

# Orienteering Competitions within SEOA

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## Introduction:

As a result of the 2010 AGM the British Orienteering event structure now consists of four levels:

Level D – Local events – put on by clubs for a predominantly local audience

Level C – Regional events – put on by clubs for an intended regional audience

Level B – Higher quality regional events - aimed at competitors from even further afield

Level A – British championships, JK, area championships, CSC final

Ranking points are available at both Level C and Level B events, although the minimum quality criteria that events will need to meet are higher for Level B events.

Level B events are co-ordinated by the National Fixtures committee who ensure that these standards are met and will prevent two Level B events taking place too close together on the same day.

Level C events are overseen by SEOA and all events that host an SEOA competition should be at least Level C.

SEOA currently oversees the following competitions

SE League – an interclub competition based on the old regional type events

SE Galoppen – an individual league based on the same events as above

SE Sprint Championships

SE Middle Championships

SE Long Distance Championships

SE Night Championships

SE Score Championships

SE Relay Championships

The following regional competitions are run by clubs/individuals

Frolics

Kent Night Cup

SE Veterans Championships

SE Family Competition

The Peter Burt Trophy

Other clubs award particular trophies etc usually based on individual events eg

SN Trophy

SAXONS senior and junior shields

OK Nuts Trophies

OO Trophies

## **The structure of SEOA competitions.**

The latter two categories of competitions are not with SEOA's remit but clubs are encouraged to continue running them.

The eight SEOA competitions will be overseen by the association and clubs wishing to host these competitions at their events should be expected to sign up to certain quality criteria. Below the criteria to be applied to each competition.

### Criteria to be applied to all events hosting an SEOA competition:

- i) be registered at Level C or Level B
- ii) use terrain acceptable to SEOA
- iii) apply a 12 month embargo to the area being used
- iv) appoint an external grade 2 controller where ever possible
- v) provide suitable facilities eg toilets, on the day results display
- vi) provide the courses specified in the accompanying guidelines
- vii) follow the guidance given in the accompanying guidelines

### Awarding of medals

A consistent policy of awarding medals will be adopted for all SE Championships. This policy has been agreed as:

Competitors will be only be eligible for a medal in the age class category that they entered. For example if M45 and M50 (say) share the same course and the winner is an M50 then they shall win only the M50 gold medal. The highest placed M45 shall win the M45 gold medal even if they are beaten by many M50s.

If a competitor runs a course other than that recommended for their age class then they shall still be eligible for a medal assuming that their is an appropriate class associated with the course being run. Where there are several possible classes then they shall automatically entered into the closest class to their actual age class. For example if an W18 runs a course above that designated for W18 but does host the W20 and W21 classes then that competitor shall automatically be deemed to be entering the W20 class.

If a competitor wants to run up to a particular class then they must inform the organiser of this before the event. For example in the above situation then the W18 would have to inform the organiser if they wanted to compete for the W21 championship.

Eligibility for medals should be made clear in the event details.

## South East Galoppen

The South-East Galoppen is an individual Galoppen competition for individuals affiliated to the SEOA. Like the South-East League. It takes place over the same events as the SE League but runs over a calendar year.

Events that are part of the SE Galoppen should offer the following courses

Black  
Brown  
Short Brown  
Blue  
Short Blue  
Green  
Short Green  
Light Green  
Orange  
Yellow  
White

There is a separate competition for each course. The first member of a SEOA club on each course at each event gets 100 points, then second 99 points, and so on. An individual's final league score is based on their best scores from a proportion of the number of events in the league. This proportion is shown below.

12 events – best 7 to score  
11 events – best 6 to score  
10 events – best 6 to score  
9 events – best 5 to score  
8 events – best 5 to score  
7 events – best 4 to score  
6 events – best 4 to score

At the end of the season certificates will be awarded to the top three male and top three female competitors on each colour. Note that these awards are not age dependent since the assumption is that competitors will choose a course based on ability.

If for whatever reason a particular course is not offered, or is voided, at a particular event then the proportion of scoring events will refer to those events at which results from that particular course are available. For example if there were 11 events but only 9 black courses then the best 5 scores will count for the purposes of calculating the black course winners.

## SE League

The South-East League is an annual competition between the member clubs of the SEOA. It runs over each autumn/winter/spring season. The league is based on events approved by SEOA - each event should have the following courses

Course	Men	Women
Black	M21	
Brown	M35 M40	
Short Brown	M18 M20 M45 M50	W21
Blue	M16 M55 M60	W18, W20, W35 W40
Short Blue	M65	W45 W50
Green	M70	W16 W55 W60
Short Green	M75 M80	W65 W70 W75 W80
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10
White		

Individual orienteers score points for their runs. There are separate target speeds for each age class as shown in the table below. These are set with the intention that a top standard competitor having a good run on an average SE area should score 100 points. Slower runs score proportionately less points, until a run at half the target speed scores the minimum 1 point. Competitors can run any course they want but those that run “down” from the course recommended for their age class will only score a proportion of the points available had they run the recommended course or a higher one. This proportion is as follows;

Running down 1 course 75%, 2 courses 50%, 3 courses 25%, 4 or more courses 1 point only

**Target times and scoring: Below are the mins/km target rates for each age group.**

Age group	mins/km	Age group	mins/km	Age group	mins/km	Age group	mins/km
M 10	8	M 40	6¾	W 10	8½	W 40	8¾
M 12	7¾	M 45	7¼	W 12	8¾	W 45	9¼
M 14	7½	M 50	7½	W 14	8¾	W 50	9¾
M 16	7	M 55	8	W 16	8½	W 55	10½
M 18	6¾	M 60	8¾	W 18	8¼	W 60	11¾
M 20	6½	M 65	9½	W 20	8	W 65	12¾
M 21	6	M 70	10½	W 21	7½	W 70	14
M 35	6½	M 75	11½	W 35	8¼	W 75	15¼
		M 80	13			W 80	17

The scores for each competitor from a given club are then added together to give a score for each club. The clubs are then ranked by score and SE League points are awarded as follows. 20 points for the top club, then 18,16,14,12,10,9,8,7,6,5,4,3,2,1 points respectively for the following clubs. At the end of the season, the club with most points is the winner. For 2011 the league will be split into 2 leagues with the scoring being 7, 6, 5, 4, 3, 2, 1 for each league. Two clubs will be relegated / promoted each season.

Anyone completing any course at any South-East League event scores at least one point. Runs on the string course and any novice courses score one point, non-running helpers are awarded points based on average scores from the previous season.

### Scoring Algorithm (if you want to calculate your own score)

Multiply the distance of your course by the target rate above to give your target time. For each 1% more than this target time you take you lose 1 point (down to a minimum of 1 point) from the 100 points that you would get for achieving this target time. Similarly for each 1% faster you go you gain 1 point.

## The South East Relays

This is an annual event, normally staged over the summer. Only SEOA-registered clubs are eligible for trophies although (non-competitive) entries from non-SEOA clubs should be encouraged. Each member of a club team must have that club as their first claim club even though that member may not themselves be an SEOA member (eg some SN members belong to SCOA, however since SN are affiliated to SEOA then SN teams are eligible to compete).

Class	Start Time	Lap1	Lap2	Lap3
Open / Women Open	10:30	Short Blue	Green	Short Blue
Junior	10:35	Yellow	Orange	Yellow
Handicap	10:40	Short Blue*	Green*	Orange*

\* Lap order varies between team

Handicap team score must be no more than 46 according to table below  
Junior M/W18 or less and team score no more than 35

	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75
M	8	10	12	14	16	18	20	19	18	16	15	14	13	12	11	10
W	8	9	10	11	12	13	15	13	12	11	10	9	8	7	6	5

Typically two short blue courses would be planned along with one of green, yellow and orange. If a large junior entry is anticipated then two yellow courses could be planned. Each team in a given class would have to run the same courses.

The above timings are for guidance, although it is not recommended that the junior class are set off first.

## The SEOA Score Championships

An annual score event at which individual members' points are used to score an inter-club competition. Each club gets the aggregate points of its top twelve individual scorers from different age classes. The different classes requirement stops the competition being dominated by the younger adult males, and for most clubs means that almost all their younger, older, or female members have a significant chance of contributing to the club score.

The rules provide for automatic running-up, which means that club captains do have to worry about picking team or asking people to run up an age class. Instead, the organiser will, after the event, identify the team of twelve people, with running-up, that gives each club the best score.

For example, if a club has two M40 runners who are both expected to outscore all their M35s, without automatic running-up, the club captain would have to ask one of the M40s to enter as M35. With automatic running-up, he doesn't have to worry, and if both M40s do beat the M35s, then it will be the two M40 scores that count.

Only SEOA-registered clubs are eligible for the championship although (non-competitive) entries from non-SEOA clubs should be encouraged. Each member of a club team must have that club as their first claim club even though that member may not themselves be an SEOA member (eg some SN members belong to SCOA, however since SN are affiliated to SEOA then SN teams are eligible to compete).

### The rules

- Everybody runs a score course in the normal way ie score as many points as you can within the 60 minute time limit. The club with the highest total score wins.
- A club's best 12 runners' scores count towards the club total, subject to the following restriction:  
Only one scorer can count from any particular age/gender class.  
Example - if a club's two best scorers are M21s, the second one can not count in the club's total.  
"Running up" applies automatically, in relation to both age class and gender.  
Enter as your real age class and gender.  
Example - if the two best scorers are M35s, the 1st counts as M35, the 2nd as M21; if the 3rd best scorer is an M21, he can not count.  
Example - if the three best scorers are W35s they can score as W35, W21, M35 or M21 depending on the age class of the following scorer. If the fourth runner is a W21, M21 or M35 between them they can fill the above four scoring classes.
- This is a 60 minute score event, however W/M16 and younger and W/M60 and older can opt to run for 40 minutes and will have their scores multiplied by 1.5.
- The choice of 40 or 60 minutes must be made by the individual at registration and cannot be changed later.
- Runners in other age classes who finish inside 60 minutes will not have their scores adjusted.
- Any penalty points accrued, eg through being late back, will be included in both an individual's and the team score
- Clubs organising the SE Score are free to allocate different points to individual controls as they see fit and to impose suitable penalties.

## South East Sprint Championships

The South East Sprint Championships is a two round event for SEOA members. Non-SEOA runners should be encouraged to enter but are not eligible for medals.

Ten competitive classes are offered

MYel - A yellow standard course for M12 or younger competitors

WYel - As above but for W12 or younger competitors

MJun - A sprint race for M14 and M16 competitors

WJun - As above but for W14 and W16 competitors

MOpen - A sprint race for M18-M40 competitors

WOpen - As above but for W18-W40 competitors

MVet - A sprint race for M45-M55 competitors

WVet - As above but for W45-W55 competitors

MSVet - A sprint race for M60+ competitors

WSVet - As above but for W60+ competitors

Despite some classes being combined on the same course competitors are only eligible for a medal in the class that they entered. Thus in the example below an M45 in MVet could not win the MOpen.

Course	Classes
1	MJun, MOpen, MVet WOpen
2	WJun, WVet, WSVet, MSVet
3 (Yellow)	MYel, WYel

Course 2 has to cater for the superveteran classes and so should be significantly shorter (approximately 66%) than Course 1. If high entry numbers are anticipated then additional courses can be planned and the above classes split between the courses in a sensible manner. Ideally the start time window for each round should be around 60 minutes and should certainly not exceed 90 minutes.

In the second round competitors start in reverse order of their position in the first race i.e. the fastest start last. Competitors who were disqualified or did not finish the first round start first in the second round. Round 2 is not a chasing start – all competitors start at minute intervals. The organisers should treat requests for an early start in round 2 – eg to allow both parents to run – sympathetically. Adjustments to the second round starting time however should be to start that runner earlier, rather than later, than their official start time.

Medals shall be awarded to the top three SEOA runners in each of the above ten classes.

## South East Middle Distance Championships

The South East Middle Distance Championships is an event for SEOA members. Non-SEOA runners should be encouraged to enter but are not eligible for medals.

The following courses and class combinations are recommended

Course	Age Classes
Black	M18 M20-M40
Brown	M16 M45/M50 W18 W20-W40
Blue	M55/M60 W16 W45/W50
Green	M65+ W55/W60 W65+
Light Green	M14 W14
Orange	M12 W12
Yellow	M10 W10
White	

Medals to be awarded to the first three SEOA members in each of the following age groups:  
M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+

Although there are no championships on offer on the white, this course should still be offered to cater for inexperienced juniors in particular.

## South East Night Championships

The South East Night Championships is an event for SEOA members. Non-SEOA runners should be encouraged to enter but are not eligible for medals.

The following courses are recommended

Course	Men	Women
1	M20-M40, M45/M50	
2	M18, M55/M60	W20-W40, W45/W50
3	M16, M65+	W16, W18, W55/W60, W65+

Medals to be awarded to the first three SEOA members in each of the following age groups:  
M/W 16, 18, 20-40, 45-50, 55-60, 65+

## South East Long Distance Championships

The South East Long Distance Championships is an event for SEOA members. Non-SEOA runners should be encouraged to enter but are not eligible for medals. The Long Distance Championship will usually be associated with a SE League/Galoppen event and the following courses are recommended

<b>Course</b>	<b>Men</b>	<b>Women</b>
Black	M21	
Brown	M35 M40	
Short Brown	M18 M20 M45 M50	W21
Blue	M16 M55 M60	W18 W20 W35 W40
Short Blue	M65	W45 W50
Green	M70	W16 W55 W60
Short Green	M75 M80	W65 W70 W75 W80
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10
White		