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**PLANNER**

2019

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# **GUIDELINE 2: IRISH MIDDLE DISTANCE CHAMPIONSHIPS**

- Middle Distance orienteering requires fast, accurate orienteering for a moderately long period of time.
- The terrain should be generally runnable, of a consistently good technical standard.
- The area should not be so steep that the total climb on any course should normally exceed 4% of the shortest sensible route.

## **GUIDELINE 2: IRISH MIDDLE DISTANCE CHAMPIONSHIPS (cont)**

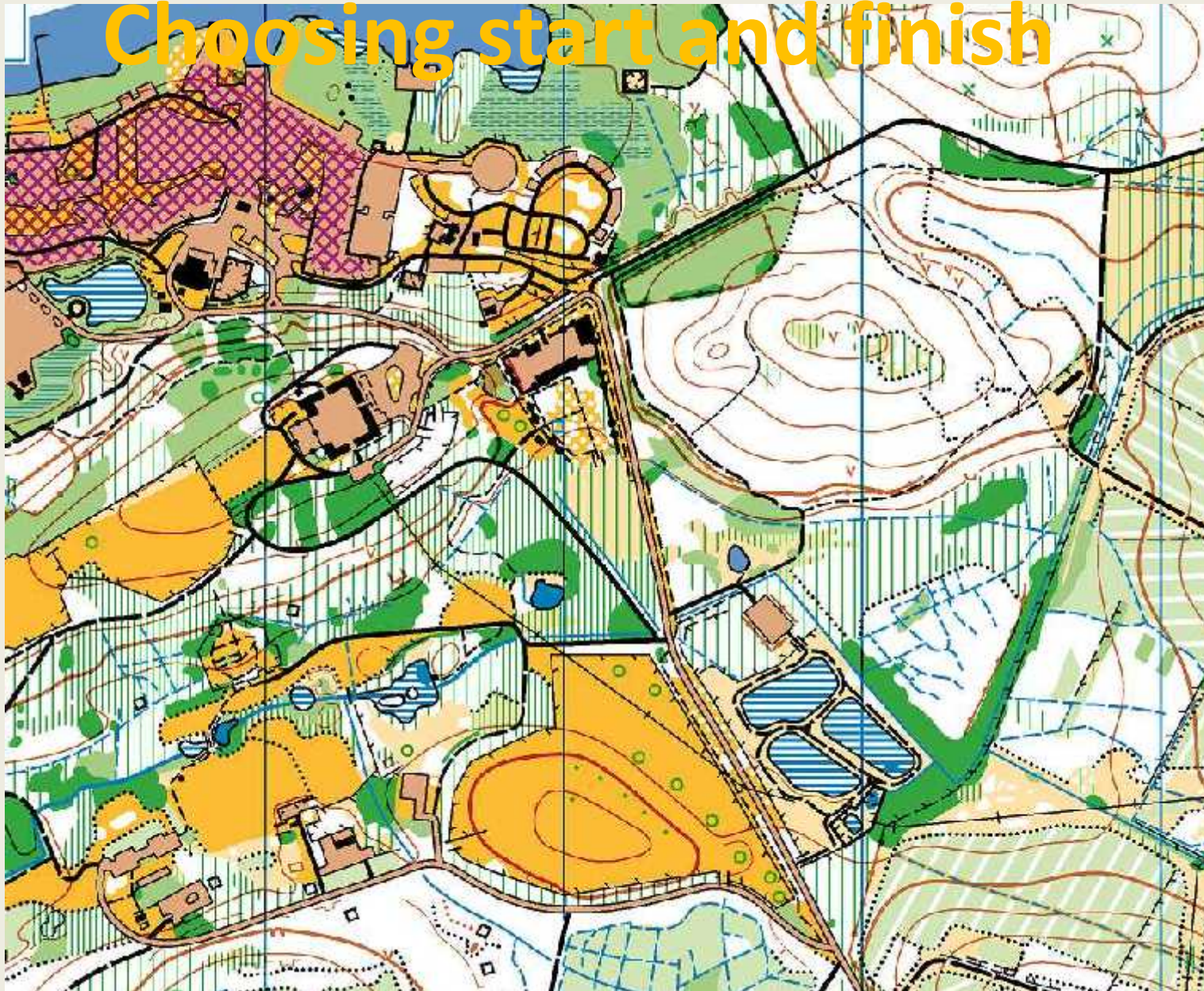
- Very long legs should be discouraged but short and medium length legs with route choice and frequent changes of direction should be encouraged.
- The emphasis should be on high speed running for the complexity of the terrain.
- There will be a greater density of controls than for an equivalent long distance event.

Course No	Class	Recommended Winning Times (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Climb (m)	Indicative Gradient%	Technical Difficulty (1-5)	Physical Difficulty (1-5)
1	M21E, M18E, M20E	32.5	7.30	1.00	5.6	170	3.0	5	5
2	M35, M40, M45, M50	32.5	5.89	0.81	4.6	130	2.8	5	5
3	W21E, W18E, W20E	32.5	5.70	0.79	4.4	130	3.0	5	5
4	M16, M55, M60, W35	32.5	4.60	0.67	3.6	100	2.8	5	4
5	M65, W16, W40, W45, W50, W55, W60	32.5	4.14	0.55	3.2	90	2.8	5	3
6	M70, M14, W65, W14	25.0	4.03	0.43	2.5	60	2.4	4	3
7	M12, W12,	20.0	2.45	0.34	2.1	35	1.7	3	2
8	M75, M80, W70, W75	25.0	2.29	0.30	1.9	40	2.1	4	2
9	M10, W10	15.0	1.65	0.23	1.45	20	1.4	2	2
10	M85, W80, W85,	15.0	1.55	0.21	1.35	20	1.5	4	2

Course	No. Of Controls	Actual Adjusted Course Length	Recommended Adjusted Course Length	Fastest winning time v recommended
1	22	7.25km	7.3km	+2:36
2	16	5.85km	5.9km	+5:34
3	15	5.6km	5.7km	+1:47
4	13	5.0km	4.6km	-2:10
5	14	4.1km	4.15km	+0:31
6	9	2.95km	4.0km	-4:03
7	10	2.6km	2.45km	-0:37
8	7	2.4km	2.3km	-0:34
9	8	1.8km	1.65km	-2:00
10	6	1.6km	1.55km	+33:05



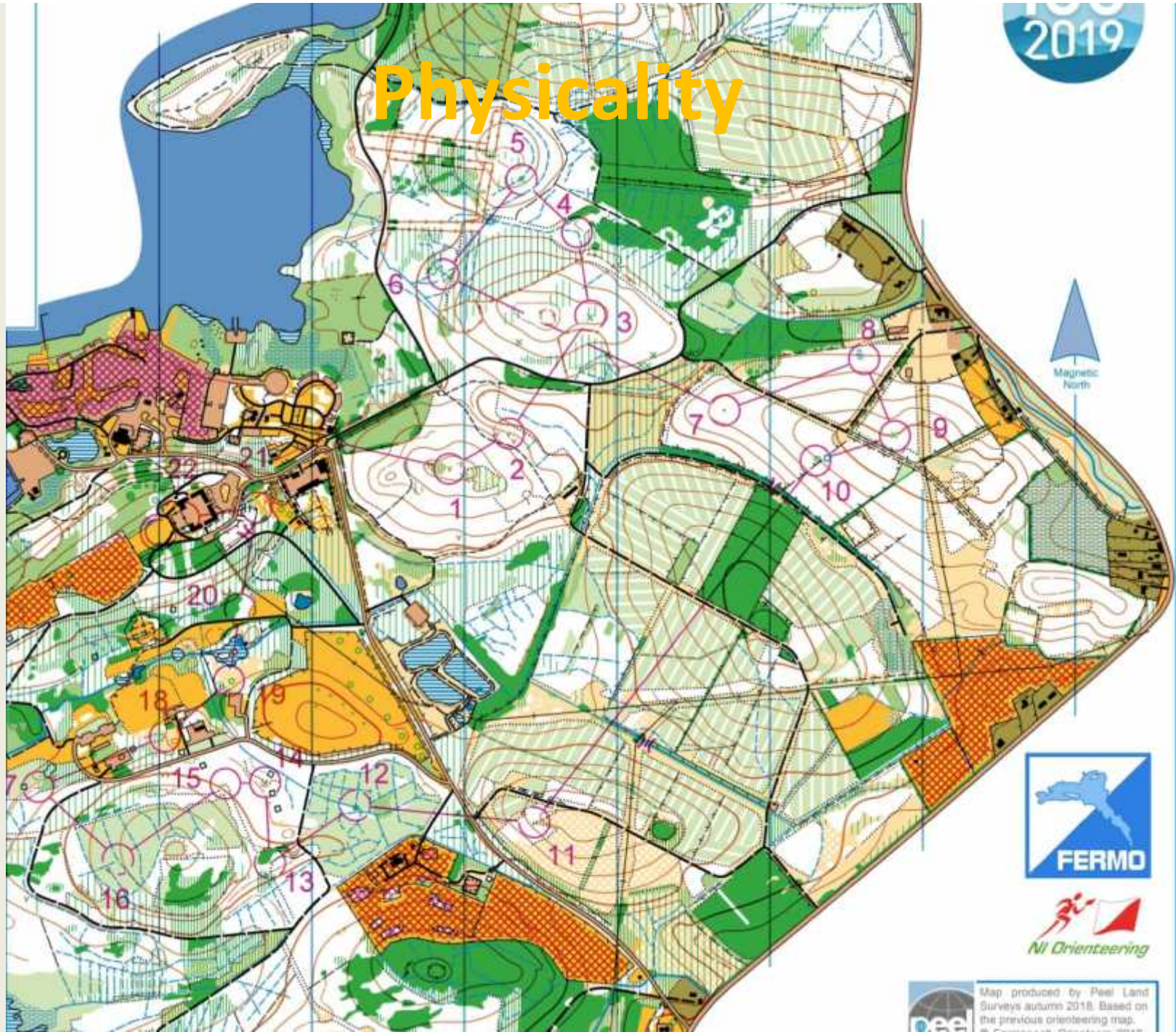
# Choosing start and finish





# Physicality

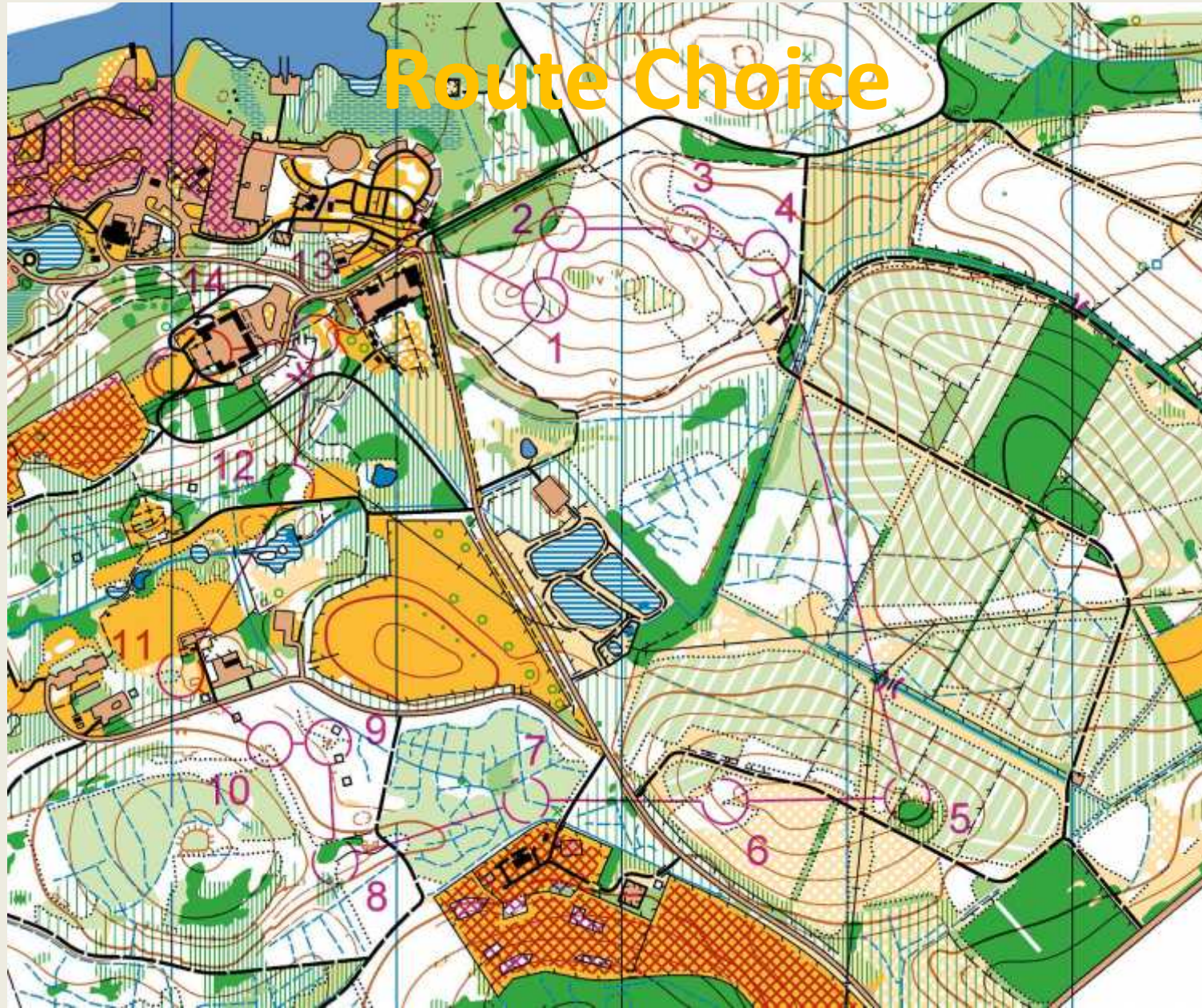
2019



Map produced by Peel Land Surveys autumn 2018. Based on the previous orienteering map.



# Route Choice





# Lessons from IOC 2019

- Start early – vegetation
- Put effort into the first drafts – wholesale change?
- Maintain regular contact with land managers – forestry extraction
- Getting the right balance with your controller – map + course version control, how often etc.
- On the day – positive feedback