

Technical Difficulty 5 and 5* -Green - Blue -Brown -Black
Green/Blue - M16A W16A M18B W18B
Brown/Black - M18A+ W18A+

Hard but fair - competitors should be pushed to the limits of navigational skill, not into the realms of chance (e.g. trying to find a pit on a compass bearing, the pit and marker being visible from 10m and the reliability of the bearing being 20m)

Step System Skills:

- ✓ Navigate for long distances using only major contour features (5)
- ✓ Read and interpret complex contours (5)
- ✓ Concentration over long distances (5*)
- ✓ Recognition of indistinct features (5*)
- ✓ Use all the different skills and adapt speed & technique to changes in the terrain and orienteering difficulty (5*)

Routes and Route Choice

Number of Controls

Significant route choices

As few as necessary for good planning

Course should force regular changes in technique e.g. long route choice followed by short intricate legs

Legs of different length

Test the ability to navigate by indistinct features - low contour detail such as features appearing on one contour in undulating terrain. Note that "indistinct" does not mean features that should **not** have been mapped in the first place.

Control Sites

Relocation & cost of errors

Any feature, particularly those demanding careful map-reading to locate but the banner must not be hidden, nor the control excessively isolated (no Bingo controls)

Relocating features relatively near to all controls but not so close as to be used as 'optimum route' attack points (5)

Errors should not be very expensive in terms of time lost. (5)

5* - Control sites far from obvious relocating features - line features, big hill summits, major valley bottoms, significant slope changes (5*)

The control will need to be found by either

Careful map reading all the way in from a relatively distant attack point or

Running roughly into the vicinity of the control, relocating using the available contour detail, then swinging into the control itself.

In either case, the ability to relate small-scale (5m high rather than 25m high) relief to contour detail on the map should be being tested. This obviously requires good contour mapping of undulating ground.

Errors can result in a large time loss because of the difficulty in relocating in complex terrain close to the control (and **not** simply because the thickness of vegetation or the roughness of ground make getting out to relocate a slow process) (5*)

5 - The higher quality orienteering areas in parts of GB allow most of a course to be planned at this level.

In other areas, small pockets of land allow one or two legs of this difficulty to be planned.

Open fell areas may demand level 5 TD but will not uphold 5* because of the visibility making it 'too easy'.

5* - there are not many areas in GB supporting this level of TD. Such areas support the planning of courses that properly test the full range of orienteering techniques at the highest level.

Green (M60+ W60+)

For competent and very competent orienteers who lack the physical fitness for the longer courses and rougher terrain.

Seniors with failing eyesight (M/W 45+) find it difficult to pick out fine detail.

The map picture must be easy to read. Place controls on distinct features.

A leg that is acceptable to a fast runner may be boring to a competitor going much more slowly on a course. Consider controls found per 30minutes.