

Deeside Night Series: A Maroc/GRAMP joint series of Night Orienteering Events

Notes for MAROC planner/organisers: Series 2022/23



Please consult the Maroc Organisers and Planners Manuals 2022 for a general overview of Organising and Planning requirements.

Courses

Each event has 2 courses:

Deeside Night Cup (Long) – 5km approx.

Mini Night Cup (Short) – 3km approx.

Both should be as technically challenging as possible with no concessions to darkness.

Over previous seasons the course averages have been:

Long: 4.9km, 150m climb Average winning time: 38 minutes.

Short: 3.2km, 100m climb Average winning time: 35 minutes.

A good guide to balancing course length with climb is to use the ratio of 100m climb equivalent to 1km course length. Roughness of terrain may also be a factor so it's a good idea to check previous night results from the area as an indicator.

Don't make the courses too long such that a late starter is unlikely to complete the course before the 8pm cut-off.

The planning format can be anything, but it's worth considering a course lay-out that keeps the competition area smaller. This saves time in hanging and collecting controls and reduces the potential search area for missing runners.

Principles for running the event

- Starts -1800 - 1900 (earlier or later at planner's discretion, light may be a factor in February).
- Courses Close at 2000.
- Cost: £5.00 senior, £2.50 junior and full-time student. £1.00 SI Card hire.
- Entry on the night by 'punch' of SI card. Hire SI cards to be available.

- Payment on the night by card and/or cash, dependent on mobile coverage. Check with Paul Chapman for use of 'Square' system.
- Registration can be either from inside a car or from a table.
- Maps and hire SI-Cards handed out at registration.
- The Organiser must remind runners to 'Clear' their SI-Cards. A 'Clear' unit must be prominent either at the start or leaving the car park.
- Download back at Registration where 'splits' can be printed.
- By default, the events will be contact punching, touch-free at Organiser's discretion but this involves waking the controls immediately before the event. A 'Check' SI Unit must be used after 'Clear' if touch-free is being used.

Equipment to run the event

From SI Kit Holder (Alan Bennett) collect:

Maroc Laptop

Hire SI-Cards

SI Units: Controls, Clear, Start, Finish, Download Unit (Alan will have time-synced the SI-Units and cleared back-up memories)

Splits printer

From Maroc Shed collect:

Stakes for all SI Units; reflectors for the controls, the start, the finish and for route guidance to Start/Download; one or two kites to signpost the car park; Optional: table for maps, weather-proof clip board.



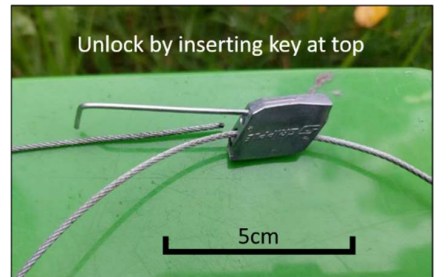
Planning files to set up event:

.xml export of courses from Condes10, .ocad file of map.

Special Requirements for Urban Events

This is the first year that Urban Events have been included in the DNC series. Full details about planning and organising Urban Events can be found in British Orienteering's 'Rules of Orienteering' Appendix B, Section 11. (On BO website).

- Be aware of runner safety, particularly blind corners and fast-moving traffic.
- If runners are likely to cross roads with 'significant traffic' (speeds likely to be in excess of 20mph) juniors under 16 will need to be accompanied by an adult. Make this clear in the event details.
- Theft of SI Units is a potential threat. Attach the units to street furniture using metal 'gripples' that can be found in the club shed. Don't lose the keys! There are also two trestles that can be used.
- Slightly longer courses (5.5 to 6.0km and 3.5 to 4.0km) will be best but this may be restricted by the size of the area and the A3 print size. Courses will be Technical Difficulty 3.
- Seek permission if runners are likely to enter schools, hotels or local authority land, particularly if controls are situated within them.
- Try to incorporate any forest areas if present on the map.



Organiser's workflow

Before the event

- Plan the courses in Condes
- Complete the Risk Assessment, including getting it signed.
- Consult with Alan Bennett (computing@marocscotland.org.uk) if help is required with SiTiming. Help videos are available on the website with the Planners and Organisers Manuals.
- Create the event in SiTiming.
- Import .xml courses file from Condes.
- Identify who will be posting results. Contact Andy Tivendale (see below) and someone who can post web results; Roger, Sue, Nick for example.

At the event

- Confirm every runner's SI-Card number
- Take payment

- You may wish to keep a paper record of who starts and finishes.
- Ensure that everyone has finished.

After the event:

- Resolve any issues and generate HTML results file.
- It may be appropriate to collect controls the next day, particularly in remote forests, but for urban events and controls on paths frequented by the public they may be better collected on the night.

Results

Send HTML results to whoever you have identified as available to post results to the website.

Send a .csv file of results and the .ocad file to Andy Tivendale (andy.tivendale@gmail.com) for upload to BOF and Routegadget.

Results should be on the website by early the next day.

SI Control Codes:

101 to 160 inclusive. Always check with Computing Officer that your selected numbers are current.

Please spread the battery life of the controls by not always using the lowest numbers.

There are plenty of reflectors available. Please bear in mind that some will be required for the Start, the Finish and for way-marking (to Start, Finish and Parking).

Map and Planning Consistency

For any minor map corrections that affect the planned courses e.g. new/removed paths, fences, towers etc., produce an updated sketch of the map and send with photo(s) to Jon (jon@big-jon.scot) with at least two weeks' notice and he will make the changes. Use this updated map and ensure that make sure that Andy Tivendale and Caz (Mapping Officer) have this updated file.

Remember to give a control description for the Start feature. Place a reflector on the Start stake.

Ensure that course climb is included in the course details and control descriptions.

Place the Finish, with a reflector on a very prominent feature like a path.

Make the final leg to the Finish as short and as easy to navigate as possible.

Avoid having the Start and Finish so close together that Competitors interfere with each other or accidentally punch the wrong SI-Unit.

Map Printing

Please try to keep the map print area to A4 to reduce costs. Best to order the maps a week in advance and ask for the printing cost to be charged to the Maroc account. The printer is:

David Ritchie, david@a4inverness.com

A4 Design & Print Ltd, Inverness.

He will need the Condes event file and the Ocad map file.

Map print numbers

The number of ordered maps is at the discretion of the organiser but 20 Long and 30 Short might be a good starting point but always check recent results for calibration.

Data for Maroc events over the past five series:

	2017/18	2018/19	2019/20	2020/21	2021/22
Long					
Average no. of runners	13	12	9	17	17
Range	11 - 19	8 - 17	7 - 12	10 - 22	14 - 22
Short					
Average no. of runners	27	25	22	28	23
Range	20 - 33	18 - 31	18 - 27	21 - 33	20 - 30

Final Details

Send final details of the event in the standard website format to Roger, Nick or Sue at least a week before the event including:

- Location of parking and Registration with directions and distance to the Start
- Course lengths and climb
- Safety any other pertinent information relating to the event/area

Any additional information in the lead-up to the event can be posting on the DNC Blog, run by Rachel Scott (flump@care4free.net).

Safety

Planners are strongly advised to identify a ‘buddy’ with a separate car who can wait at the event until the last competitor has finished in case a search or assistance is required.

A standard risk assessment must be completed for the event and countersigned by a club member with night planning/organising experience.

Planner must have a first aid kit, mobile phone and the club ‘Grab Bag’ with sleeping bag, extra torches and warm clothing available in their car (never yet used in anger during over 20 years of DNC). If weather is bad, the planner can insist that competitors carry a cagoule.

The Planner’s mobile number and the course closing time must be printed on the competition map.

Participants MUST carry a spare torch. Participants need to be reminded of the sensible precautions like taking a whistle, adequate clothing and cutting short if running too late.

DNC emergency plan

A competitor who encounters an injured competitor **MUST** stop and offer help. If asked for help they must stop and, if need be, give up their run.

On hearing of a competitor injured in the forest the organiser will gather as much information as possible about location, injury, state of person etc.

The organiser will gather at least 2 competent orienteers and send them with dry, warm clothing and a first aid kit to the injured person.

The organiser will decide whether the injured person can be evacuated by orienteers or if mountain rescue need to be called.

If self-evacuation is possible the injured person will be taken out of the forest and a report made on an incident form.

If further assistance is needed, call 999 and ask for mountain rescue and then police. Give GR of car park and wait for them to arrive.

If a competitor is overtime, then organiser shall ask a competitor to check the last few controls for the missing person. If they still do not turn up, then the organiser shall phone the mountain rescue & police. Give GR of carpark and wait for them to arrive.

Once mountain rescue and police have arrived give as much info as possible - competitor name, age, experience, copy of course, any sightings of them by other competitors. Offer advice when asked for it.

Jon Musgrave, Nick Hale, Alan Bennett, Trevor Ricketts

September 2022