



Berkshire Orienteers

Concorde Chase Weekend 2026

24th and 25th January

Final Details

Berkshire Orienteers welcome you to our premier weekend of the year consisting of an UK and South of England Urban league race *around the Wooshill estate in Wokingham on Saturday morning followed by a long-distance forest event including the 2026 Southern Championships and SCOA Championships at Star Posts, Bracknell on Sunday.*

The weekend would not take place without the goodwill and cooperation of the landowners, their tenants, local councils and businesses permitting parking and finally the key officials supported by on the day volunteers without whom this weekend could not take place.

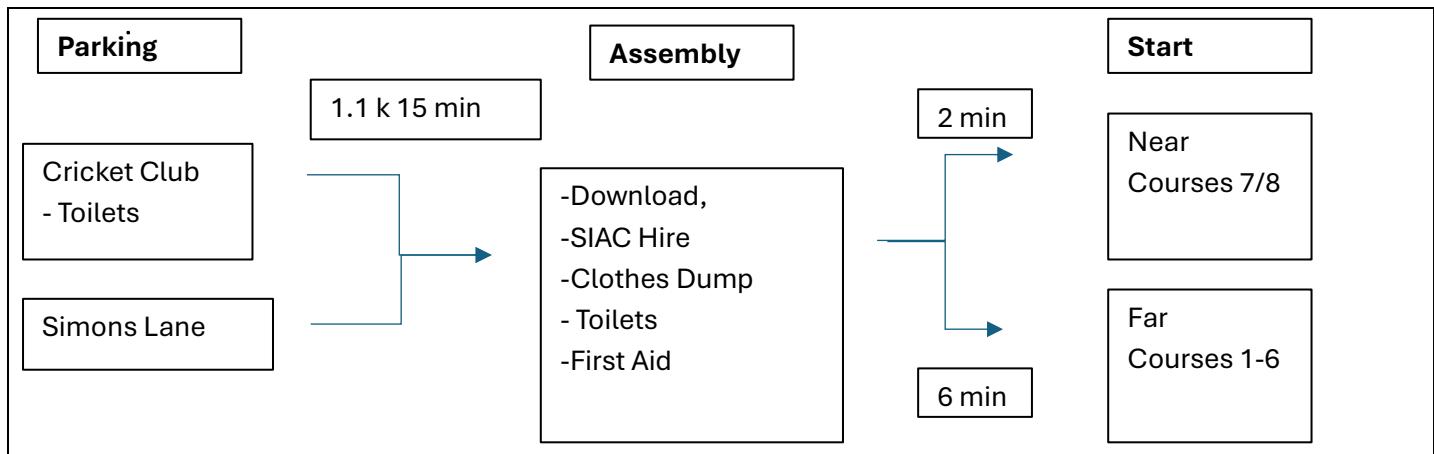
Photography at this event will be subject to the Club's Guidelines. These can be found on the club's internet site: <http://www.bko.org.uk/photography>

Saturday 24th January – Urban Race Wooshill (UKUL, SEOUL)

Key Details

- **Do not park at Assembly (unless agreed with organiser) – follow instructions for parking.**
- Parking is about 15 min walk from assembly through woodland that could be muddy. Allow sufficient time to meet your start window.
- Clothes/small bag drop, first aid, download and SIAC hire at assembly. What3words **///lunch.active.pin**
- Toilets at Assembly and Cricket Club
- Junior start 2 min from assembly. Courses 7&8.
- Senior start 6 min from assembly. Courses 1-6. Has limited space, warm up in assembly and on way to start.
- Control descriptions (loose) in Start lanes; also printed on the maps.
- Courses are printed on A3 maps with scales :5000 (courses 1,2), 1:4000 (3-5), 1:3000 (6-8).
- Stream on Courses 1,2,3&4 must not be crossed and is marked by purple overprinting on courses.
- All Courses cross a mixture of paved and gravel areas, parkland and the longer courses woodland.

Overview of Parking, Assembly and Start.



Travel and Parking

Assembly – Woosehill Day Nursery

Post code: RG41 3BP

Grid Reference: SU 786 688

What3words: ///lunch.active.pin

No Parking at Assembly

Public Transport: The assembly area is accessible from Winnersh or Wokingham station (2.8 k walk/30-40 minutes) or the Lion 4/4a bus stop at the Simons Lane stop (1.6k walk) (Bus runs between Reading, Winnersh and Wokingham stations 4 x per hour.)

From Winnersh station turn right into Robin Hood Lane and follow King Street Lane and Bearwood Lane to the Walter Arms, turn left into Sadlers Lane and follow the marked route from the Cricket Club.

From Wokingham, please access from the bottom of the Woosehill spine road then left onto Ruskin way to avoid walking through the competition area. Allow 30 to 40 minutes for a steady walking pace. From Simons Lane bus stop, walk a few m towards Winnersh , turn left into Simons Lane and follow signs from parking area.

There are no dedicated bike racks at assembly but there are a reasonable number of railings close to and in view of the assembly tents. Please follow the same routes as for walking.

For those travelling by car, parking will be at one of 2 areas.

Wokingham Cricket Club- What3Words ///privately.scales.snap. Sadlers End, Sindlesham (RG41 5AW) Parking restricted to roads and marked parking spaces and will be marshalled. This is several minutes' drive from the assembly area. There will be toilets available.

Simons Lane – What3Words ///parts.inch.words (RG41 3HG) from the start of Camellia Way towards Reading Road.

The route to assembly from both parking areas is about 12 – 15 minutes walk (1km) along woodland tracks which will be signed and taped.

As the parking areas are several minutes drive from assembly and have limited spacing, we will confirm parking assignments after entries have closed.

Please do not drive to assembly as there are no spare parking spaces in this area.

Assembly Area

The assembly area is adjacent to Woosehill Day Nursery and contains

- Clothes drop
- Key drop
- Download
- First aid
- Toilets

First Aid is provided for this weekend by Face2Face Medical in the assembly area.

Bracknell Urgent Care Centre, London Road, Bracknell, RG12 9RT (7 miles from Assembly) is open from 8am to 8pm).

The nearest A&E is Royal Berkshire Hospital 21 Craven Road, Reading RG1 5LE (7 miles). Next closest is Frimley Park Hospital, Portsmouth Rd, Frimley, GU16 7UJ.

There are no food vendors, but plenty of options in Wokingham and the Walter Arms adjacent to the Cricket Club.

Medical Conditions

If a competitor has any medical conditions that First Aid/Ambulance would need to know about please complete the form found here - https://www.britishorienteering.org.uk/organiser_library (called medical form under 'Safety Resources'), seal it in an envelope and leave it with Enquiries. It can be collected again after the competitor has downloaded. There will be paper copies available to complete and leave at Enquiries.

Dogs

On leads in the car park. They are not permitted out on the courses.

Registration

Pre entry for this event is through www.racesignup.co.uk pre-registered competitors with their own SIAC or SI dibbers can go straight to the start. Any competitor who has hired a SIAC should collect it from Enquiries. A charge of £72 will be made for lost SIAC dibbers hired on the day.

There will be no EOD, however if you have changed dibbers, or need other changes this can be done at Registration. Registration/Enquiries will be open from 0930.

Start

Junior Start (C7, C8) is 100m from Assembly. Start any time.

Senior Start (C1 to C6) is 500m from Assembly. Keep to the taped route throughout, you are entering the race area. At start, remain in the start area, off any roads. There is no warm-up area, competitors

should warm up in the wide Assembly field beforehand. Try to arrive within your slot time, not too early, as there is limited space.

Finish

There is one Finish for all classes. Return to Assembly is 150m taped route.

REMINDER – Please remember to report to download after you finish or if you retire and do not finish your course.

Electronic Punching

There will be a **PUNCHING START** and a **PUNCHING FINISH** with the rest of the controls SIAC enabled. Please ensure that you clear your SI dibber before you run (clear, check and SIAC test will be in the pre-start area).

If a SIAC card fails to register at a control in contactless mode, you should **revert to ‘dibbing’**. A SIAC card with a flat battery will still function in dibbing mode, and the beep/flash feedback from the control unit will confirm you have punched.

In case of total SI failure, use the pin-punch on the control stake to mark your map.

Take care of your hired dibber. It will cost you £72 to replace a SIAC if lost.

Results

We aim to have provisional results displayed during the event on our website (bko.org.uk). A link to results will be printed on your splits printout as well as being available as a QR code in the download area.

We aim to have a complete set of Provisional results loaded to the BKO website and ‘RouteGadget’ by the end of the evening.

Courses

Course	Classes	Length - optimal route	Climb	No. of controls
1	Men Open	11km	60m	31
2	Men Vet 40+, Women Open	10km	50m	28
3	Men Supervet 55+, Women Vet 40+	8.5km	40m	25
4	Men Ultravet 65+, Women Supervet 55+	7.3km	30m	22
5	Men Hypervet 75+, Women Ultravet 65+,	5.6km	30m	17
6	Women Hypervet 75+	4.3km	20m	18
7	Men Junior 16-, Women Junior 16-	4.7km	30m	18
8	Men Young Junior 12-, Women Young Junior 12-	2.5km	10m	16

Terrain

Woosehill is a modern high-quality, high-density housing estate near Reading. It divides naturally into many different segments from various builders. The most common factor throughout is the many cul-de-sacs. These provide technical challenge for orienteering: slipping outside the sequence can be costly to recover. The map includes 164 cul-de-sacs. In these locations, courses deviate significantly from the straight line: this is partly offset by more direct running between sections.

The area is split E-W by a major access road, known as the Spine. This starts in the East as a dual carriageway, becoming lighter traffic as it moves West into the cul-de-sacs. The dual-carriage section is mapped as OOB. Courses are routed away from this section, which must be avoided.

Junior classes (C7, C8) are based well north of the Spine, with their own Start: they never come near the Spine. All Senior classes 1-6 will cross the Spine south-to-north via a mandatory crossing with a 1-minute time-out. This will be unmanned. Traffic is relatively light in the morning, but later runners and finishers will find it rising, hence this precaution.

Map

The base map covers almost all the estate area. Scale is 1:5,000, 10m contours, mapping standard ISSprOM 2019-2. Mapper is Katy Stubbs (BKO) 2004, updated Jan 2026.

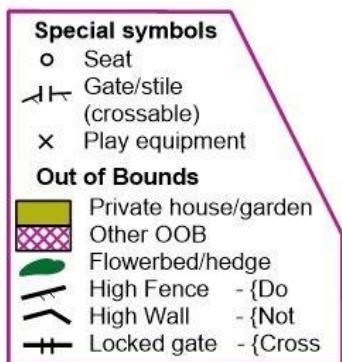
For this event, the map has been extended to include a small section of urban forest (Foxhill) which has an extensive path network. This section will only be used by C1 and C2. Map scales for courses are set in line with BO guidelines for Urban events.

Classes & Course Lengths

<u>Course</u>	<u>Map Size and Scale</u>	<u>Red Line Length (km)</u>	<u>Climb (m)</u>	<u>Number of Controls</u>	<u>Optimum Route length (km)</u>
C1	A3+ 1:5,000	8.1	60	31	11.4
C2	A3+ 1:5,000	7.3	50	28	10.0
C3	A3+ 1:5,000	6.2	40	25	8.7
C4	A3 1:4,000	5.4	30	22	7.5
C5	A3 1:4,000	3.8	30	17	5.3
C6	A3 1:3,000	3.0	20	18	4.3
C7	A3 1:3,000	3.3	30	18	4.7
C8	A3 1:3,000	2.2	10	16	2.5

Courses 1-7 have symbol Control Descriptions; C8 has text CDs.

Special Symbols



Safety Considerations

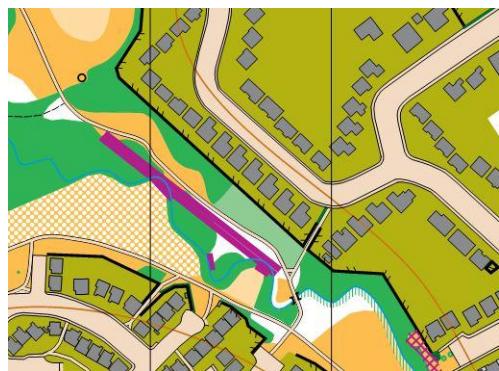
We recommend that all runners wear trail shoes or similar for good grip. At this time of year, open grass parkland is usually damp, smaller footpaths become slippery. The Foxhill path network can be soft after heavy rain.

Cul-de-sacs have little traffic but hold a lot of parked cars: always keep a good look-out for movement and pedestrians. Respect other uses, give way: remember we are running alongside their homes.

Many controls are on lampposts. There may be a vehicle parked alongside. A feature of the area is lampposts set just inside owner's gardens. A small number of these have been used for controls, owner's permission has been granted for each one. Dib quietly and move on.

C7 has one crossing point at a Beacon crossing at a School (closed on Saturday, road traffic is light). Runners must first dib the control (leg 12) at the beacon, check the crossing is clear, then cross. The crossing is not manned.

SPECIFIC SAFETY WARNING FOR Classes C1, C2, C3, C4. DO NOT IGNORE.



Runners will be travelling NW-SE. The thick purple line above shows it is forbidden to attempt to cross the deep stream to the south. Foliage in winter is less than normal; it may appear clear. IT IS NOT. The stream is very high-sided and deep, with rough brashings. Runners must stay on the path to the north. The fastest route to your next control is this path: use it.

Sunday 25th January – Long Distance Race incorporating Southern Championships and SCOA Championships at Star Posts, Bracknell

Key Details

- **There is no Car Parking for Competitors at the Lookout**
- **Designated Mountain Bike Tracks are OUT OF BOUNDS – can cross but not run along**
- There are 5 possible public car parks to use – Some free- Some Pay – see details below
- **ALLOW PLENTY OF TIME TO PARK AND WALK TO ASSEMBLY – Start times are not changeable**
- Toilets, SIAC card hire, Enquiries, Download and First Aid are all at Assembly. W3W **///dizzy.pardon.woes**
- Additional Toilets and Café in the Lookout
- Dogs are allowed under control in the car park and Assembly area but not on the courses, please.
- Electronic Punching – SI, including SIAC. Courses 1 has more than 30 controls – Please ensure your SI card has sufficient capacity. SIACs are available for hire (£2) at Download
- The Start is **timed** (not punching). This applies to Colour coded courses as well as championship courses; the Finish must be **punched** by everyone.
- Please ensure that you know your start time and Course – Start List available from BKO.org.uk - [Start List](#) and at Assembly and Start (available Wednesday)
- Call up is - 5 minutes – do not be late as your time will not be adjusted!
- The Start is about 600m from Assembly; the Finish about 400m away from Assembly.
- Clothing Dump at Assembly area
- Start times: 10.00 – 12.30
- Clothing must cover torso and legs. Cagoules may be compulsory if the weather is bad – come prepared. Remember your whistle!
- Control descriptions (loose) in Start lanes; also printed on the maps.
- Maps are A3 size for all except the Elite courses and courses: 11/12/13/14/16/17/18/19 – which are approx. A4 size
- Courses close at 14.30. YOU MUST download/report to the Download team by this time.

Travel

This competition is being held in the section of Swinley Forest known as 'Star Posts' that surrounds the Lookout Discovery Centre.

Bracknell Railway station is 2.3 miles (approx. 45 minutes' walk) from Assembly.

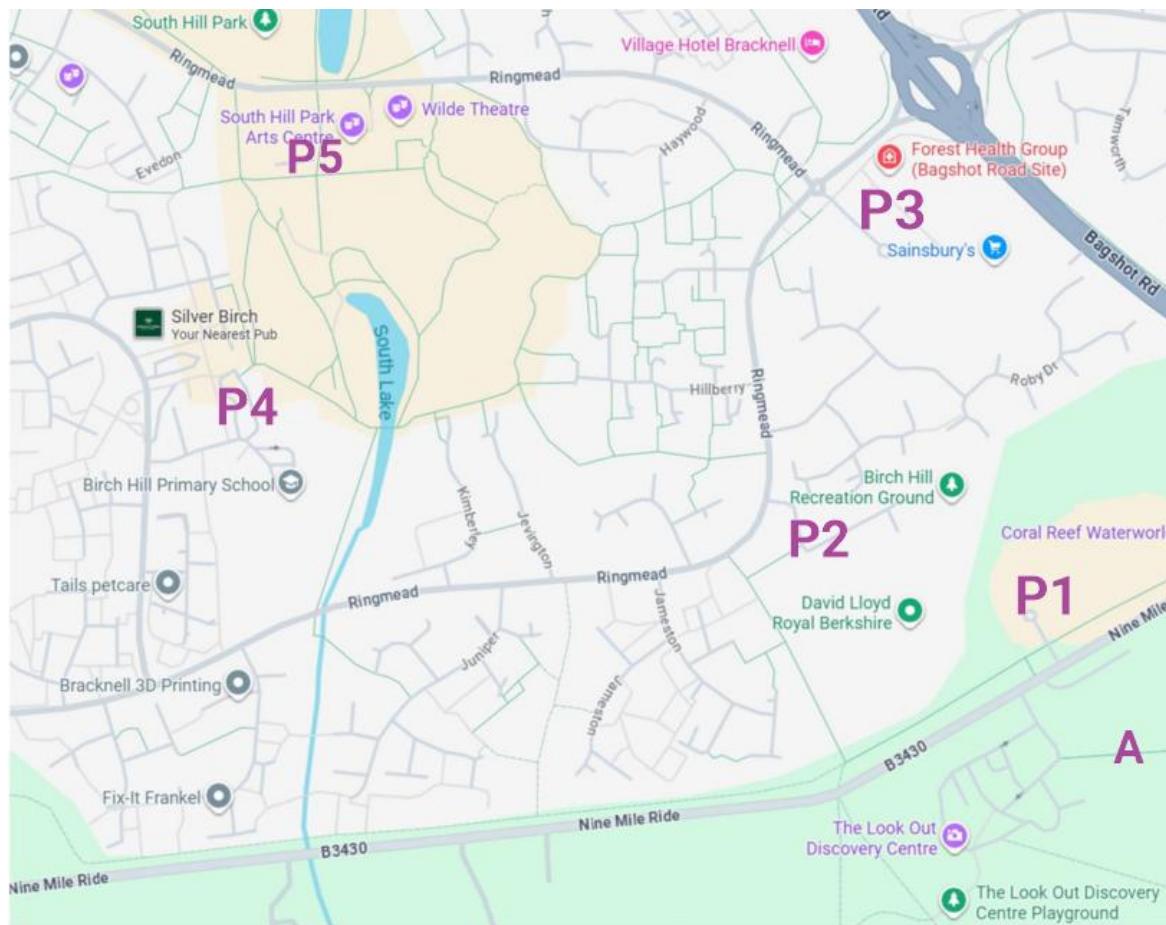
The Coral Reef car park is on the opposite side of Nine Mile Ride to the Lookout.

The other car parks are accessible by taking the turning off the A322 into Ringmead. If approaching from the M3 you carry on past the junction with Nine Mile Ride (B3430) and take the next left onto Ringmead.

Approaching from the M4 keep on the A329 and follow the signs to M3. The road becomes the A322, goes past several roundabouts. Pass Bracknell Leisure Centre on the right, go straight across that roundabout and up the hill and take the next slip road on the left {note that here you are taking the slip road but need to come around to turn right towards Sainsburys} Your satnav will lead you to your selected car park from there.

Parking options:

PLEASE DO NOT PARK IN THE LOOKOUT CAR PARK



On the map above, A = approximate position of assembly

Coral Reef car park: what3words radar.change.camps (P1 on map)

Nine Mile Ride, Bracknell, RG12 7JQ. {370m from Assembly}

Charges: up to 5 hours £5.50, all day £7.90 (PayByPhone app – location 804047). We have permission to park up to 100 vehicles in this car park. Volunteers will be monitoring the numbers and if, when you

get there, the volunteers indicates that all 100 places have been used please go to an alternative car park.

Birch Hill Recreation Ground (Hockey Club Car Park): (P2 on map)

what3words moving.decide.badly

Off Ringmead, Bracknell, RG12 7AQ {500m from Assembly}

This has just over 100 spaces but will also contain mountain bikers, dog walkers and other sports people. There is no charge for this car park.

Sainsburys car park: what3words mostly.debate.lunch (P3 on Map)

Ringmead, Bracknell, RG12 7SS {1.3km from Assembly}

NOTE: No entry into this car park before 10am. Maximum free stay after that time 3 hours. If you enter before 10am , you will receive a large fixed penalty notice.

If you arrive after 10am and stay less than 3 hours parking is free.

You can extend your stay beyond 3 hours using the Horizon parking app – see the signs in the car park – probable cost around £5.00

Birch Hill Car Park: what3words boot.sleeps.skin (P4 on map)

Leppington, Bracknell, RG12 7WW {1.4km from Assembly}

This is another free car park – please access via Leppington rather than the next turning towards Aldi – the Aldi car park is minute, very narrow and gets very busy on a Sunday whereas the car park accessed via Leppington has more spaces. No charge for this car park.

South Hill Park Car Park: what3words nasal.opens.slowly (P5 on map)

Ringmead, Bracknell, RG12 7PA {1.4km from Assembly}

This is the furthest car park from Assembly. No charge for this car park.

There will only be parking teams at the Coral Reef car park and the Birch Hill Rec (Hockey Club) Car park. If you are parking at one of the other car parks you will find tape and signage indicating the footpath to follow up to get to the Lookout and Assembly.

Assembly/ Enquiries / Registration

W3W //dizzy.pardon.woes

Open from 0915 to 1145 for EOD and SIAC Dibber collection.

If required, Dibber number changes can also be done through Enquiries.

Competitors who have pre-entered and have their own SI Dibbers can go direct to the start.

There will be a bag drop tent in Assembly for competitors to leave bags and warm clothes in. (There is no clothing dump at the start)

Facilities

First Aid will be found at Assembly and is being provided by Face2Face Medical.

There will be Portable Toilets at the Assembly area. Additional toilets will be available at the Lookout.

The Woodlarks Cafe at the Lookout is able to provide both Hot and Cold refreshments. This is situated between Assembly and the Finish.

Electronic Punching

Both normal SI dibbers and contactless SIAC dibbers can be used.

This event has a **Timed start** for all Championship courses and Colour coded courses.

Note however that **the Finish is a punching finish**, so SIAC users cannot swish/swipe it.

It is your responsibility to check your SI card has registered (flash/beep) at each control and at the Finish.

If a SIAC card fails to register at a control in contactless mode, you should **revert to 'dibbing'**. A SIAC card with a flat battery will still function in dibbing mode, and the beep/flash feedback from the control unit will confirm you have punched.

In case of total SI failure, use the pin-punch on the control stake to mark your map.

Take care of your hired dibber. It will cost you £72 to replace a SIAC if lost.

PLEASE NOTE competitors on Course 1 (M21E) will require SI Dibbers that can hold in excess of 30 'dibs'. Check your dibber will hold more than 30 dibs. A SIAC card can be hired at Reception for £2 if necessary

Entry on the Day

EOD is available until 12:00 only on the colour coded courses listed below (Subject to availability of maps)

Course	Length	Entry Fee	
White	2.5km	Junior, Students,	£8
Yellow	3.2km		
Orange	4.0km		
Light Green	4.1km		
Maverick 10K	9.0km	Novice	£10

SIAC hire (Dibber) is free for Juniors, £2 for senior novice

Please apply at Enquiries for an Entry.

Start

There is one Start for all courses – This is approximately 600m flat walk from Assembly.

Start times are between 1000 and 1230. Please note that almost all start will be before 1215.

Please know your Start time (see the [Start List](#)) and bear in mind it may be updated as late as Friday 23rd January. A start list will be available at the Start and in the Assembly area.

Start Procedure

- You will be called up 5 minutes before your allocated start time (T). The start team have no authority to change your time. If you are late, you will follow the late starter process under Officials' guidance.
- Before entering the start system make sure you Clear your SI/SIAC card. The area beyond the call-up point is out of bounds until you start.
- At T-5 minutes: enter first box when your name is called and stop at the first line in the correct lane (e.g. A = Elite Only, B = Odds, C = Evens, D = Maverick and Late/Punching Starters). An official will Check your SI/SIAC cards.
- At T-4 mins: move forward to Blank Maps with OOB/Safety information. "SIAC On" Test stations available. Yellow, White and Course 20 maps will be available.
- At T-3 mins: move forward to Loose Descriptions
- At T-2 mins: move forward to read any final notices
- At T-1 min: move forward to STAND AND WAIT beside map box
- At T-10 secs: turn over the top edge of the map to check course number (middle of top edge)

At T-0: go on long beep, follow tapes to start kite (Lane D only: punch start box, then go). Start kite is 50m from start line.

If you have missed your Start time ie more than 4 mins after your callup time, you will be processed through the Late/Punching Start Lane.

You must Clear and Check your SI/SIAC card. You will be released at the next half start interval for your course. (Rule 24.6 etc). Your start time will not be changed at the Start. You must punch the Start unit so that your actual start time is recorded. The actual start time will only be used if the competitor is late through the fault of the organiser (Rule 24.7).

Elite start times are based on seeded groups. Competitors have been grouped based on British Orienteering rankings, with the group containing the top competitors starting last. Start times within each group have been drawn at random. This is in accordance with BO Rules Appendix A, Section 3 as specified under Competition Rule I: Area Long Distance Championships.

If weather conditions are bad enough, cagoules will be made compulsory and will be checked. Cagoules must have a hood/head covering.

Finish

The Finish will be approximately 400m from the assembly area.

Please ensure you go straight to Download after finishing. If you have abandoned your run for any reason PLEASE ENSURE YOU STILL DOWNLOAD so we do not search for missing runners.

Course Close

The courses will close at 14:30.

Due to early sunset controls will start to be collected in before this time- some starting from 13:30. The finish and last few controls on all courses will not be collected in before 14:30.

Map

Map Scale is either 1:15000 or 1:10000 depending on course – see the table below with 5m contour interval.

The map was updated by Peel Land Surveys in 2023 and updated for this event by Simon Moore (BKO) in 2025.

Drawn to ISOM 2017-2 specification. Maps are digitally printed by BML.

Courses and control descriptions will be printed on waterproof paper.

Terrain

Star Posts is a large, forested area with some contour detail. The forest is generally fast with high visibility but be aware that knee-high bracken may slow you down. The forest is broken up with an extensive network of paths and rides, however the courses have been planned to avoid the paths as much as possible. It is a working forest and extensively used by the public and mountain bikers (note below).

There are unmapped minor paths. Some have been caused by mountain bike activity.

Bracken is a major feature at Star Posts. It is not marked on the map. It is currently dormant and has been flattened by wind, rain, and snow. Most areas have knee-high dead bracken.

Some areas are more runnable than others. Some areas of light green may be reasonably fast, some areas of darker green may have expanded. The water levels in marshes and streams may be high but marshes are generally wet but crossable where shown on the map as indistinct or crossable.

Forestry work has resulted in a number of smaller rhododendron bushes being removed. We have removed most of these from the map where they affect navigation, however on the ground you may still see the remains of the bushes.

A number of areas have been cleared by the forestry work which has resulted in very runnable open areas.

Bike Tracks

Star Posts is used by a substantial number of mountain bikers who have dedicated fast bike tracks through the forest. Some of the major paths are shared between cyclists and pedestrians.

Bikes are often travelling at speed. Always give way to cyclists. Bike tracks have been marked with a pink X and are **OUT OF BOUNDS**. Under no circumstances are you allowed to run along a marked bike track. You are allowed to run adjacent to a marked bike track, but you must stay a minimum of 2m away from the track. Crossing marked bike tracks is allowed but please cross at 90 degrees and quickly.

Most courses have been planned to avoid the major areas of bike tracks, with only two areas marked as completely out of bounds. However, one area of the forest with some bike tracks within it is being used by the longer courses for several controls. Care must be taken in this area to check for fast moving bikes.

OOB as indicated on the map:-

Official mountain bike tracks are highlighted with purple crosses, they MUST NOT be travelled along but may be crossed with care.



Complex downhill MTB tracks with many loops/ramps are very dangerous and must not be entered.



Other out of bounds areas must not be entered.



Course Details

Course	Classes		Length	Climb (m)	No Of Controls	Map Scale	Map Size
1	M21E		14.6km	405	34	1:15,000	A4
2		W21E	12.1km	375	23	1:15,000	A4
3	M18E M20E M21L M35L M40L		9.7km	285	20	1:15,000	A4
4	M45L M50L		8.4km	250	18	1:10,000	A3
5	M20L	W18E W20E W21L W35L W40L	7.9km	220	15	1:15,000	A4
6	M16A M55L M18L M21S M35S	W45L	7.0km	195	14	1:10,000	A3
7	M60L M40S M45S	W50L W20L	6.4km	200	16	1:10,000	A3
8	M65L M20S M50S	W16A W18L W21S W35S W40S	5.7km	185	14	1:10,000	A3
9	M70L	W55L	5.6km	175	15	1:10,000	A3
10	M75L M18S M55S	W60L W45S	4.7km	145	13	1:10,000	A3
11	M60S M65S	W65L W20S W50S	4.2km	120	13	1:10,000	A4+
12	M80L M70S	W70L W18S W55S W60S	3.5km	125	12	1:10,000	A4+
13	M85 M75S M80S	W75L W80L W65S W70S	2.5km	85	8	1:10,000	A4+
14	M90 M95	W75S W80S W85 W90 W95	1.9km	60	7	1:10,000	A4+
15	M14A M16B		5.2km	145	15	1:10,000	A3
16		W14A W16B	4.2km	130	13	1:10,000	A4+
17	M12A M14B	W12A W14B	4.1km	110	11	1:10,000	A4+
18	M10A M12B	W10A W12B	3.2km	70	9	1:10,000	A4+
19	M10B	W10B	2.5km	50	12	1:10,000	A4+
20	Maverick		9.0km	195	15	1:10,000	A3

If you have entered by 'Colour', then Courses map to Colours as follows

Course	Colour
7	Blue
9	Short Blue
10	Green
12	Short Green
13	V Short Green
16	Light Green
17	Orange
18	Yellow
19	White

Elite Water Point

There is a self-service water point on the M21E/W21E courses. This will be located at a control approx. 50%-70% round the course as indicated on the Control Descriptions.

Safety

Please dress appropriately for the conditions. It may well be close to freezing on the day with sleet or rain forecast. Although much of Star Posts is forested, some parts of the area are higher and open/more exposed. It is a large forest – you may be several kms away from the finish/Assembly area. Please carry a whistle and be prepared to carry a compulsory cagoule and head cover if the weather is severe.

There may be a substantial number of mountain bikes in the forest. Please look out for them and give them plenty of room – They may be travelling at speed. Please ensure that you obey all the OOB areas and Tracks on the map.

Safety bearing – Head North until you reach the edge of the forest or pickup signposts directing you back to the Lookout Visitor Centre/Car park.

An emergency contact phone number is printed on the map.

Courses close at 14:30 – Please finish and report to download by this time.

Eligibility for Southern Championship trophies and mementos

You can enter any age class, but to be eligible for Championship trophies and podium places you must have entered the age class matching your age and sex, or 'run up'. Competitors are only eligible for Area Championship prizes and Trophies in the Class that they have entered. Eligibility also requires that you are a member of British Orienteering and a member of one of its southern regional associations: SCOA, SEOA or SWOA. Furthermore, trophies and other prizes (mementos) are only awarded to competitors in the highest category (Elite, Long or A) of each Age Class, which are the following:

Elite courses: M/W18E, M/W20E, M/W21E **Long courses:** M/W35L – M/W80L, W85 – W95, M85 – M95

A courses: M/W10A – M/W16A

If you are a current Trophy holder, can you please ensure it is returned to Enquiries (on either day), so that it can be re-awarded.

Prize Giving

Southern Championship results (top 3) will be announced and prizes awarded at around 1:45pm opposite the Download tent.

Running up

- M class competitors can only run up to M class courses.
- W class competitors may run up to W or M class courses.
- Competitors in age classes from 10 to 18 may run up to an older age class.
- Competitors in age classes from 35 to 90 may run up to a younger age class.

The British Orienteering Trans policy applies.

When you run up you are not competing in your 'own' age class.

SCOA Championships

This event is also the SCOA Long Distance Championships for club members who are affiliated to British Orienteering through the SCOA Region. To avoid confusion with the Southern Champs, medals will be awarded to the winners at a future SCOA League event.

Dogs

On leads in the assembly area only. They are not permitted out on the courses and please make sure you clear up after them.

Medical Conditions

If a competitor has any medical conditions that First Aid/Ambulance would need to know about, please complete the form found here - https://www.britishorienteering.org.uk/organiser_library (called medical form under 'Safety Resources'), seal it in an envelope and leave it with Enquiries. It can be collected again after the competitor has downloaded. There will be paper copies available to complete and leave at Enquiries.

Accidents

First aid provided by Face 2 Face who will be in the forest, close to the Finish.

Accident and Emergency unit:

A&E Frimley Park Hospital, Portsmouth Road, Camberley, GU16 7UJ 01276 604 604

There is also a nearby Urgent Care Centre - Brants Bridge, Bracknell, RG12 9TR - 2.7 miles from the Lookout.

Safeguarding/Child Protection

Competitors are permitted to carry a mobile phone for use in an emergency and children and vulnerable adults are encouraged to do so.

If you are shadowed, or shadow before your own run, please declare yourself non-competitive at Download. (Note that an entry does not provide an extra map for a shadower). Shadowing of any competitor on a Championship course is not permitted.

Complaints and Protests

Please first discuss any complaint with the Organiser. Should the complaint not be resolved, then please put the complaint in written form (forms available at Download) and the Organiser will refer the matter to the Jury.

Officials

Planner: Craig Blackwood (BADO)

Organiser: Simon Moore (BKO)

Email: events@bko.org.uk

Controller: Paul Fox (SN)

Thanks

Berkshire Orienteers would like to thank Crown Estates for permitting us to hold this event in the forest, Bracknell Forest Council and the staff from the Lookout for permitting us to put Assembly in the Lookout Car Park and to use their facilities. Further thanks to Bracknell Town Council for agreeing for us to use a variety of their car parks.