the Assembly Area is public so please do not obstruct rights of way.

There will be no space for club tents so please don't bring them.

Toilets

Portable toilets will be available along the southern edge of the Assembly Area.

Starts

There will be two starts, both around 200m from the Assembly Area:

South start – for courses 1, 2 and 3 (M/W18, M/W20, M/W21, M35, M40, M45).

North start – for courses 4 to 9 (all other classes).

The walks to the starts will be common until about 100m before the call-up where the routes will split: for the South start turn left into the University campus; for the North start turn right, cross the road at a marshalled Pelican crossing, then left.

Road crossing

Competitors from the South start (courses 1, 2 and 3) will have to cross a public road which cuts through the University campus. The road will be open to traffic, but this is expected to be light (a bus every 5 mins or so, plus cars – these tend to be in batches due to bunching at traffic lights).

It is the competitor's responsibility to cross the road safely – the crossing will not be marshalled and there will be no time-out. **PLEASE CROSS THIS ROAD CAREFULLY AND RESPONSIBLY.**

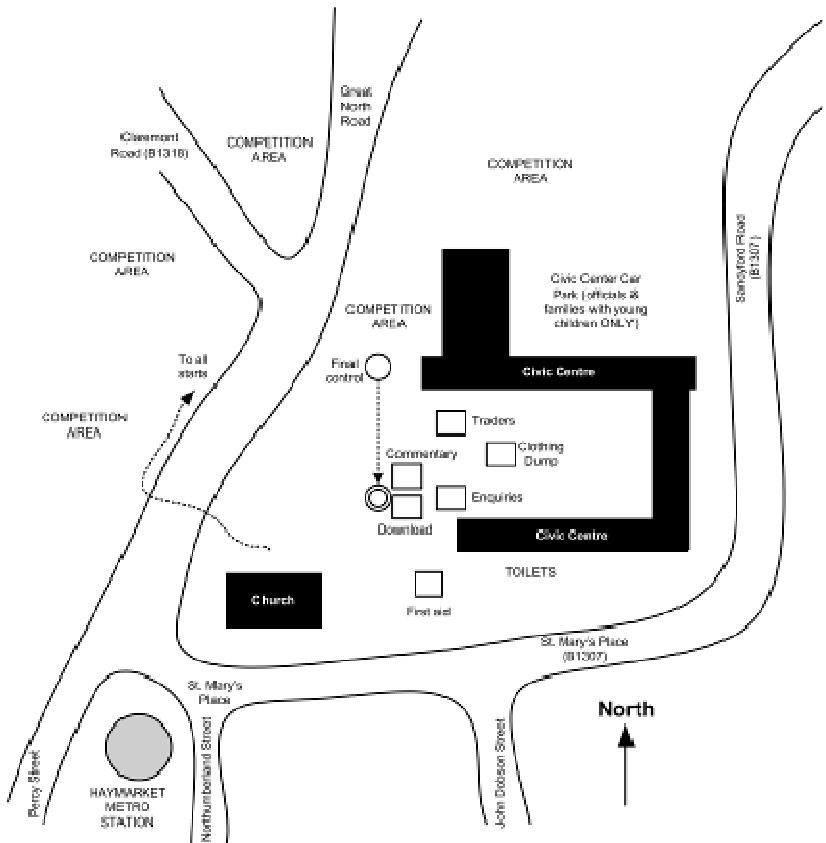
Finish

The final control and Finish will be located within the Assembly Area. Spectator areas will be taped and signed – please keep within the areas indicated. The layout of the event area does not allow a spectator control, though there will be feedback from remote controls to inform commentary on the elite courses

Out of Bounds

EXTREMELY IMPORTANT – ALL DUAL CARRIAGEWAYS / MOTORWAYS ARE STRICTLY OUT OF BOUNDS

The dual carriageways / motorways will be marked on the map by the normal vertical overprint, apart from the points where they may be crossed using underpasses or bridges.



Other out of bounds areas (such as building sites) are marked on the map by the normal vertical purple line overprint

The competition area will remain out of bounds until course closing time. We would ask all competitors to please observe this ruling in the spirit of fair competition.

Maps

The Sprint map is drawn 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.

Park benches, manhole covers, memorials and litterbins in the park are not marked on the map.

Warm-up maps will be available at Enquiries, showing routes to the starts.

The map scale is 1:4,000 for all courses

| Symbol | Colour | Meaning |
|--------|--------------|---|
| | Black | Passable fence |
| | Black | Impassable fence |
| | Grey | Passable wall |
| | Black | Impassable wall |
| | Medium grey | Building – not to be entered |
| | Light grey | Canopy – may be passed under |
| | Black | Steps of a stairway |
| | Green/black | Impassable vegetation – not to be crossed |
| | Green/yellow | Forbidden access (as for 'forest maps') |

Course Details

| Course | Classes | Start | Distance (km) | Climb (m) | Controls |
|--------|--|-------|---------------|-----------|----------|
| 1 | M21, M20, M18 | South | 3.2 | 10 | 27 |
| 2 | W21, W20, W18 | South | 3.0 | 10 | 24 |
| 3 | M35, M40, M45 | South | 2.9 | 10 | 24 |
| 4 | M50, M16, M14 | North | 2.8 | 10 | 22 |
| 5 | M55, W35, W16, W14 | North | 2.4 | 10 | 16 |
| 6 | M60, W40, W45 | North | 2.2 | 10 | 17 |
| 7 | M65, M70, W50, W55, W60 | North | 2.0 | 10 | 19 |
| 8 | M75, M80, M12, W65, W70, W75, W80, W12 | North | 1.6 | 10 | 13 |
| 9 | M10, W10 | North | 1.4 | 10 | 14 |

These details are from after late controlling, and as such differ slightly from those advertised in the printed version of the JK Programme.

Course 9 is planned to a technical difficulty of 2, the same as that for M/W10A at forest events. However, the unfamiliar nature of the urban terrain involved means that navigation may well seem more complex than is usually encountered and the course length has been reduced as a result.

Safety

The University Campus and Exhibition Park are likely to be quiet on a Good Friday. The grounds of Newcastle Royal Grammar School are only open to competitors. Connecting sections use roads in residential or university areas which, though public, are likely to have little traffic. However, please take care when crossing all roads and respect other members of the public using the area.

Some of the paths, and particularly those running through the underpasses and over the bridges, are split into footways and cycle ways by painted markings – **TAKE CARE IF YOU RUN IN THE CYCLE LANE!!**

The area has the usual array of steps, fences, walls and other items of which you will need to be careful. This includes some walls with a greater drop on one side than the other as well as a variety of slopes and steps that can be slippery when wet. Ensure that you run within your capabilities.

There is a large lake in Exhibition Park - this is only passed by some of the courses, but nevertheless, ALL competitors should take care.

The Sprint race does not require full body cover, and shorts may be worn. The Sprint Race will be approximately 90% on hard surfaces and 10% on grass, depending on route choice.

Parents/guardians should be aware that this is a city centre venue - nearly all of the competition area is open to members of the general public.

The Assembly Area is close to public roads which will contain buses and cars, albeit not usually moving fast. In addition the civic centre areas include shallow water features.

Also see the safety comments under General Information.

Dogs

At the request of landowners, dogs are not allowed at the event.

Acknowledgements

Newcastle City Council

Newcastle University

Army cadets who are patrolling the control sites to ensure they are not disturbed during the competition.

Training Event: Friday 10th April

Chopwell Woods

| | |
|-----------|--|
| Organiser | Boris Spence (NN) |
| Planner | Rob McKenna (NN) |
| Mapping | Chopwell Woods Permanent Orienteering Course updated 2008. |

Terrain

Runnable mixed forest with network of paths and rides, similar to parts of Days 2 and 3.

Travel and Parking

Parking and registration is at the car park NZ 136 584. Follow signs to Chopwell Woodland Park. The parking will be "O" signed from Rowlands Gill and at the entrance to the wood at High Spen. No parking fee.

Registration

Maps will be available at the registration car at a cost of £2 seniors / £1 juniors. Registration 12:00 to 16:00.

Toilets

Portaloos will be provided

Start and Finish

At car park.

Maps

1:10,000 with 5m contour interval. Maps are pre-marked and A4.

Course Details

Twenty Permanent Course Controls on metal posts (but no punches) you can visit controls at your own pace, and in whichever order you choose. The event is not timed. A flag will mark a suitable starting location. Control descriptions will be available together with suggested courses.

Please contact the JK co-ordinator Boris Spence (email: coordinator@jk2009.org.uk) if you are planning to take part, especially if bringing a large group, to help us get an idea of numbers.

Safety

A first aid kit will be available at registration.

Clothing

You are advised to wear full leg cover and carry a whistle.

Dogs

Not allowed

Days 2 & 3: Common Information

Course Details

| Course | Men classes | Women classes | Map Scale | Start | Day 2 | | | Day 3 | | |
|--------|----------------------|--|----------------------------------|-------|---------------|-----------|----------|-------------|-----------|----------|
| | | | | | Length (km) | Climb (m) | Controls | Length (km) | Climb (m) | Controls |
| 1 | M21E | | Day 2: 1:10 Day 3: 1:15 | Red | 5.4 | 265 | 20 | 14.8 | 520 | 31 |
| 2 | M20E M18E | | | Red | See course 1. | | | 10.5 | 390 | 28 |
| 3 | | W21E | | Red | 4.5 | 235 | 18 | 9.8 | 305 | 25 |
| 4 | | W20E W18E | | Red | See course 3. | | | 7.3 | 240 | 24 |
| 5 | M21L | | 1:15 | Blue | 9.9 | 460 | 25 | 10.8 | 350 | 26 |
| 6 | M35L | | 1:15 | Blue | 8.9 | 390 | 25 | 9.9 | 320 | 27 |
| 7 | M40L | | 1:15 | Blue | 8.2 | 345 | 26 | 9.2 | 290 | 24 |
| 8 | M20L M18L M21S | W21L | 1:15 | Blue | 6.8 | 275 | 18 | 7.6 | 250 | 18 |
| 9 | M35S | W35L | 1:15 | Blue | 6.4 | 285 | 16 | 6.5 | 245 | 16 |
| 10 | M40S | W40L | 1:15 | Blue | 5.6 | 240 | 18 | 5.9 | 195 | 19 |
| 11 | M20S M18S M21V | W20L W18L W21S | 1:15 | Blue | 4.6 | 195 | 21 | 5.1 | 195 | 15 |
| 12 | | W35S W40S | 1:15 | Blue | 4.0 | 140 | 14 | 4.2 | 150 | 13 |
| 13 | M45L | | 1:10 | Blue | 7.2 | 365 | 25 | 7.9 | 295 | 25 |
| 14 | M50L | | 1:10 | Blue | 6.9 | 310 | 19 | 7.4 | 245 | 22 |
| 15 | M55L | | 1:10 | Blue | 6.3 | 275 | 15 | 6.4 | 240 | 17 |
| 16 | M16A M60L | | 1:10 | Blue | 5.8 | 230 | 20 | 6.1 | 235 | 20 |
| 17 | M45S | W45L | 1:10 | White | 5.1 | 200 | 20 | 5.3 | 175 | 18 |
| 18 | M65L M50S | W50L | 1:10 | Blue | 4.8 | 175 | 17 | 4.7 | 195 | 14 |
| 19 | M55S | W55L | 1:10 | Blue | 3.9 | 195 | 13 | 4.2 | 135 | 15 |
| 20 | M70L M60S | W16A W60L W65L | 1:10 | White | 3.7 | 165 | 16 | 4.0 | 150 | 13 |
| 21 | M75L M80 M65S | W70L W20S W18S W21V W45S W50S | 1:10 | White | 3.4 | 145 | 15 | 3.7 | 125 | 14 |
| 22 | M70S M75S | W75 W80 W55S W60S W65S W70S | 1:10 | White | 2.8 | 140 | 13 | 3.3 | 105 | 14 |

| Course | Men classes | Women classes | Map Scale | Start | Day 2 | | | Day 3 | | |
|--------|------------------------|-----------------------------|-----------|-------|-------------|-----------|----------|-------------|-----------|----------|
| | | | | | Length (km) | Climb (m) | Controls | Length (km) | Climb (m) | Controls |
| 23 | M21N | | 1:10 | Green | 5.5 | 215 | 14 | 5.4 | 150 | 17 |
| 24 | | W21N | 1:10 | Green | 3.9 | 100 | 12 | 3.8 | 120 | 11 |
| 25 | M14A M16B | | 1:10 | Green | 3.9 | 190 | 12 | 4.1 | 135 | 12 |
| 26 | Light Green | W14A W16B Light Green | 1:10 | Green | 3.2 | 145 | 10 | 3.4 | 125 | 12 |
| 27 | M12A M14B Orange | W12A W14B Orange | 1:10 | Green | 2.8 | 125 | 9 | 3.0 | 80 | 10 |
| 28 | M10A M12B Yellow | W10A W12B Yellow | 1:10 | Green | 2.3 | 75 | 9 | 2.6 | 75 | 8 |
| 29 | M10B White | W10B White | 1:10 | Green | 2.1 | 60 | 12 | 2.1 | 60 | 11 |

These details are from after late controlling, and as such differ slightly from those advertised in the printed version of the JK Programme.

Note: The JK individual races are governed by British Orienteering "Event Guideline F: JK Individual Races". At the request of British Orienteering, JK 2009 is being run according to revised guidelines whose draft was published in January 2009, and not the guidelines that were previously approved and published in January 2007. The main differences are introducing M/W18 and M/W20 elite classes (which have been used since JK 2008 anyway), and moving of the M/W20 long and short classes to be run on the same course as their respectively M/W18 classes, thus resulting in slightly shorter courses for the 20's in view of the fact there are also 20E classes (this is a change from JK 2008).

Mapping notes

Rock Detail: In areas of complex rock detail, all features are at least 1m in size. Craggs without tags are 1-2m high, and larger craggs have tags added. The rock pillar symbol has been used where there are very large rocks with a drop on all sides. In less complex areas, some smaller significant craggs and boulders are mapped. The grey bare rock symbol has also been used in places, where rock is significant but not steep enough to map as a crag.

Contour Detail: In pitted areas, only the most significant pits are mapped, and the remainder of the area is shown as broken ground. Once again, smaller pits in other areas have been considered significant enough to map.

Ditches: Only the most significant ditches are mapped.

Rides and Extraction Lanes: There are numerous old rides and extraction lanes that have not been shown on the map for clarity. Those that are mapped are obvious on the ground.

Vegetation: In order to make the map more readable, vegetation has been generalized within blocks of forest, except where it will significantly affect route choice. Vertical screen is used to represent areas of brambles, brushings, deep heather and windblown. Gorse and rhododendron bushes are generally mapped as impenetrable vegetation.

Special Symbols:

Black T = Shooting Tower (only freestanding towers are mapped, not those resting against trees)

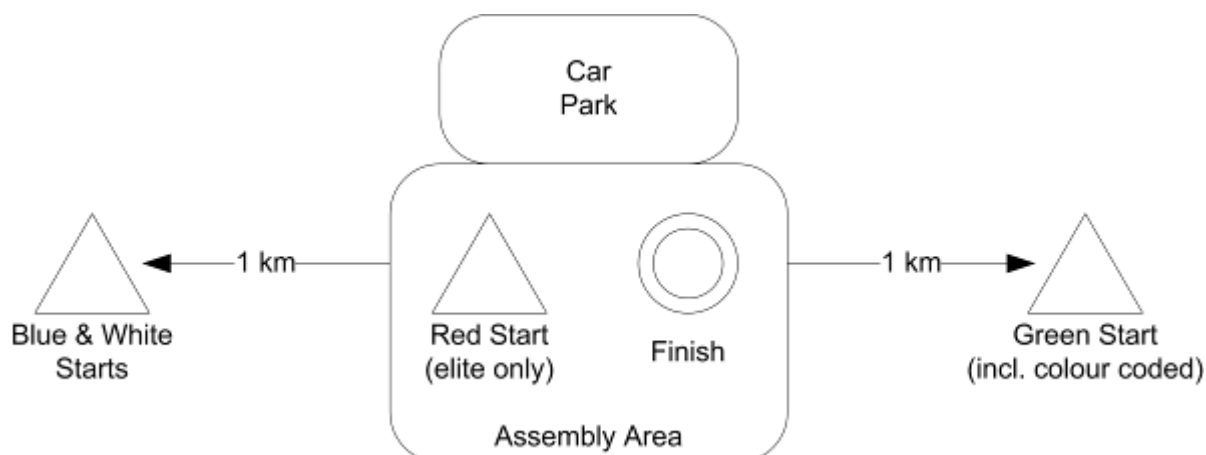
Black X = Horse Jump (represented with special pictorial control descriptions symbol X on Day 3).

Black O = Hide

Day 2: Saturday 11th April

Kyloe Woods

| | |
|-------------|--|
| Organisers | Marion and Peter Archer (CLOK) |
| Planners | Alan Cranke (CLOK) and Paul Taylor (CLOK) |
| Controller | Dick Towler (LOC) |
| IOF Advisor | Dick Carmichael |
| Mapping | SutMap Summer/Autumn 2008, assisted by Paul Taylor |



Terrain

A description of the Kyloe terrain cannot be complete without a brief account of the geological base to the forest.

The rocks are largely Lower Carboniferous in age although in contrast to the Pennines, some of the limestone strata further south is represented here by the Fell Sandstone Group, which produces the impressive crags typical of these outcrops. Much favoured by climbers (yes, there are some interesting pitches!), the Fell Sandstone has been subjected to faulting producing several series of crags trending WNW-ESE.

The crags with a similar trend in the northern part of the woods tend to be composed of the basaltic dykes intruded into the Carboniferous sediments and are typified by the gorse ('whin') which appears to be happily associated with it.

The other notable lithology is the Scremerston Coal Group, which overlies the Fell Sandstone. The rash of bell-pits left by miners exploiting this stratum has produced a surface where only the major pits/depressions can be marked clearly and in some cases substantial features have been subsumed into 'broken ground' classification.

The vegetation is well-varied coniferous forest, fortunately with little of the really unfriendly species (i.e. Sitka Spruce is in the minority!). Although some of the forest is unashamedly commercial with everything that that implies, there are some places where you may be lucky enough to run speedily through what is a delightful pinetum with stands of enormous specimen pine, fir, sequoia, araucaria and hemlock including some which are listed by the Forestry Commission.

On the Course

Please regard all crags as uncrossable no matter how they have been drawn. Some crags will be marked with yellow and black barrier tape.

The large OOB area is a forestry-protected site and must not be entered. The boundary may be marked with red/white barrier tape at points where the unwary may stray.

All competitors, but especially juniors, will need to be aware of the presence of Trail-O kites and other equipment which they may encounter in the later stages of their course.

Competitors should be aware that there are a number of mediaeval mine shafts which have been completely filled in. Some of that filling has settled and sunk but should not present a problem

Also see the mapping notes under Days 2 & 3: Common Information.

Travel and Parking

Space in the Parking Field may be limited. It would be appreciated if competitors could share transport if possible.

All race facilities have kindly been provided by Frazer and Di Thompson of East Kylee Farm. Parking is in one large field immediately adjacent to the Assembly Area field. The car park is only one mile from the busy and fast A1 trunk road (but you should be able to see Holy Island from there!). Much of the A1 in this area is single carriageway with a 60 mph speed limit and speed cameras in operation.

Access to the parking is up a narrow lane and we may have emergency vehicles using this route too.

Everybody must arrive by 12:15 and nobody will be allowed to leave before 12:30.

Those approaching from the south should turn left from the A1 onto the B6353 signposted Fenwick and Lowick (GR NU 070 401). After 500m, in Fenwick Village, turn left as directed by O-signs up a narrow lane to the car park field.

Those approaching from the north (and those from the west should pick up these directions also) should turn right off the A1 onto the B6525 (GR NU 011 477). After 8 kms turn left onto B6353, pass carefully through Lowick village and proceed to Fenwick. Turn right in the village as directed up the narrow lane to the car park field. Anyone staying in the 5 miles of A1 north of the B6353 (e.g. Haggerston Castle) are advised to travel north first and then join traffic from the north on the B6525. **For safety reasons, please do not attempt to turn right off the A1 onto the B6535 if approaching from the North.**

If anyone is bringing a coach please contact the organiser on peter@archerhome.demon.co.uk These will be parked at another location, with a drop off/pick up point in Fenwick Village.

On leaving, those going north can turn right in Fenwick village and left up the A1. Those going south **should not attempt to turn right here on the A1.** Instead, follow the minor road southwards close to the car park field and proceed towards Belford. On the outskirts of Belford, take a left turn signed to the A1 and then turn right. Shortly after leaving the car park, you will cross the route to the String Course: please take great care.

Public Transport

Nearest train stations are Berwick-upon-Tweed to the north (10 miles) or Alnmouth to the south (21 miles). You would obviously need to persuade friends to pick you up from any of these! Alternatively there is a limited bus service between Berwick and Alnwick via the village of Belford which passes Fenwick Road End (1km from Day 2) and Middleton Cottages (3km from Day 3).

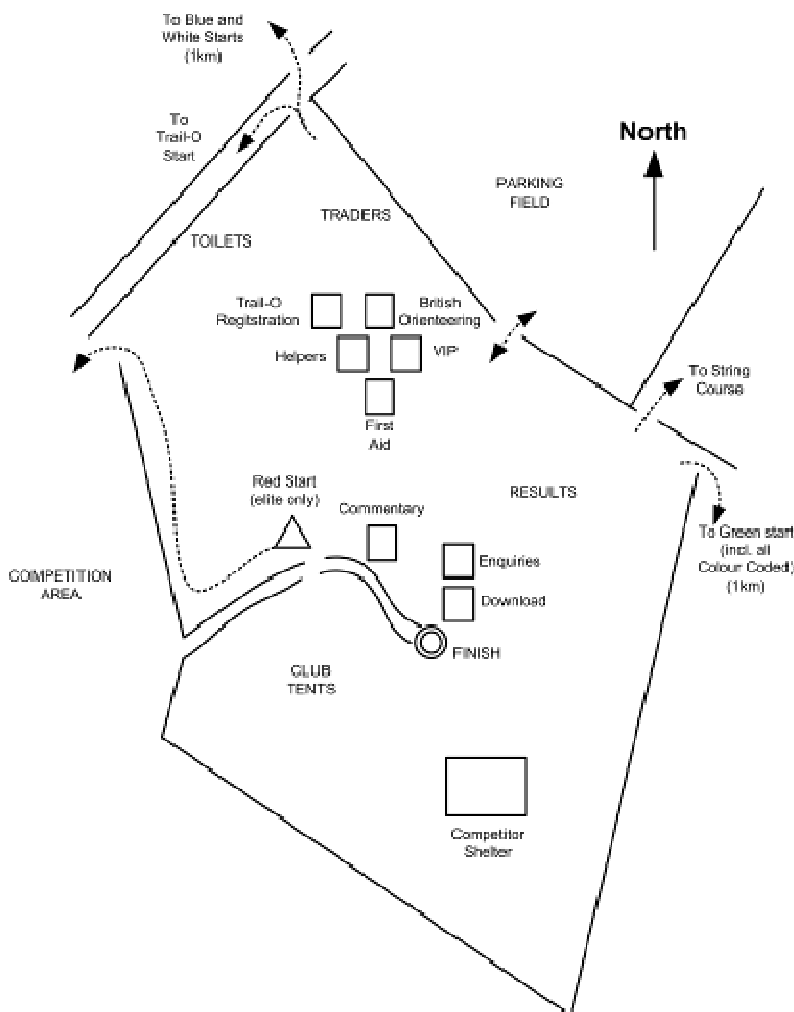
Assembly Area

This is a large field adjacent to the car park, with views of the sea and Holy Island. The field has a slope on it. Marquees and traders will be on the lower (northern) half. There will be good spectator viewing from **Club Tents** in the higher (southern) half of finishers coming out of the wood and round a loop to the Finish, and also of elites starting and running out from the Assembly Area.

There will be no spectator controls on any courses, but there will be radio controls and commentary will follow progress of elite runners.

Toilets

The main toilets are at the western side of the Assembly Area field; there will be no



toilet facilities at the Starts for competitors.

Starts

Red Start (elite only) – Assembly Area.

Blue and White Starts – 1 km easy walk from the western exit from the Assembly Area. The route crosses a very minor road into the forest, and passes between strands of barbed wire. Please take extra care.

Green Start (including all Colour Coded courses) – 1 km easy walk from the eastern exit from the Assembly Area. This route follows St. Cuthbert's Way which is a public footpath. Please be considerate of other users.

There are no clothing transfers.

Finish

This is in the Assembly Area. Competitors will proceed directly through the Download Tent. Maps will be collected from Elite competitors only, and released after the last elite start from near Download. Courses close at 16:30.

Course Details

See the table of course details provided under Days 2 & 3: Common Information.

The elite courses will have a number of radio controls that the commentary team will use to report on the latest action.

There will be two drinks sites marked on the map with drinks symbol. The elite middle distance courses will not pass them, but all other courses over 5km will visit one.

Courses 27, 28 and 29 have a taped route from penultimate control to last control due to recent forest work. As the last control is the entry to the Finish area please remind juniors on these courses to punch the last control.

Out of Bounds

There are some out of bounds areas and they will all be marked on all maps. They include small areas of young trees (some of which may be taped), a large area which is a forestry-protected site (but no courses pass through this area), a section of public road (only affects Course 5: M21L).

Safety

The area is a physical forest with areas of brashings and steep slopes.

There are areas of crags between 2m and 15m high that are popular for rock climbing, and probably busy over Easter week-end. All courses except 27, 28 and 29 will pass close to these, so please take extra care in any area where crags are marked on the map. Some crags may be taped but this does not mean untaped ones are safe.

Competitors will enter the Finish field via a ramp immediately after the last control. Please take care and do not push past smaller / younger / older competitors.

The licence to use the Day 2 area requires us to tell everyone that "The Owner will not be liable for any injury or losses however caused. The provisions of the Occupiers Liability Act 1984 section 2 shall apply to this activity".

Also see the safety comments under General Information.

String Course

Rufus Red Squirrel lives here in Northumberland and he's been storing up some treats to share with you. Follow the String to find ten squirrels. Go off-string to find some Northumbrian surprises!! Rufus hopes you will come wearing a little bit of RED which is his favourite colour. He'll like it even more if you have a bushy tail just like his.

Courses open from 11am until 2pm, suitable for children up to the age of 10. Free-of-charge EMIT bricks will be loaned to string and off-string participants.

Follow the signs for 'Squirrel String', **BUT PLEASE NOTE** that there is a public road which has to be crossed on the way to Fenwick Wood (with a manned crossing).

Other information

Please see early pages for general information, including the stipulation of **NO DOGS**.

Acknowledgements

Mr and Mrs Frazer Thompson, East Kyloe Farm

Mr and Mrs Hugh Leyland and Mrs Smalley, West Kyloe Farm

Mark Cuddigan, Ford & Etal Estates (Fenwick Wood)

Ian Robinson, Scottish Woodlands

Peter Hale, Hale Associates, for Kyloe Woods

Peter Robertson, RSPB

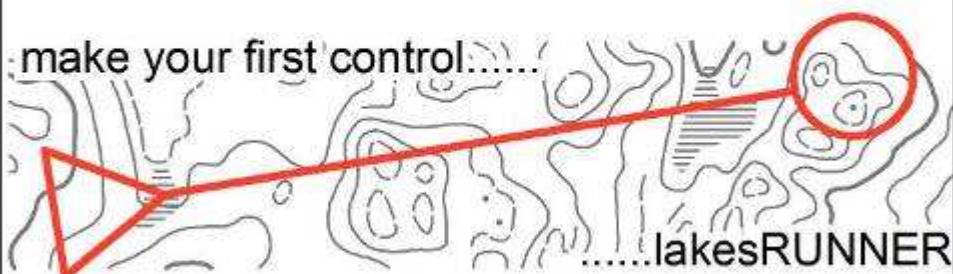
Lowick Village Hall Committee

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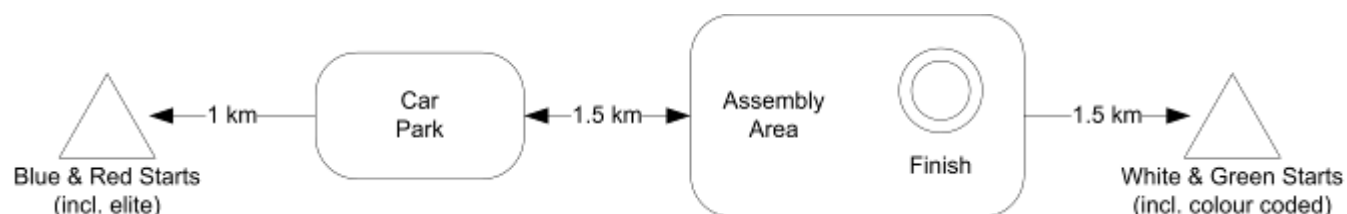


3-4 Cheapside, Ambleside, Cumbria, LA22 0AB
015394 31272 info@lakesrunner.com

Day 3: Sunday 12th April

Detchant, Shiellow, Greensheen Hill & Cockenheugh

| | |
|-------------|--|
| Organiser | Colin Matheson (NATO) |
| Planners | Chris and Karen Poole (CLOK) |
| Controller | Ray Barnes (NOC) |
| IOF Adviser | Dick Carmichael |
| Mapping | SutMap Summer/Autumn 2008, assisted by Paul Taylor |



Terrain

The beauty of the area for Day 3 is the variety of terrain you will encounter on your courses, with the area divided into 4 distinct parts.

The northernmost section of the terrain is a mixed working forest, used for forestry operations and breeding pheasants. Coal mining was carried out until the beginning of the 20th century. There are many traces in the pits and broken ground, and you will find rather brown water in the streams. Traces of the light railway linking Holburn Colliery to Middleton are now almost gone. There are also sections of natural rocky outcrop interspersed through this part of the area.

Dividing Detchant from the remainder of the area is Holburn Moss and Peat Workings. As the name suggests, this is a large area of boggy ground that you would choose to cross at your peril. As such, the majority of the moss is marked as out of bounds.

Moving southwards, the next section of terrain is the open Greensheen Hill. The west flank of the hill is predominantly sheep cropped grass and short heather, with a complex rocky outcrop extending for the length of the ridge. This is in contrast to the eastern flank which is clad with thick heather and subtle contour detail. Where the heather is at its thickest it is mapped with undergrowth screen and will present a barrier to fast running.

Cockenheugh is famous for St Cuthbert's Cave, along with a complex area of rock pillars not dissimilar to those found in parts of continental Europe. Although the slope around the rock pillars is bracken covered, the winter snow has done a very effective job of flattening this down to make it as runnable as possible. The eastern flank of Cockenheugh is a beautiful wooded yet runnable slope with subtle contour and rock detail.

At the southern end of the area, we return to a worked forest with contour and rock detail, as well as a network of rides, and a further area of rough open with cattle grazed grass and rock detail.

All courses will finish through some very fast open terrain, with spectacular views over to Holy Island if you can take the time to catch a glimpse.

Also see the mapping notes under Days 2 & 3: Common Information.

Travel and Parking

Parking and improved access has kindly been provided by Alastair Nixon of Swinhoe Farm. Parking is in one very large field 1.5km from the Assembly Area field. The car park is approximately 5km from the busy and fast A1 trunk road. Access is up a narrow lane. **Everybody must arrive by 12:15 and nobody will be allowed to leave before 12:30.**

Those approaching from the south should turn left from the A1 at the second turn off to Belford (signposted Belford ¼ and Warren Mill 2; GR NU 114 347). Pass the Cemex Quarry buildings, after 700m turn right onto the minor road as directed by O-signs, after 1.5 km mile turn left up a narrow lane signposted Swinhoe Farm Riding Centre, and follow this for 2.8 km to the car park field.

Those approaching from the north (and those from the west should pick up these directions also) should turn right off the A1 at the junction signposted Detchant 1 Middleton 1 and Belford Local Services 2 (GR NU 095 367). After 1 km turn right to Swinhoe Farm Riding Centre as above.

If anyone is bringing a coach please contact the Day 2 organiser on peter@archerhome.demon.co.uk. These will be parked at another location, with a drop off/pick up point at Swinhoe Farm.

On leaving follow instructions in reverse.

Assembly Area

The Assembly Area is a large and slightly undulating field 1km north of the parking area. It can be rough and muddy underfoot in places due to cattle activity. Access is via an unsurfaced forest track at the NE corner of the parking area. There is plenty of room for club tents, and a view across a large flat area to a spectator control in the terrain 600m away, as well as the latter part of some courses. Access to the northern part of this field is not permitted – do not cross the tapes as it is out of bounds.

Toilets

Toilets will be provided at the entrance to the Assembly Area, and additionally in the parking field for those competitors who choose to go straight from the car park to the Red/Blue start without going to the Assembly Area first. To avoid overcrowding in the car park there will also be limited toilets near the Red/Blue start (there are no toilets at the White/Green start).

Starts

Red and Blue Starts – 1km south from the Car Park, or 2.5km south from the Assembly Area, across open fields into the edge of the forest. Please watch out for cars arriving as you walk to this start. Competitors using this start do not have to visit the Assembly Area first unless they choose to do so.

White and Green Starts (including all Colour Coded courses) – 1.5km north from the Assembly Area, along the edges of fields and over rough open areas before entering the forest.

There are no clothing transfers.

Finish

There is a common final control and an uphill run-in of approximately 200 metres to the finish in the Assembly Area. Competitors will proceed directly through the Download Tent. Maps will be collected from Elite competitors only, and released after the last elite start from near Download. Courses close at 16:30.

Day 3 elite start times will be arranged so that the leading runners finish as follows:

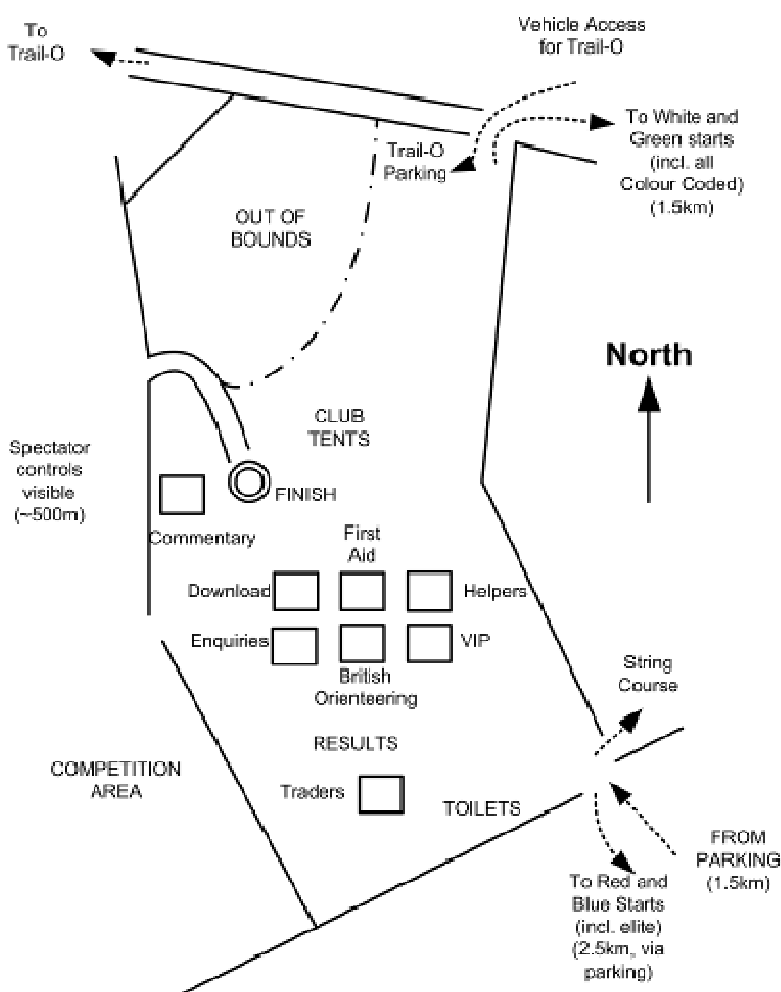
- W18/20E around 14:00
- M18/20E around 14:15
- W21E around 14.30
- M21E around 14:55.

Course Details

See the table of course details provided under Days 2 & 3: Common Information.

The special pictorial control descriptions symbol X indicates a horse jump.

The elite courses have a spectator control which is visible from the Assembly Area, and a number of radio controls that the commentary team will use to report on the latest action.



There will be a number of drinks stations available on the courses. These will be placed in locations where the majority of courses will be able to get to at least one drinks station without a major detour off route. These will be marked on competitors maps with the cup symbol. There is one drinks station that is intended to be used by elite competitors only. This will be adjacent to a control that is common to all elite competitors, and is estimated to be between 20 and 50% round the course.

All competitors will encounter Trail-O controls in the terrain in the latter part of their courses. Trail-O kites will be identifiable through the lack of SI Unit and the fact that they have a coloured tape on them. Model controls of both types will be on display in assembly. The location of Trail-O kites compared to standard kites will follow standard British Orienteering proximity rules.

Out of Bounds

There is a large Out of Bounds area in the centre of the map – Holburn Moss. Courses are planned to pass around this section at one of 2 corridors. The western-most corridor follows a bridleway adjacent to a small hill which is used for lambing, hence the restrictions on access.

In the northern part of Detchant, 3 large felled areas have been replanted with very small conifer trees and the landowners have requested that runners avoid crossing them, except on public rights of way.

All these areas, and run-through options will be clearly indicated on competitors' maps, as well as on blank maps in the start lanes.

In addition to this, there are a number of small out of bounds areas, primarily pheasant pens, private residences and other sensitive areas. Please avoid running through these areas to help maintain good relationships with the shooting tenant and forest residents. The most critical of these areas will be taped on the ground with red and white tape.

Walls and fences

There are a large number of walls and fences crossing the area, particularly in the area close to the finish.

Boundaries that can only be crossed at designated crossing points will be marked on competitors' maps with a purple overprint, and lines linking controls will either be broken or diverted to direct you to a suitable crossing point, also marked. Competitors who are seen crossing these boundaries at anywhere other than the designated crossing points will be disqualified.

Walls and fences that are not marked as uncrossable may be crossed anywhere, and existing crossing points will not be highlighted on competitors' maps. Some of these fences may still have barbed wire on them, so please take care when crossing.

Any damage caused to walls or fences should be reported to an official at the finish.

Gates that need to be kept closed will have a marshal available, but please help them out by closing gates behind you.

Safety

With the exception of some significant crags there are few objective hazards in the area. Some of the finest bouldering and climbing in the "Coonty", if not the Country, is in and around this area (Kyloe-in-the-Woods and Back Bowden/Bowden Doors), and as such there are a number of large crags in the terrain.

Unlike on Day 2, no crags will be taped with yellow and black tape. Courses have been planned to avoid descent close to the largest crags. **However, we recommend that all competitors take extra care when choosing their route to descend steep rocky slopes.**

Water features mapped with a thick boundary should not be crossed. There are a few small streams and ditches, but unless there is very substantial rainfall these are unlikely to be a hazard.

The area includes part of St Cuthbert's Way and you may encounter the occasional group of pilgrims. Please respect their privacy. There are occasional horse riders in this area and some dog walkers. Please treat with respect and caution.

Also see the safety comments under General Information.

String Course

The Angel of the North invited everyone to this year's JK and you may have passed it as you travelled here. We have some angels for you to find as you follow the string. Off-string will be offered if we can.

Courses open from 11am until 2pm, suitable for children up to the age of 10. Free-of-charge EMIT bricks will be loaned to string participants.

Find us near the Assembly Area – follow the signs for ‘Angel String’.

Other information

Please see early pages for general information, including the stipulation of **NO DOGS**.

Acknowledgements

Alastair Nixon, Swinhoe Farm

John Monaghan, Shiellow Wood

Mark Cuddigan, Ford & Etal Estates

John Seed, Detchant Wood

David Robson, UPM Tilhill

Duncan Moffat, Cockenheugh

Ian Hall, Lilburn Estate

Chris Leyland, Greymare Farm

Ernie Hayward, Shooting Tenant

National Trust, St Cuthbert’s Cave



British and Continental Catering will be attending Days 2, 3 & 4 of the JK, selling Bacon Rolls, English Burgers, English Hotdogs, German Burgers, German Bratwurst / Grillwurst / Currywurst, tea, coffee and cold soft drinks.

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

Event Officials

| | |
|------------|---------------------------------|
| Organiser | John and Margaret Crosby (NATO) |
| Planner | Peter Roberts (EBOR) |
| Controller | John Crosby (NATO) |
| Mapping | Peter Roberts |

Competitors in Foot-O must complete those courses before participating in Tempo / Trail-O.

Day 1: Friday 10th April: Leazes Park, Newcastle (TempO)

Travel and Parking

As for the main event.

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 pavement or tarmac path 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. Keep back until called forward to the decision point by the official.

Registration

Near the Café and toilets in Leazes Park (GR NZ 243 651) and open from 11:30. There will be an accessible toilet located near Registration. The entry fee is £5.00 seniors / £2.50. SI-Card hire £1 (for all days). There is one course for all, with different classes. Any one wishing to compete in the Trail-O must do so after they have competed in the Foot-O and should contact the entries secretary to arrange an early start time.

Start and Finish

Starts from 12:00 to 14:00. Courses close at 15:30.

Day 2: Saturday 11th April: Kyloe Woods (Trail-O)

Travel and Parking

As for main event. There is parking just inside the gate for wheelchair users – please notify a parking official.

Terrain

Mixed woodland. For the most part the courses follow a firm forest road and then a track. There has been a lot of forestry work going on in the area and there are sections of the road where mud is lying. An update on the condition will be released closer to the date. The terrain is hilly and the course time and length reflects this. There are several steep uphill sections and we expect to have helpers to assist wheelchairs.

Toilets

There will be an accessible toilet near the Trail-O Registration in the Assembly Area.

Course Details

There are two courses of 1.2 km. The Elite classes have 19 controls (with three timed controls). The novice course has 14 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. Trail-O kites will have a coloured tape on them to distinguish them from Foot-O kites in the same area.

Registration

Pre-entry is required for the Elite Classes. Entry form is available from trailo@jk2009.org.uk. Entry on the day is available for the novice course. The entry fees are Elite £7.00, Novice £5.00, Juniors £3.00.

Registration opens at 12:00 and control cards will be issued.

Course timing will be electronic using SPORTident. SI-Card hire £1 (for all days). A punching system will be used to record control decisions. The punches will be taped within 3m of the viewing point.

Any one wishing to compete in the Trail-O must do so after they have competed in the Foot-O and should contact the entries secretary to arrange an early start time.

Start and Finish

Both are 500 metres uphill from the car park. Starts for pre-entered competitors from 14:00 to 14:45. Entry on the day starts from 14:00 to 14:45. Courses close at 16:30.

Note: The Day 2 Trail-O timings have changed since those in the printed version of the JK Programme.

Maps

Maps have been produced according to the ISSOM at a scale of 1:5,000 with contours 2.5m. Based on the Foot-O map and amended for Trail-O use by Peter Roberts.

Day 3: Sunday 12th April: Detchant (Trail-O)

Travel and Parking

As for main event. Pre-entries in the paralympic class and wheelchair users should contact the Trail-O Organiser (trailo@jk2009.org.uk) to receive a parking pass and special instructions to the Trail-O car park.

Terrain

The terrain is mixed woodland and an open area with contour detail. The route follows a good track partly surfaced.

Toilets

An accessible toilet will be available in the Trail-O car park.

Course Details

There are two courses of 1.5 km. The Trophy classes will have 20 controls and 3 timed controls whereas the novice course has 12 controls.

Flags from different control clusters could be visible from some decision points and tapes on the ground at the decision point will indicate the quadrant containing those relevant to each control. Trail-O kites will have coloured tape on them to distinguish them from Foot-O kites in the same area.

The timed controls will be half way through the course when you reach the timed control area wait until you are called forward. After the timed controls you will be issued with a new map for part 2 of the course.

Registration

Pre-entry is required for the Trophy Classes. Entry form is available from trailo@jk2009.org.uk. Entry on the day is available for the novice course. The fees are Elite £7.00, Novice £5.00, Juniors £3.00.

Registration opens at 10:00 and control cards will be issued.

Course timing will be electronic using SPORTident. SI-Card hire £1 (for all days). A punching system will be used to record control decisions. The punches will be taped within 3m of the viewing point.

Any one wishing to compete in the Trail-O must do so after they have competed in the Foot-O and should contact the entries secretary to arrange an early start time.

Start and Finish

Both are adjacent to the Trail-O car park. Starts for pre-entered competitors from 10:30 to 13:00. Entry on the day starts from 10:30 to 14:30. Courses close at 16:30. You will be issued with the course part one at the start and part two after the timed controls.

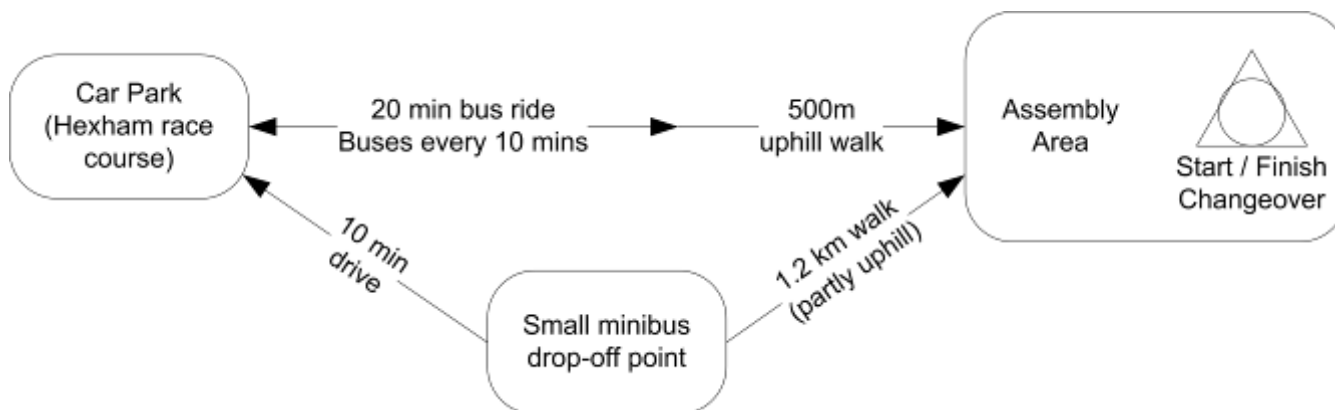
Maps

Maps have been produced according to the ISSOM at a scale of 1:5,000 with contours at 2.5m. Based on the Foot-O map and amended for Trail-O use by Peter Roberts.

Day 4: Monday 13th April

JK Relays, Dipton Woods, Hexham

| | |
|------------|--|
| Organiser | Phill Batts (CLOK) |
| Planners | Patrick Smyth (NATO) |
| Controller | Andrew Lewsley (BL) |
| Mapping | Deeside Orienteering and Leisure Maps, November 2008 |



Terrain

Dipton Wood is private woodland situated on a plateau above the Devil's Water near its confluence with the River Tyne. The race area uses the top of the plateau and the gentle slopes on the east north and west sides.

The wood is managed both for commercial forestry and field sports. It is dissected by numerous tracks and paths. The majority of the wood is pleasant running with a wide variety of tree including numerous small thickets used as covers. Underfoot there is a mix of grass heather and bilberry. In some places the bilberry is quite thick and on the exposed slopes bracken is making an appearance. There are some areas where clear felling has occurred; the runnability here varies considerably; those areas of new planting are very thick.

In the centre of the wood are three fields used for grazing. These are used as the Assembly Area and provide a fine view over the Tyne Valley into the Cheviots.

The area north of the Assembly Area, which is crossed by all courses and the routes between the Assembly Area and the Bus Stops, contains an archery course. There are numerous target butts, pulls and firing point markers scattered about the area. These are all temporary structures and due to their mobile nature have not been mapped. You should take care near the butts and markers as these are held in place by ropes connected to pegs in the ground. There is a large competition in the area two weeks prior to the JK and numerous small paths may appear in this area between the butts etc.

There is a small group of houses in the west of the map. The area around this is marked on the map as out of bounds. Please observe this.

Competitors on the Mini Relay may pass through a saw mill. Please ensure they are aware not to approach any machinery or log/wood piles.

Travel and Parking

On Day 4 you will need to take a short bus ride from the Car Park to Assembly Area. Competitors must follow these directions to allow buses easy access on the narrow roads around the race course and the event area. Car Parking is situated at Hexham Race Course (Grid Reference NY 918 624).

Anyone approaching from the west should leave the A69 approximately 1km east of the end of the Haydon Bridge bypass (Grid Ref 857 646) on to a minor road but following the brown tourist signs for the Race Course. Approaching from the east (and north) you should leave the A69 at the west end of Hexham (Grid Ref 909 654) to avoid potential bottlenecks in this small market town. Proceed back into Hexham turning right at a set of traffic lights onto the B6305 (to Allendale) and follow the brown tourist signs for the Race Course. Allow 10 minutes from the A69. Hexham is a 20 minute drive from the A1 in Newcastle.

Anyone approaching from the south on the A68 should continue to the A69 and then as above; approaching from Allendale (B6305) the race course is signed with brown tourist signs about 3 miles south of Hexham; approaching from Blanchland the race course is accessed by a left turn immediately after crossing the Devil's Water at Linnels Bridge - this junction will be signed but please give way to the buses on the last part of this approach.

Follow directions of marshals once in the race course.

It is possible for smaller mini-buses (less than 6ft6in wide and less than 22ft long) to drop passengers off at the Assembly Area and proceed to the car park (about a 10 minute drive). Passengers may have a 200m walk along a road and then a 1km walk to the Assembly Area. Any groups wishing to avail themselves of this facility should enquire at Relay Enquiries on Days 2 or 3 for directions/instructions.

Bussing

The bus departure point will be visible immediately on entering the Race Course. The first bus will leave at 07.30 and then every 10 minutes (or as soon as full) until 11.00. Allow 20 minutes travelling time.

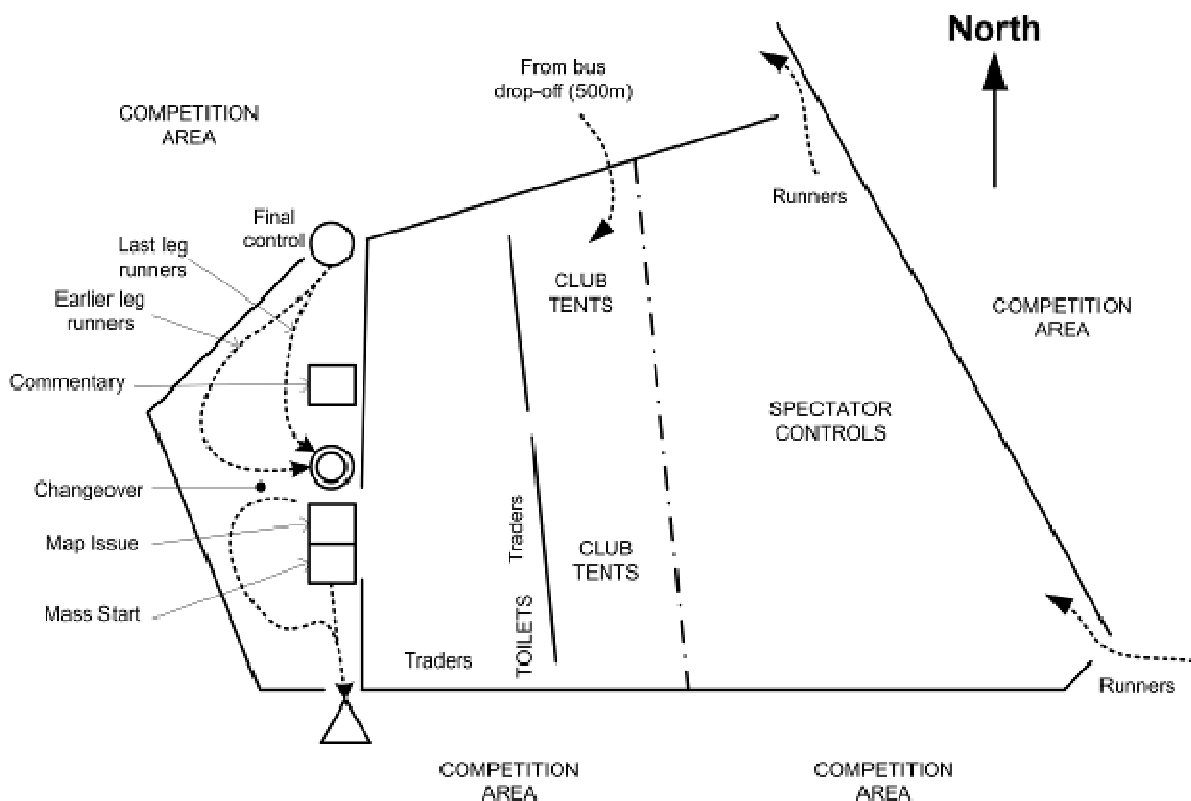
The walk from the bus stop to the Assembly Area is about 500m uphill. Please keep to the path as this is through the competition area.

Return trip. Buses will depart from the same point where competitors were dropped off. The first bus will leave at 12.00 and then every 10 minutes (or as soon as full). Please give way to competitors and stay on the path after leaving the Assembly Area.

Public Transport

There nearest station to the Assembly Area is Hexham. There is an hourly service (assumes Sunday timetable on bank holiday Monday) between Newcastle and Carlisle, with the journey between Newcastle and Hexham taking about 40 minutes. Please consult National Rail Enquires for train times (www.nationalrail.co.uk or 08457 48 49 50). From the station it is a 4 km steep walk to the Car Park (not 'O' signed). Taxis should be available from the station but bear in mind Hexham is a small market town and it is a bank holiday.

Assembly Area



Club Tents

There is ample room for club tents.

Toilets

Full toilet facilities will be available in the race course Car Park, and also in the Assembly Area.

Team Declaration

We would very much prefer that Team Declarations are made on-line through the JK2009 on-line entry system (linked from www.jk2009.org.uk) at any time until 18:00 on Thursday 9th April. After that, early completion and return of Team Declaration forms to Relay Registration on Days 2 or 3 would be appreciated. **The final deadline for Team Declaration is 16:00 on Day 3.** Team declaration forms can be collected from enquires on Day 1 or thereafter from Relay Registration. These are to be checked, signed and returned, with any changes written on them. The forms will have all the competitor information on them that has been input on-line.

Any change of runner or running order after the above deadline must be made on a Team Amendment form. Completed Team Amendment forms should be returned to Relay Registration as soon as possible; however, last changes must be made by 09:00 on Day 4. We hope that there will be no need for any changes after this time, but if in exceptional circumstances this is required, please ensure that SI-Cards are used in the same order as the Team Declaration (or previously process Team Amendment) form even though the competitor name will be different.

Bags of bibs will be issued at Relay Registration on Day 3 from 13:00, and on Day 4 (but please collect on Day 3 if possible), to one person per club for all teams entered from that club, even where different people have entered teams through the on-line system. Team Captains will be able to receive a list of all their teams and competitor details as entered in the computerised entry system on the previous evening from near Enquiries on Day 3.

Safety pins will not be provided. Please ensure you bring your own.

Race Numbers

Race numbers will have a coloured band to indicate the lap. The JK Trophy class has 4 laps: Green, Red, White, Blue. All other classes have 3 laps: Red, White, Blue.

Clear Stations

All competitors should clear their SI-Card at the clear stations before entering the map issue area.

Call-up and Map Issue

First lap runners will be called up at **-15 minutes** to receive their sealed map. You will be directed to the designated waiting area. First lap runners will move into the final waiting area at -5 minutes. There will be a timed start.

Second, third and fourth lap runners can proceed to receive their sealed map and enter the waiting pen at any time after their previous lap runners have started.

Mini Mass Starts

Mini Mass Starts will be held as appropriate and will be announced by the commentary team.

Changeover and Finish

The numbers of incoming runners will NOT be announced. Runners may enter the changeover area at a time of their choice. It is the competitor's responsibility to be there on time. See details below for spectator / radio controls. You can move into the second smaller changeover pen when the runner appears on the run-in. Please allow smaller runners access at the front.

Changeover will be by touch of hand, after which the outgoing runner may open the map. Incoming runners should then punch at their finish control (to record their actual finish time) and continue to Download.

A separate finish lane and finish control will be used for last lap finishers. 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.

Maps will be collected from all competitors, and released to club representatives after the last mini-mass start.

Maps

Map scale is 1:10,000 with 5 m contours for all classes. There will be no legend on the map but a legend at 1:10,000 scale will be available at Enquiries. Maps are A3 size. The maps will be rolled up and sealed with a label which will show team number, class and lap number. Competitors must not open their sealed map unit until, for lap 1, the race start signal has been given or, for other laps, until physical contact has been made with their incoming runner.

All classes will have IOF pictorial control descriptions on the front of the map; the Mini (M) class will also have written (English) descriptions. There will be no loose descriptions available.

Course Details (subject to final controlling)

| Class | Call Up | Start Time | Bibs | Lap No | Dist (km) | Climb (m) | Spec. Control | |
|-------|---------------------|------------|-------|----------------|-------------------------|--------------------|-----------------|------------------|
| A | JK Trophy | 10:05 | 10:20 | 1 - 50 | 1,4 2,3 | 5.25 4.25 | 110 115 | Yes Yes |
| B | Women's Trophy | 10:10 | 10:25 | 101 - 130 | 1,3 2 | 4.79 3.42 | 90 85 | Yes Yes |
| C | Men's Short | 10:50 | 11:05 | 201 - 299 | 1,3 2 | 3.42 2.9 | 85 65 | Yes No |
| D | Women's Short | 10:40 | 10:55 | 301 - 360 | 1,3 2 | 2.9 2.1 | 65 45 | No No |
| E | M120+ | 10:10 | 10:25 | 2001 - 2099 | 1,3 2 | 4.79 3.42 | 90 85 | Yes Yes |
| F | W120+ | 10:25 | 10:40 | 2101 - 2150 | 1,3 2 | 3.42 2.9 | 85 65 | Yes No |
| G | M165+ | 10:35 | 10:50 | 6501 - 6599 | 1,3 2 | 4.25 2.9 | 115 65 | Yes No |
| H | W165+ | 10:40 | 10:55 | 6601 - 6650 | 1,3 2 | 2.9 2.1 | 65 45 | No No |
| J | M48- | 10:25 | 10:40 | 4801 - 4850 | 1,3 2 | 3.42 2.1 | 85 45 | Yes Yes |
| K | W48- | 10:40 | 10:55 | 4851 - 4899 | 1,3 2 | 2.9 2.1 | 65 45 | No Yes |
| L | M/W40- | 10:15 | 10:30 | 4001 - 4050 | 1,3 2 | 2.1 2.0 | 45 55 | Yes No |
| M | Mini Relay (M/W12-) | 09:55 | 10:10 | 1201- 1240 | 1,2,3 | 2.0 | 55 | No |
| N | Mixed Ad Hoc | 11:00 | 11:15 | 1001 - 1130 | Long Medium Short | 4.25 2.9 2.1 | 115 65 45 | Yes No Yes |

Spectator and Radio Controls

There are two specific spectator controls in the eastern one of the fields used as the Assembly Area. These controls are used by the majority of runners. It may be possible to see runners at another control as they approach the Assembly Area. After leaving the Assembly Area; runners have 0.5km – 1.3km to run. The courses using a spectator control are shown in the table below.

There will be radio controls for the event commentary at approximately one-third of the distance on the longer laps on Classes A and B. Radio controls will also be used at the controls penultimate to finish and the spectator controls to provide warning of incoming runners. Radio controls are shown in the control descriptions.

Relay Class Rules

For age restricted relay classes (E to L), use the sum of the competitors' British Orienteering age classes applicable for the 2008 calendar year (e.g. M45 + M65 + M55 = 165). The sum must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes J, K, L) the cumulative "age" stipulated for the class. Do not use the actual ages of the competitors for this purpose.

For junior classes (J, K, and L) competitors must not be older than M/W 20.

For the Mini Relay (class M) all competitors must be M/W 12 or below.

Class N is open to teams (M and/or W) comprising members of different clubs.

Laps will be run in the order shown in the table above, except for class N (Mixed Ad Hoc) which will have lap lengths determined at random by the entry system. The running order for class N will be printed on the list of entries provided to club captains and will also be displayed in the Assembly Area on Days 3 & 4..

To be competitive in classes A to M, all runners must be in the same club (UK or overseas) or (for classes A and B only) be members of an Approved Neighbouring Club Alliance under British Orienteering Guideline M.

Junior Courses

Young competitors may not be experienced in relays where their courses are “gaffled”. They need to be made aware that their courses may be different from others, whom they may expect to be going to the same controls.

Crossing Points

The fences around (and inside) the Assembly Area must only be crossed at the designated crossing points. With the exception of the gate where the start and final control kites are located, these are marked on the maps and indicated on the control descriptions.

Safety

There are several steep crags which are marked on maps, but should not have to be crossed.

Also see the safety comments under General Information.

String Courses and Trail-O

There is no string course or trail-o at the Relay event.

Other information

Please see early pages for general information, including the stipulation of **NO DOGS** (except in the Car Park at Hexham Race Course).

Acknowledgements

Northumberland Estates (Melissa Wetherby)

Allendale Estates

Mr Charlton

Kielder Foresters Archery Club

Hexham Race Course

Jewitt Coaches

Penny Axham (Kielder etc)



Ultrasport will be attending all Days of the JK.

Congratulations to World Champions
Graham Gristwood, Jon Duncan
and Jamie Stevenson



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