

JEC 2010, Scotland

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## Bulletin 3

# JEC 2010

## Scotland



celebrating  
**Fife**  
**2010**  
Discover a hidden gem



Junior European Cup 2010  
24-26 September  
Scotland

# JEC 2010, Scotland

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## Organiser

Members of Scottish & British Orienteering. Special thanks to members of Edinburgh Southern Orienteering Club and Forth Valley Orienteers. Lead Organiser Jason Inman +44 (0) 7967 976059.

Website: [www.jec2010.co.uk](http://www.jec2010.co.uk) email: [info@jec2010.co.uk](mailto:info@jec2010.co.uk)

## Thank You

Thank you to the Forestry Commission Scotland who have given us permission to use Faskally and Tentsmuir Forests and to St Andrews University for allowing us to use their University grounds (a brand new area to orienteering). Thanks also to Fife Council who are [Celebrating Fife 2010](#) and have financially supported the staging of this Junior European Cup, Scotland.

## Venue

[Central Scotland](#) There is a lot of history to the area and many tourist interests – Shakespeare's Macbeth (Birnam Wood is near the Relay), St Andrews (home of golf) and the Fife Council area are [Celebrating Fife 2010](#)

## Accommodation

All entered teams will be accommodated at the Scottish Outdoor Education Centre, Belmont near Meigle, Tayside. <http://www.soec.org.uk/Pages/Belmont.asp>

Teams will be accommodated in units which will consist of 3-6 bedded rooms with toilets and showers in the same block or very close by. Bedding will be provided, please bring towels. The accommodation is basic but adequate (do not expect hotels☺). Each Team should also be able to find a suitable meeting/chill-out area close to their block. Any problems with the accommodation please report to the site manager – Angus Paterson (very nice man).

## Catering

Breakfasts and evening meals will be provided at the accommodation at a central dining hall. Please adhere to the eating times given on the programme. On the Friday and Saturday evenings we may delay when some teams come to dinner to avoid a stampede. Packed lunches for each day must be collected at breakfast by Team Leaders.

We will do our best to cater for "special" requests such as vegetarians. We will also try to ensure an adequate supply of food and carbohydrates for hungry athletes. However, this centre is used to catering for younger people – it is advised that teams bring their own back-up supplies of late evening snacks and pre and post race snacks to ensure athletes are properly catered for.

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## Programme

Friday 24 September 2010 (4PM)	Sprint, St Andrews, Fife
Saturday 25 September 2010 (11AM)	Relay, Faskally, Pitlochry
Sunday 26 September 2010 (10AM)	Long Distance, Tentsmuir, Fife

There is an accompanying race on the Sunday alongside the Long Distance – details can be found on the [ESOC](#) webpage.

## Categories

The Junior European Cup is open to national teams of competitors not older than 20 years of age on 31 December 2010.

Sprint Classes: W18, M18, W20, M20 (max 6 competitors per nation in each class)

Relay Classes: Women, Men (max 4 relay teams per nation in each class)

Long Distance: W18, M18, W20, M20 (max 6 competitors per nation in each class)

## National Team Scoring

There will be a National Team score based on the results of all three competitions according to:

Sprint & Long Distance: The two best results from each nation and class will be counted. If any nation only fields one or no runner in any class then the non-existent starts will be counted by taking the maximum number of points (total number of starters in that class) + 1.

Relay: The highest placed team for each nation in each class will be counted and its position will be multiplied by 6.

The National Team with the lowest sum after the three competitions will win the National Team results and will be crowned Junior European Cup Team Champions 2010.

## Schedule

<b>Thursday 23/09/10</b>	10am - 5pm	Training available at Devilla Forest, Kincardine
	4pm-10pm	Check-in at Accommodation, Belmont Centre, Meikle
	7pm – 8pm	Dinner
	8.30pm	Team Leader Meeting (minimal info)

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<b>Friday 24/09/10</b>	8:00am	Breakfast, collect packed lunches for your team
	9-10am	Competition Office open, Belmont centre
	9am – 2pm	Training available at Devilla Forest, Kincardine
	9am – 2pm	Training available at Belmont Centre, Meigle
	2pm-6pm	Competition Office open at Sprint event, St Andrews
	4pm	First Start at Sprint race – M/W 18s, then M/W20s
	6:30pm	Competition Office open at Belmont Centre
	7pm-8pm	Dinner at Belmont Centre, Meigle
	8:00-8:30pm	Team Leader Meeting, Belmont Centre (all teams)
8:30pm	Prize Giving Ceremony for Sprint Distance, Belmont Centre	
<b>Saturday 25/09/10</b>	7am – 8am	Breakfast available, collect packed lunches for your team
	9:30am	Competition Office open at Relay event, Faskally
	11am	Mass Start of Men's Relay, Faskally
	11:15am	Mass Start of Women's Relay, Faskally
	2pm	Competition Office closes at Relay event, Faskally
	PM	Free time for teams – why not be tourists?
	5 - 6pm	Competition Office open at Belmont, Meigle
	6pm-7pm	Dinner at Belmont Centre, Meigle
	7pm-7:30pm	Team Leader Meeting, Belmont Centre
8pm	Prize Giving Ceremony for Relays, Belmont Centre	
8:30 – 11pm	Disco for athletes, Reception for Team staff/helpers	
<b>Sunday 26/09/10</b>	7-8am	Breakfast available, collect packed lunches for your team
	9am	Competition Centre open at Long Distance, Tentsmuir
	9:30am	Belmont Centre rooms to be cleaned and vacated
	10am	First Starts at Long Distance event, Tentsmuir
	1pm	Prize Giving for Long and Team Event, Tentsmuir
	2pm	Teams depart

### Embargoed areas

The forests of Tentsmuir and Faskally are embargoed for orienteering activities. The map at St Andrews is brand new, access to the University is forbidden but you are allowed to wander through the town area.

### Electronic Punching System

SportIdent system will be used in all JEC 2010 races. Please ensure your team bring their own SI cards. A very limited number of SI cards can be hired on request (please state in your final entry).

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## **Fairness**

This competition is not JWOC but we would like to keep all the races as fair as possible. Please do not bring any old maps of the areas to the competition areas, do not show your map to runners who haven't started, do not use any communication devices at the pre-start areas and please do not go to the pre-start area after finishing your run. We expect Team Leaders and staff to police such things and ensure the competition is as fair as possible.

## **Clothing**

Please abide by IOF rules (long trousers for Relay and Long). The use of Dobbs or spikes is forbidden at the Sprint only.

## **Ticks**

Athletes may well encounter ticks during the forest competitions. Please do an all-body check after your race and deal with them appropriately.

## **Weather**

As the famous comedian Billy Connolly said, "Scotland has only two seasons, June and Winter" Please come expecting wind, rain, snow, midges, tourists and haggis. For a more accurate prediction, nearer the time, please refer to the [Met Office website](#)

## **Team Tents**

We strongly recommend that each nation brings a team tent with them and erects it at the Assembly area for each competition. There will be ample space for teams to erect their team tents which can be used for athletes before they jog to the start and for athletes returning from the finish.

**There will be very limited shelter for teams with no team tent.**

## **Insurance**

Participation for staff and athletes at the Junior European Cup 2010 is at your own risk. Each National Team is responsible for their own valid insurance for travel, medical cover, etc.

## **Team Leaders & Team Leader Meetings**

Each National team is expected to nominate a Team Leader who shall be present at meetings and be the main contact for the organising staff. Team Leader meetings will be held at a suitable venue at the Belmont Centre (details on arrival). It is presumed that not all teams will be present until the Friday evening and so all details regarding the Sprint event will be emailed

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out in advance and posted on the website. Final kit (e.g. bibs) can be collected at the Sprint event site (not at the accommodation) for those teams not arriving on the Thursday evening.

## Transport

The organisers cannot provide any transport for any part of JEC 2010. Please arrange your own flights and travel to JEC. Many car hire company links can be found at the appropriate airport website.

The nearest airport is Edinburgh – 80 minutes from the accommodation and 70 minutes from the Sprint.

Glasgow International is 2 hours from the accommodation and 1:45 from the Sprint.

Glasgow Prestwick is 2:30 from the accommodation and 2:15 from the sprint.

Allow for these travelling times, plus vehicle drop-off and check-in times when booking your return flights – it is advisable to not book flights leaving Edinburgh (for example) before 16:00.

## Costs

Competitor: £150

Team Official: £130

Includes entries to all 3 competitions, maps, accommodation, meals from Friday 24 September dinner to packed lunch on Sunday 26 September. There will be no reduction for later arrivals.

Teams arriving on the Thursday afternoon can be provided accommodation (with evening meal, breakfast, packed lunch) and training maps for Thursday afternoon and Friday morning at an extra per head cost of £35 (staff and athletes).

## Final Entries and Final Payments

**Final and complete entries with full payment are to be received by Sunday 12<sup>th</sup> September** using the Final Entry form on the website and the electronic transfer of fees. Remember that entries are closed and only minor changes to your entry lists can be accepted. Remember that when entering athletes to start blocks you must have one athlete placed in the late, middle and early start blocks before you can place a 4<sup>th</sup> or further athlete into any block.

## Start Draws

The start draws for the Sprint and Long Distance will be made randomly, under the supervision of someone who we think isn't insane. It will take into account the team requests for early, middle and late start blocks and all 3 races start times and relay team information are hoped to be available in advance of the competition for Team Leaders to print off.

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## **Race Bibs**

There will be bib numbers for all three competitions. Bibs should not be folded or cut. Bibs for the sprint distance will be handed out at Thursday's team leader meeting or will be available at the event competition office on the Friday. Relay bibs and long distance bibs will be handed out at the Friday team leader meeting. Safety pins will be provided.

## **Maps**

Maps for all three races will be IOF ISSOM/ISOM standard and printed on waterproof paper, printed by Stirling Surveys. In the event of heavy rain you may wish to bring your own map bag for protection, these will not be provided by the organisers under their Green Policy.

## **Starts for the Sprint & Long Distance**

Call up will be at -3. At Zero it will be a timed start.

Late starters – if you miss your start time and it is not the fault of the organisers then you will start when the officials can accommodate you and your start time will be the original start time. If it is the fault of the organisers we will attempt to start you at a suitable time and offer a punching start.

Descriptions will be printed on your map in all races and will be available loose at the starts for the Sprint and Long distances. They will not be available prior to the events.

## **Relay Start**

Call up will be at -10 at which point you will need to clear and check your SI card. First leg runners will be directed to their maps and start line at an appropriate time. You will not be allowed to open your map until the start has been called. Second and Third leg runners will be handed their map by their incoming runner. You will need to anticipate their finish time (this is your responsibility) and have cleared and checked your SI card before entering the waiting area.

## **Finish**

Competitors must navigate from the last control to the finish. You must punch the SI unit at the finish to register your time. Competition maps may be collected in and you will be guided through the finish zone to collect your splits.

## **Clothing Return**

For all JEC competitions there will be no official clothing transfer from the finish. All clothing left at the starts must be recovered by a member of staff, or an athlete after all competitors have started.

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## Water/Refreshments

In accordance with our Green Policy there will be no refreshments at the finish areas. Teams are advised to bring plenty of water to each competition for post and pre-race refreshment. In the UK all tap water is regarded as safe to drink unless there are clear signs at the tap prohibiting you to drink it.

## Protests

Should there be any please make in writing as soon as possible and pass it to the JEC Organiser Jason Inman who will quickly form a Jury and endeavour to resolve the issue as soon as possible.

## Presentation Ceremonies

For the Sprint and Relay the ceremonies will take place, as timetabled, at the accommodation centre.

For the Long Distance the ceremony will take place at the competition site as soon as the results have been calculated and hopefully by 1pm.

Teams are required to bring up to three national flags (the organisers will have none) and a copy of a short version of their National Anthem on CD.

## Entry Status as of 16/09/10

	W18	W20	M18	M20	Officials
Denmark	4	3	4	3	5
GBR	6	6	6	6	6
Germany	1	0	0	3	2
SUI	5	4	6	3	4
Norway	6	6	6	6	4
Belgium	0	0	4	4	2
Austria	3	0	2	5	3
France	3	1	2	1	1
Russia	6	6	6	6	4
<b>TOTAL</b>	<b>34</b>	<b>26</b>	<b>36</b>	<b>37</b>	<b>31</b>



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## Location Map



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### **Training**

#### **Available all day Thursday**

For teams arriving on the Thursday and/or Friday, training is available at any time at Devilla Forest, Kincardine, Fife. One course of approximately 7km with a cut off of 5km will be on offer. Kites will be hung in the forest but no punching system. Team Leaders will be posted these maps in advance – please ensure you have provided a suitable address on the final entry form. Training is available from 10am to 5pm on Thursday and 9am to 1pm on Friday. Map Scale 1:10,000, 5m contour interval, a typically Scottish working forest. Please park in the car park at the side of the busy A985 (Grid Reference NS964870) where it's a short jog to the start/finish.

#### **Available Friday morning**

Simple training will also be on offer on Friday morning at the Accommodation site. The map of the Belmont Centre covers the grounds of the accommodation and neighbouring woodlands at a scale of 1:3,000, 5m contour interval, so suitable for sprint training. Map quality is average.

## Sprint Competition Information; Friday 24th September

### Directions

Allow at least 45 minutes from the Accommodation. Allow at least 90 minutes from Edinburgh airport (Forth Road Bridge traffic can cause delays). Take the A91 into St Andrews. Orienteering signs will show the way to parking from the first roundabout as you enter the town (just after the Old Course hotel and 18<sup>th</sup> hole). The competition overview map (below) should be all you need from here.

From the parking teams should make their way 400m to the Assembly Area/Registration Point next to the gym. Here there will be ample space for teams to erect their team tents which can be used for athletes before they jog to the start and for athletes returning from the finish. There will be very limited shelter for teams with no team tent. The gym facilities next to Assembly are available for use by teams; there are changing rooms (do not leave kit here), toilets, showers and drinking water.

**Planner** Clive Masson, ESOC **Controller** Ross McLennan, FVO **Organiser** Margaret Dagleish, ESOC

### Overview of the Sprint Competition



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## Start

Warming up must only take place en-route from the car parking to Assembly or from Assembly to the pre-Start. The route from Assembly to pre-Start is 600m. Competitors must not visit the finish or spectator areas before their start

## Starts for the Sprint

Call up will be at -3, at which point you will clear and check your SI card and an official will check your start bib, name and SI number. At -2 loose paper descriptions will be available. At -1 you will be shown the layout of the map boxes, and where to pick up your map. At Zero it will be a **timed start** and you will be free to collect your map and make your way to the start kite. It is an athlete's responsibility to check they have picked up the correct map.

## Finish

There will be the usual punch at the finish and download system, as with the Long. You will be asked to hand in your map whilst there are still athletes waiting to start. Finishing athletes must not go back to the pre-start area and should not discuss their course with any late starting team members. Warming down **MUST** only take place between the finish area and Assembly. Please do not warm down on the route to the start.

There is an opportunity for those who have finished and staff to view athletes mid-course from a spectator area between the Assembly and Finish. Those who haven't yet run should not visit the spectator area. There will also be room to watch athletes at the finish.

## Details of the Terrain

St Andrews University campus. A combination of sport centre grounds, university buildings and accommodation units providing a real mixture of fast, yet tricky sprint orienteering. Shorts are allowed but spikes and Dobbs are not. As a University campus St Andrews can be a busy place and you are advised to watch out for potential collisions with pedestrians/bikers/vehicles during your race, especially around the accommodation blocks, on minor road crossings and around the university buildings.

## Map

ISSOM map produced by Clive Masson, ESOC, Spring 2010 1:4,000 5m contour interval. Map size 40cm by 25cm.

## Controls

The flag will be hung normally with the top between 30 and 60cm from the ground but the SI unit may be fixed horizontally on a T bar or fixed to a post vertically. In each case the flag and

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SI unit will be no further than 30cm apart. The number of the control will be prominently displayed on a tape or board.

### Course Data

Class	Distance	Climb	Controls	Expected Winning Time
W18	2.1km	15	17	12
M18	2.5km	15	20	12
W20	2.3km	15	16	13
M20	2.7km	15	21	13



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## Relay Competition Information; Saturday 25<sup>th</sup> September

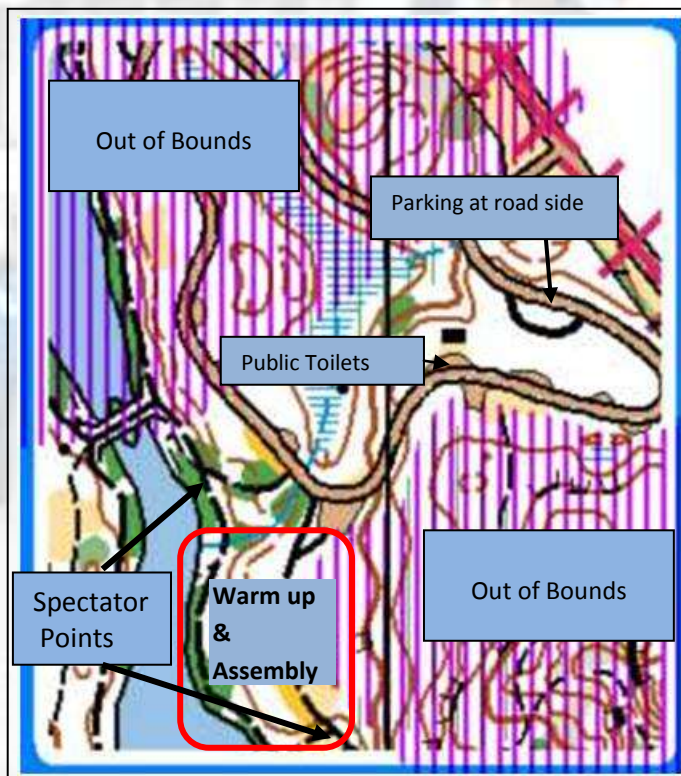
### Directions

From the event centre allow at least 45 minutes. We advise you to head for Blairgowrie and take the A93 north and then the A924 which will take you to Pitlochry. Avoid the A9 at Dunkeld (south of the event) – there is major car rally taking place and you will hit delays.

Do not join the A9 as you leave Pitlochry, you want the B8079/B8019 to Killiecrankie. The event will be signed off this road.

**Planner:** Fraser Purves, FVO   **Controller:** Trevor Hoey, FVO   **Organiser:** Roger Goddard, FVO

### Overview of the Relay Competition Centre



The event centre is based at Faskally Forest Commission car park. The car park is open to the general public and this is a popular place for walkers at the weekend. Please be aware of walkers in the assembly area as well on the courses.

Parking is close to the assembly area. Please follow instructions from parking officials.

The competition area is very close to the parking area, and will be marked with Out of Bounds signs. Warm up is restricted to the parking area and assembly.

There are public toilets at the parking and there will also be two portaloo toilets at the assembly area.

### Details of the Terrain

Faskally is a relatively compact area lying to the east of Loch Faskally. The terrain is a mixture of technical rocky terrain with numerous crags and detailed contours and less technical slopes; all with a detailed network of paths and tracks. Runability is generally fast but will be slower in areas of rock detail and some areas of thicker undergrowth and brashings.

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## Map

1:7500, 5m contours, surveyed by Stirling Surveys August 2002. Updated Dec 2009 and Jan 2010 by STAG orienteering club. Thanks to STAG for use of their map.

Because of the small size of the area, each leg is in two parts, one on the front of the map and one on the reverse. This will be clearly labelled on the map as 'Part 1' and 'Part 2'.

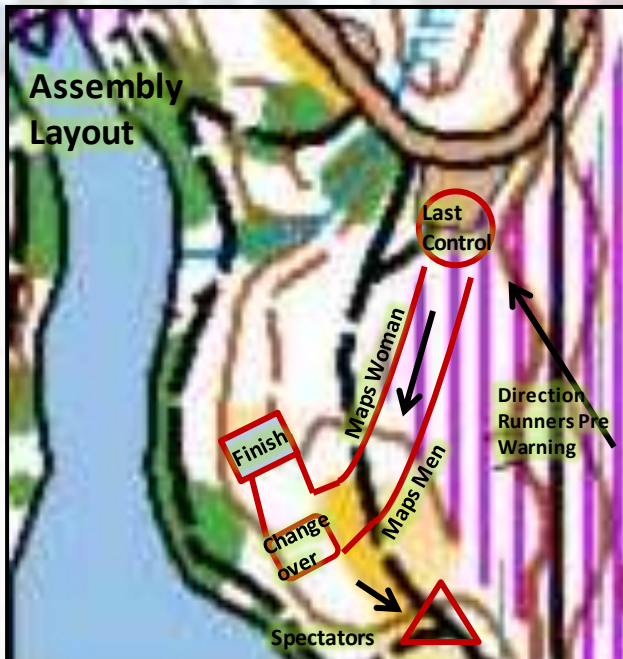
## Control Descriptions

Control descriptions will be on the map.

## Course Data

	Distance	Climb	Controls	Expected Winning Time
Women's Relay	3.9km	220m	20	30 minutes
Men's Relay	4.7km	265m	28	30 minutes

## Handover Procedure and Assembly Layout



Call up will be at -10 at which point you will need to clear and check your SI card. First leg runners will be directed to their maps and start line. Leg 1 runners will be issued a map and will move through into the mass start box.

You will not be allowed to open your map until the start has been called. Second and third leg runners will be handed their map by their incoming runner, collected from the map post.

Once incoming runners have handed over, they will then be timed by punching the finish control.

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Incoming runner's numbers will not be called. You will be able to watch them approaching the final control from the change-over pen and to anticipate their finish time. It is also your responsibility to have cleared and checked your SI card before entering the waiting area.

For last leg runners finishing places will be determined by order across the finish line just before the finish control. Please punch in order after crossing the finish line.

Team maps will set out in team number order with the Men's starting from 1 and Women's from 30 (to be confirmed).

Maps will be collected at the finish in team plastic bags.





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## Long Distance Competition Information; Sunday 26<sup>th</sup> September

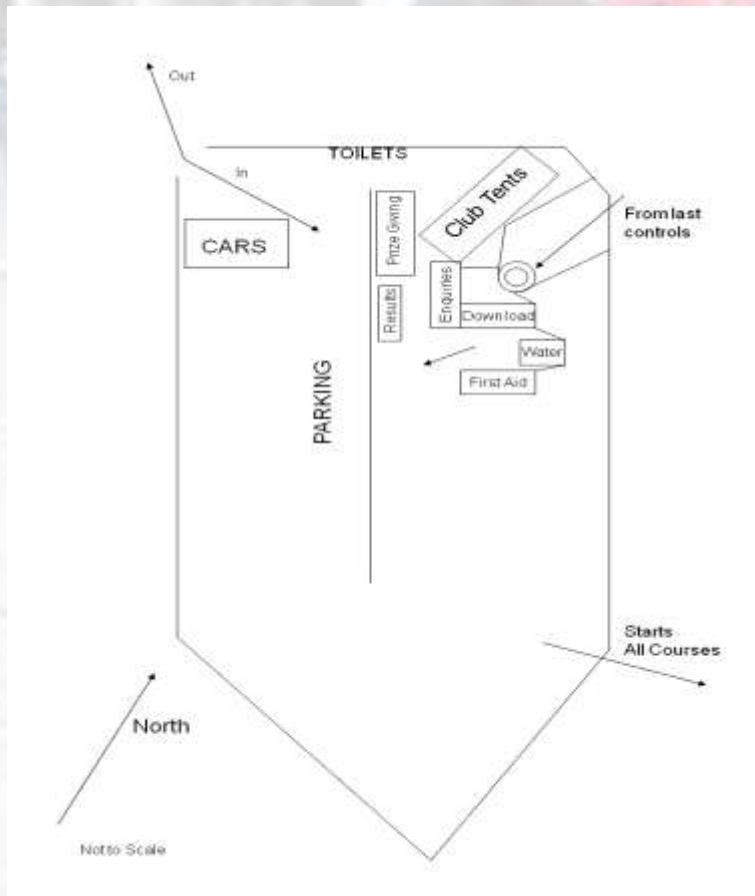
### Directions

OS Grid Reference (car park): NO 475265. From the Accommodation take the B854 to Dundee, head through or round Dundee and across the Tay Road Bridge then take a left on the B946 to Tayport. In Tayport turn left into Elizabeth Street following orienteering signs to Shanwell Farm. Through the farm, turn left into the assembly field, park as directed. Coaches park as directed on hard standing in the farm. The farm road is narrow; please take care, competitors on foot may be using part of the road. This is a residential area with narrow streets in places, please take care.

**NOTE:** On the day of the event there is the possibility of coming across moving farm vehicles. This may mean temporarily stopping competitor traffic **arriving and leaving**. You may be asked to wait a short time queuing on the public road before entering the private farm road, or on the farm road, or leaving the assembly field. Please accept instructions given. Your cooperation here is much appreciated.

**Planner:** Mark Wood, ESOC **Controller:** John Emeleus, KFO **Organiser:** Ewart Scott, ESOC

### Overview of the Long Distance Competition Centre



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## Assembly Field

Parking and the finish will be in the assembly field. Toilets will be available in the Assembly area. Do not pay the parking fee – JEC 2010 competitors do not need to pay on entry to the car park.

## Start

The JEC Long race runs alongside a Scottish Orienteering event taking place at the same time. Both competitions use the same start. Follow the tapes from the assembly field to the start. The route to the start is a flat 1.5km, taped, from the southern end of the car park/assembly field. Allow 25 minutes.

Call up will be at -3, at which point you will clear and check your SI card and an official will check your start bib, name and SI number. Loose paper descriptions will be given out.

At -1 your map will be placed on the ground, face down, with competitor number clearly visible on back side of map.

At Zero it will be a **timed start** and you will be free to pick up your map and make your way to the start kite.

*The loose descriptions and the map will be marked with the competitor's bib number but it is the athletes responsibility to ensure the descriptions and map are for their allocated course and butterfly loop order.*

## Details of the Terrain

Tentsmuir Forest is a coastal forest of mainly mature pine with good visibility. Complex contour detail is provided by sand dunes which stretch across most of the competition area. Second plantings also provide low visibility technical orienteering in some areas. The forest contains a network of forest roads, tracks and paths. Some of the forest tracks in particular are not well used so may be obscured with long grass or vegetation at this time of year. Unfortunately ferns have taken over large parts of the forest and only the worst of these which affect runnability have been mapped with the green undergrowth screen.

## Courses

Because of teams wanting to leave the event as soon as possible to make flights the competition has been planned with 2 minute start intervals and all courses will have a butterfly loop.

## Map

Resurveyed in 2008/9 by Deeside Orienteering & Leisure Maps. 1:10,000 2.5m contour interval. Some minor updates have been made for this event. Like all other days the maps will be pre-printed on waterproof paper and will not be bagged. Size of map – A3.

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## Drinks Points

All runners will pass near a manned water point at approx 40% of the way round their course.

## Control Descriptions

Control descriptions are printed on the map and loose copies will be available at -3.

## Disclaimer

Competitors take part at their own risk and are responsible for their own safety. Tentsmuir is a very public forest, dog walkers, Horse riders and cyclists make use of the area, take care. A large ditch to the east of the competition area is marked on the map as uncrossable. No attempt should be made to cross this ditch. Smaller ditches can be crossed at own risk. First Aid is positioned in the assembly field near the enquiries tent.

## Course Data

Class	Distance	Climb	Controls	EWT
W18	7.9km	75m	25	60mins
M18	11.0km	90m	30	65mins
W20	8.8km	80m	29	65mins
M20	11.7km	100m	30	70mins

## Prize Giving

The prize giving for the long race is planned to take place very soon after we know the top 3 results in each class and at the very latest by 1pm. It is hoped we will be able to announce the top 3 countries in the National Team Competition and we hope to invite the winners onto the podium.

## Departing

Please allow at least 90 minutes to get to Edinburgh airport plus time to drop off hire vehicles and check-in (3 hours minimum). Allow at least an extra 30 minutes to get to Glasgow International and an extra 60 minutes to get to Glasgow Prestwick.

For answers to any other questions please email: [info@jec2010.co.uk](mailto:info@jec2010.co.uk)