



Jan Kjellström
International Festival of Orienteering
April 4-6, 2015
Bulletin 1/2



Welcome

The North-West Orienteering Association and British Orienteering Federation invite elite orienteers to enter IOF World Ranking Event sprint, middle distance and long distance races, all part of the JK International Festival of Orienteering in Lancaster and the Southern Lake District.

Organisation

Event Coordinator: Dick Towler - coordinator2015@thejk.org.uk

Elite Course Planners: Sprint Race - David & Miriam Rosen
Middle Distance Race - Martin Bagness
Long Distance Race - Chris Heppenstall

IOF Event Advisors: Sprint Race - Mike Forrest
Middle Distance Race - Simon Thompson
Long Distance Race - Mike Forrest

National Controllers: Sprint Race - Mike Richardson
Middle Distance Race - Tony Carlyle
Long Distance Race - Dick Carmichael

Event Information & Entries

For complete event information and links to entry process, please visit
www.thejk.org.uk/2015

Event Programme

Sunday 28 March - Sunday 5 April	Training at 3 locations open to all JK competitors – details at event website. Other training areas also available for international squads, please contact enquiries2015@thejk.org.uk	
Wednesday 1 April	Informal evening training	Late afternoon
Friday 3 April	JK Day 1 WRE Sprint Race University of Lancaster	Starts 12:00-16:00
Saturday 4 April	JK Day 2 WRE Middle Distance Race Ulpha Park & Barrow Fell	Starts: 10:00-14:00
Sunday 5 April	JK Day 3 WRE Long Distance Race: Bigland	Starts: 10:00-14:00 In reverse order of Day 2 finish
Monday 6 April	JK Day 4 Relays: Graythwaite	Starts: 10:00-11:00

Venue

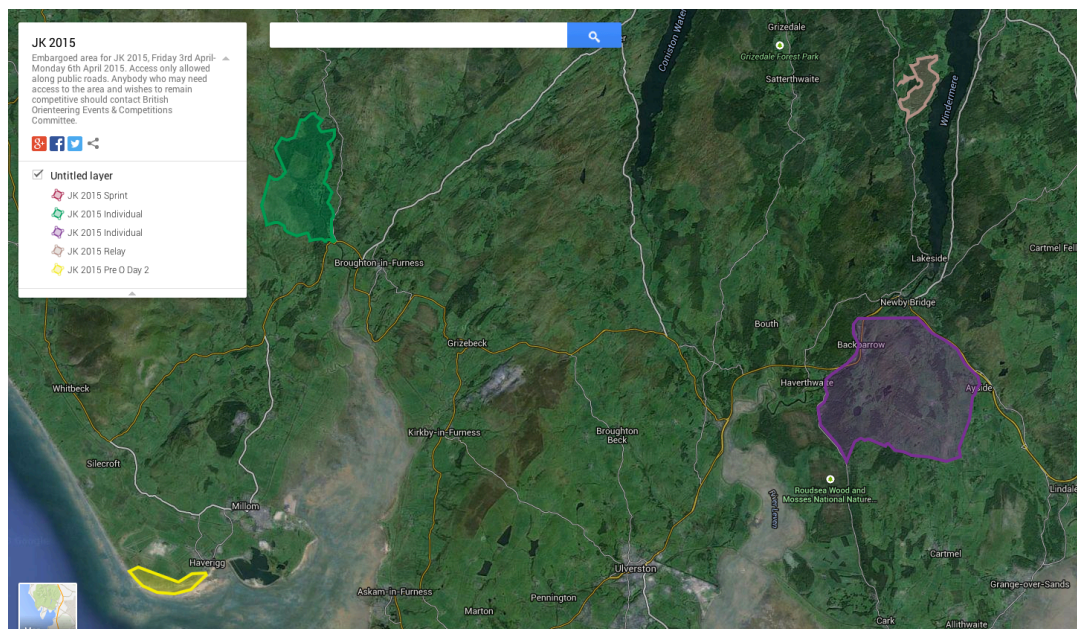
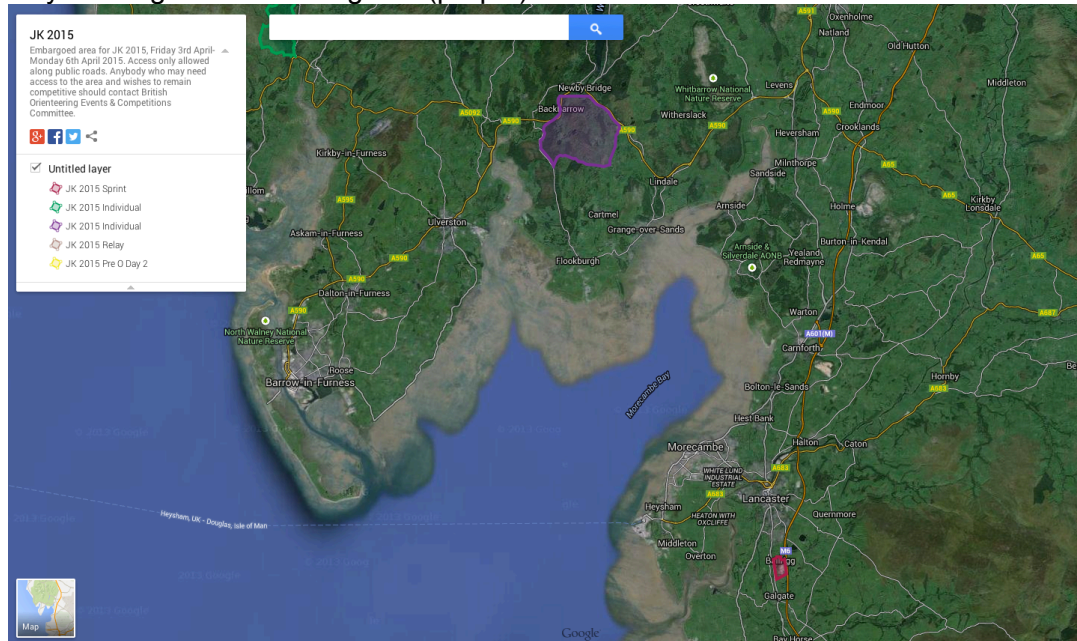
There is no formal Event Centre for the JK2015. There is an Enquiries point located in the race arena on each day.

Location Maps & Embargoed Areas

Day 1: Sprint – University of Lancaster (red)

Day 2: Middle Distance – Ulpha Park & Barrow Fell (green)

Day 3: Long Distance – Bigland (purple)

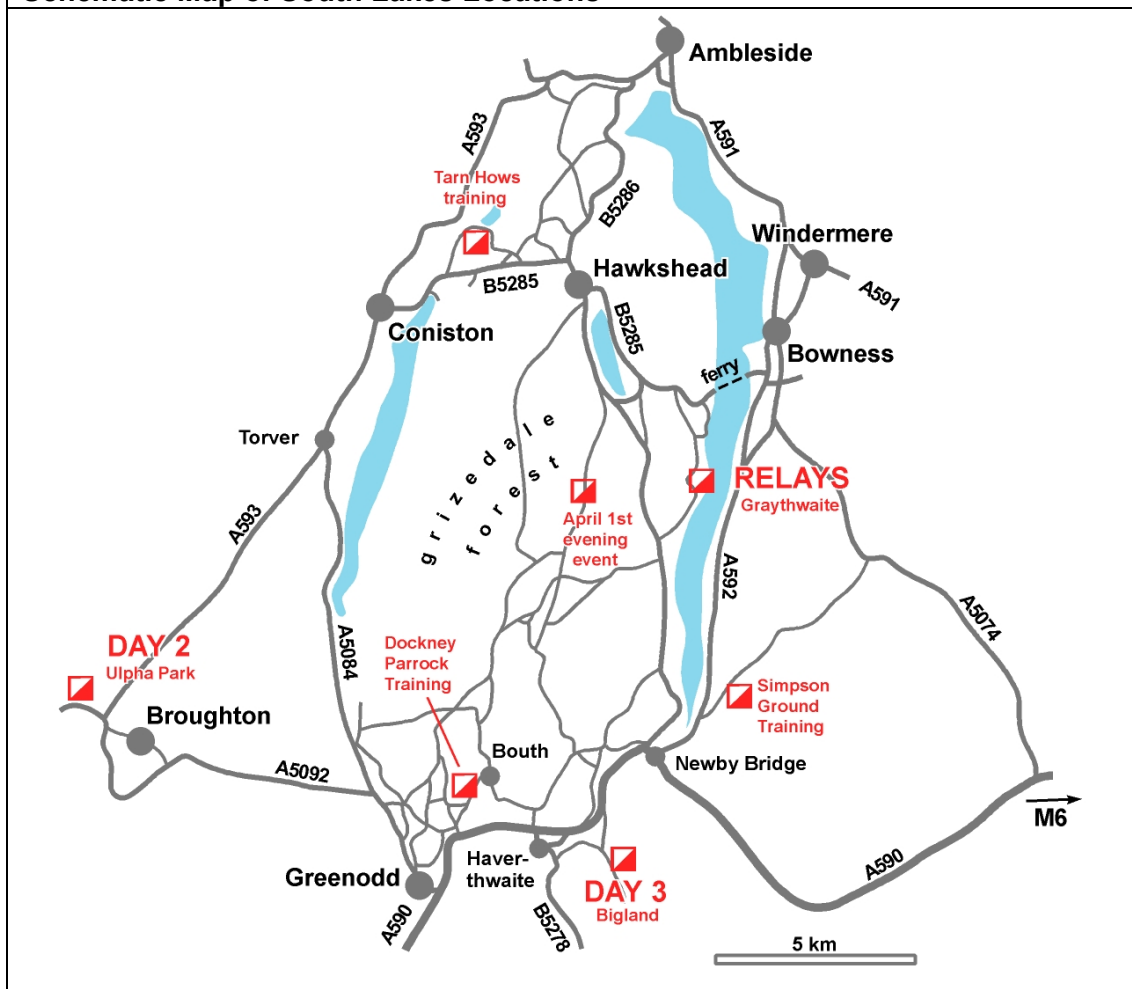


For better resolution please see:

http://www.britishorienteering.org.uk/page/embargoed_areas

The embargo extends to all WRE and JK competitors and anyone who through their knowledge of the terrain or the events could influence the WRE results.

Schematic Map of South Lakes Locations



Entries

Please enter via the link on the entries page of the JK website at:

<http://www.thejk.org.uk/jk2015/index.php?pg=257>

In accordance with the IOF Guideline for World Ranking Events, all runners on the M/W21 elite courses will be ranked as a result of their performance in the race. All entrants must provide a World Ranking ID on entry. To find an existing athlete ID or to apply for one, go to <http://eventor.orienteering.org/athletes>.

After 6 March

A small number of additional or late entries may be accepted but only if maps and start times are available. Please contact the Entries Secretary at

entries2015@thejk.org.uk

Day 1 Sprint - £15 (£7.50 for Juniors or full time students)

Days 2 & 3 - £25 per day (£12.50 per day for Juniors or full time students)

After midnight on 26 March, entry will only be available in exceptional circumstances.

Please contact the Entries Secretary at entries2015@thejk.org.uk

Maps & Terrain

Day 1 Sprint: Lancaster University

The central area, within the perimeter road, is largely pedestrianised and affords a complex mix of walkways, courtyards and grassed areas with a few surprisingly narrow and convoluted passageways.

Day 2 Middle Distance: Ulpha Park & Barrow Fell

Competitors will encounter several distinctly different types of terrain, all of them typical of the Lake District. There are large areas of broadleaf woodland, mostly on slopes of varying degrees of steepness, with plenty of rock and contour detail. The slopes are slippery, especially after rain. The area also includes two areas of open fell, Barrow Fell and Penn, featuring knolly contour detail. There are also some small plantation areas.

Day 3 Long Distance: Bigland

The area is a superb and varied mix of Lake District terrain with almost no green on the map. As for Day 2, the most testing part of the area in terms of both running and navigation is an area of broadleaf woodland on a slope. This includes many knolls, re-entrants and rock features. Above the wooded slope lies a plateau divided by walls into enclosures of open and semi-open fell and woodland. These all contain intricate contour, rock and marsh detail.

Map scales, Contour intervals, Winning Times

	Map Scale	Contour Interval	Winning Time
Day 1 Sprint Race	1:4000	2.5m	12-15 min
Day 2 Middle Distance Race	1:10000	5m	30-35 min
Day 3 Long Distance Race	1:15000	5m	90-100 min

Previous Maps of the Competition Areas

Previous maps of all the competition areas are at <http://www.thejk.org.uk/jk2015/index.php?pg=249>

Competition Clothing

Day 1: Shorts are permitted. Spiked shoes and dobs are not permitted. Trail shoes are recommended if wet.

Days 2 & 3: Torso and legs must be fully covered. Organisers may require a lightweight hooded waterproof jacket or waterproof jacket & hat to be worn or carried if the weather is bad. If so, notices will be displayed in the car parking areas, arena and on the route to starts and a check will be made at the start.

Whistles are compulsory on Days 2 and 3.

Other Information

The SportIdent punching system will be used. For the Day 3 long distance race, M21E competitors will require an SI card with a capacity greater than 30 controls. Competitors with version 5 or 8 SI cards will be issued with a high capacity SI card (no charge) for use at all the WRE races.

Start times for Day 3 are based on the results from Day 2 not the finish time.

Much of the woodland area being used for the Day 2 Middle Distance race comprises part of a Site of Special Scientific Interest (SSSI). We have been fortunate to obtain permission from Natural England to use this area for a major orienteering event. A condition of the permission is that all competitors must follow a number of actions before and during the competition. These are detailed in a Biosecurity Policy which can be found at <http://www.thejk.org.uk/jk2015/index.php?pg=271>

Weather

Average temperatures for early April are 4C (low) – 10C (high). Rainfall can vary by location & is unpredictable!

Forecasts can be found at www.lakedistrictweatherline.co.uk

Accommodation

The Lake District has a wide range of accommodation available to suit every budget. It is a popular place for tourists over the Easter holidays so we recommend that you book quickly.

Go to <http://www.thejk.org.uk/jk2015/index.php?pg=250> for links to view and book accommodation.

Transport

No transport will be offered for this event. The Day 1 sprint race is accessible by public transport (train to Lancaster and then bus to the University). It will not be practical to access the Day 2 and 3 competition areas by public transport.

The Lake District is a popular tourist area at Easter so competitors are advised to allow plenty of time to get to the events. The access route via the M6 motorway can be extremely busy.

Visas

Go to the UK Government website <https://www.gov.uk/government/organisations/uk-visas-and-immigration> to check visa requirements.