

Armchair Course Planning Challenge

On the latest Wendover Woods map, using the preselected Start (S fence corner), Finish and last control (crossing point) you are to plan a **British Long Distance Championship M21E Course**.

The challenge is entirely a desk bound exercise. You are not expected to visit the area. Indeed, you are specifically instructed not to do so in order to comply with the current Government travel restrictions.

Please download free Purplepen software from their website (purplepen.golde.org) to prepare your course.

The 2017 British Middle Distance Championships M21E was won in 33.21 for 5.7km with 240m climb

The EWT for M21E Long is 90-100 min. Use of a double-sided map or map exchange is permitted/expected.

Reference to British Orienteering Competition Rule A should be made and to Rules of Orienteering Appendix B Section 8.3 for long distance 'Planning Philosophy'.

The Finish is in the same field as for the 2017 British Middle Distance Championships to simulated realism that might be expected for a British Long Distance Championships, i.e., a 'grandstand' spectator-friendly arena.

The whole of the map, where not shown OOB, is available including, on this occasion, the tarmac internal access road, the Go Ape Area in the centre, and the Forestry England complex in the far north, with associated buildings, fences etc. available for control sites.

The darkest solid green is indeed 'fight'; mostly box, holly or rhododendron thickets, which, where surrounded by 'white' forest, provide good clear control sites, as do small medium green (walk) thickets in 'white' forest. 'White' forest is very runnable throughout, and the scarp slopes, though very steep in places, are everywhere easily traversable up, down and across by M21E runners.

NB remember to set the scale to 1:10000 in the pdf file.

Mark Thompson and Peter Riches (Planners of the 2017 Middle Champs) have kindly agreed to judge the competition. They acknowledge the inevitability of some degree of subjectivity in these matters, but on this occasion their decision will be final.

Please email your course to Mark mark@tvoc.org.uk in PPEN labelled with your name in the file title.

Entries close at **midnight Sunday 24th May 2020**.