



Deeside Orienteering Club

Colour Coded Events – Planners' Guidelines and Hints

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Master list of controls for Summer Evening Event on / /

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At: _____

Courses

Master Number	Kite Code	Punch Symbol	Y	O	G	B	Description/comments
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							

Master list of controls for Summer Evening Event on / /

Sheet 2 of 2

At: _____

Courses

Master Number	Kite Code	Punch Symbol	Y	O	G	B	Description/comments
29							
30							
31							
32							
33							
34							
35							
36							
37							
38							
39							
40							
41							
42							
43							
44							
45							
46							
47							
48							
49							
50							
51							
52							
53							
54							
55							

Planners Guidelines

1. Introduction

This is a brief guide to planning colour coded events. It concentrates on the specific requirements for Deeside events rather than the detailed principles of good course planning, although a summary of the “basics” is given in Section 12. Planners are advised to read Graham Nilsen’s excellent guide to Course Planning (Ref. 1) of which the Club has a couple of copies. The novice planner should also seek advice from their controller/organiser if they need further information.

Although events involving the use of “electronic punching” are becoming more common, Deeside OC does not at present use e-punching for the majority of its District (colour-coded) events. Hence this guide concentrates on the use of ‘traditional’ control sites involving a control flag and one or more ‘pin punches’. In due course a further section will be added to this guide detailing the requirements of planning with use of e-punching.

The different responsibilities of the Organiser and Planner at a colour coded event are set out in the table below:-

Organiser	Planner
Recruit helpers	Devise courses
Ensure equipment gets to the event	Create master maps
Put up direction signs	Create description sheets
Set up registration, start, finish, refreshments	Put out controls
Ensure car parking provision is sufficient	Collect in controls
Produce final results	
Handle financial aspects of the event	

The Controller has overall responsibility for representing the interests of the competitor. In this role they will check that courses and controls are fair and that the organisation of the event is efficient and not likely to produce any safety issues.

2. Timing

A rough timetable for a colour coded or evening event is given below:-

8 weeks before event	Think about courses and agree course length with controller. Start armchair planning
7 weeks before event	Visit area and look at potential control sites – features on the ground can often be far less significant than expected! Remember that vegetation can change very significantly in the next 7 weeks. Think about the location of Start and Finish and agree these with the Organiser (these are dictated to a certain extent by the location of the Car Park).
5 weeks before event	Revise your draft courses and let the Controller have a look at them.
3-4 weeks before event	Finalise courses, agree these with Controller and tape the control sites
2 weeks before event	Prepare master maps and description sheets and pass to the Controller for checking.
On the day	Provide Organiser with master maps and description sheets Put out controls Put out 2 nd master maps & description sheets (or give to person who is manning this station). Deal with missing controls/punches if problems arise. Collect controls after event

3. Event Information

Every area should have a file and the Organiser will probably need to get this first as permissions will have to be obtained at an early stage. Before the event the file should be consulted to see approximate times taken for courses on the area in the past but remember that changes in vegetation can dramatically affect running speeds. After the event please liaise with the organiser to complete the file, adding details of courses, copy of results, any relevant correspondence, updated map corrections, any noted deficiencies on the map, and return promptly to the Fixtures Co-ordinator. The organiser usually handles the financial aspects of the event. If you have incurred reasonable expenditure (e.g. photocopying) get receipts to the organiser as soon as possible so that you can be reimbursed.

4. Types of Course

Typically, Deeside local Evening Events comprise six courses (schools events or full District ("colour coded") events may have different requirements).

- Yellow
- Orange
- Light Green
- Red or Long Yellow
- Green
- Blue

Check with the event organiser as to what courses have been advertised as being available. Further details relating to length & difficulty of the different colour coded courses are given in section 11.

5. Siting

It helps if you can site the start, finish, second master maps (if used) close together do that you can keep an eye on them without dashing all over the place.

If the finish is remote from the car park the results will normally be displayed in the car park, but it is OK to site the results display at the finish if you can put the results up quickly.

6. Master Maps

These should include map corrections and description sheets. Please avoid sticking maps to the boards (Pritt-stick is OK). Mount the master map at the top of the board so that the competitor has room below to place their blank map. This may mean putting the "course label" at the bottom of the board.

There must be three boards for yellow and orange courses as they take longer to copy down their courses. Also use three boards if there are a particularly large number of controls to copy down on any course (say >14).

Yellow (and White if provided) master maps should be located before the start line so that youngsters do not have time pressures when copying down their course (also it means that their parent or teacher can check that they have done this accurately).

If there are 2nd master maps remember to mark the Finish circle on the 1st part of the course – this is so that competitors know to where they must report if they retire on the first half. Second master maps should also have the second leg descriptions sheets in plastic bags in a prominent position.

Map corrections should be kept to a minimum compatible with not confusing people, e.g. do not bother with minor path changes. Depending on the extent, at least two sets of map corrections should be provided at registration and a repeater at the start.

7. Equipment

Maps are available from the map quarter master. The other equipment is held by the equipment quarter master. For evening events the equipment is passed from the organiser to the organiser and planner to planner, please make your own arrangements with the previous weeks' organiser (the convenient method is for you to attend the previous week's event). Agree with your organiser who is taking the equipment.

In some areas, which are prone to vandalism, "lockable" half-size controls are normally used – see the Table in Section 8 below. In arranging to pick up controls from a previous event remember to check whether or not they are using lockable controls.

8. Controls

The lockable controls should be used for locations subject to vandalism – see Table below;-

Normal Controls	Lockable Controls
Bickerton Hill	Arrowe Park
Delamere	Birkenhead Park
Forest Camp (Kennel Wood possibly lockable)	Caldy Hill
Frodsham Hill	Eastham
Halkyn Mountain	Eaton Park
Little Budworth	Riveacre
Marbury	Runcorn Hill
Pettypool	Runcorn Town Park
Primrose Hill	
Thurstaston(?) – possible lockable	

Check with the equipment quarter master for the list of current codes.

Keep some extra controls spare on the day, in case of vandalism. Remember that you will need a control to hang at the location of the start triangle marked on the master maps.

9. Putting out Controls

One or two people. Allow yourself ample time – 10 controls per hour is a fair average although this will depend on how compact is the area you are using.

Equipment

- Controls (and keys if controls are lockable)
- Punches
- Canes – the normal controls and punches are premounted on canes, please don't strip these down when collecting them
- String/scissors
- Elastic bands
- PVC Tape

10. Collecting in controls

Two or more people. The Planner should pre-draw the collection areas/control sites, on spare maps, so that the job can be spread evenly and carried out efficiently. Remember to collect in the coloured pieces of tape that have been used to mark the control site.

Punches which are permanently mounted on canes normally have an elastic band on the cane to keep the punch from getting tangled. Remember to reattach the punches using the elastic band when collecting controls. It is worth taking a few spare bands with you.

11. Planning Colour Coded Events

Types of Event

Colour coded events are cross-country orienteering competitions intended to cater for all levels of orienteering ability. Courses are designated by colour, where each colour represents a certain level of technical difficulty (generally the darker the colour the longer or harder the course). This ensures a consistency of course standards between events so that someone entering an Orange course one weekend will be able to enter an Orange course the following weekend confident that the physical and technical standards will be similar.

A youngster would be expected to start on either the white or yellow course, whilst an adult novice would begin with either yellow, long yellow, orange or red course depending on his or her confidence and physical fitness. A competitor's progression can then be made either towards longer courses with the navigation remaining relatively simple, or on to technically difficult courses up to the appropriate length for his or her fitness.

Principles of Good Course Planning

The orienteering course should be designed to test the ability to navigate accurately across unfamiliar terrain as quickly as possible. Alas! the majority of areas available for Deeside planners can hardly be described as "unfamiliar terrain" to many Deeside members. Nevertheless the planner should try and ensure that each course provides an appropriate level of difficulty, that will test the skills needed for that course.

Courses should at all times be "fair". Orienteering is not a game of 'hide and seek', so don't try and hide the control in the middle of bracken or brambles, behind trees etc. When the orienteer has navigated to the feature on the description sheet then the control flag should be immediately visible. Luck should not play any part in finding the control. One of the most common mistakes is to locate the flag in the bottom of a pit, hundreds of metres away from the nearest attack point. These are called "bingo controls" - a person punching at the control as you approach will give away the location, whereas if there is nobody at the control it is just luck whether or not you 'hit' it first time.

For evening events try and plan courses towards the lower end of the range of 'expected times' (you don't want to be collecting in controls in the dark!).

Try and avoid the worst of the brambles, nettles etc. when planning courses. The competitors will not appreciate it if you don't – and besides you have to put the control out in the first place!

Colour Coded Courses

A summary of the expected length of each course, the technical difficulty (see Ref. 1 for details of the scale used to measure difficulty) and the range of time over which most competitors should finish are given in the table below

Course	Technical Difficulty	Distance (km)	Expected Time (most competitors) (mins)
White	1	1.0-2.0	15-35
Yellow	2	1.5-2.5	25-45
Long Yellow	2	3.5-7.5	35-60
Orange	3	2.5-3.5	35-60
Red	3	3.5-5.0	45-75
Lt Green	4	2.5-3.5	35-60
Green	5	3.5-5.0	45-75
Blue	5	5.0-7.5	55-90
Brown	5	7.5-10.0	65-105

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Courses recommended for Evening Events are highlighted in bold within the above table. Further details on degree of difficulty for colour coded courses are given below.

White Course

A very simple introduction to orienteering. There should be no route choice and there should be a control on each point at which the competitor has to make a significant decision (e.g. a change in direction). All controls on easily identifiable line features linked by paths or tracks.

Length:	1.0 to 2.0 km	Expected time for most competitors:	15 – 35 mins
Technical difficulty:	1	Level:	Easy – novice

Yellow Course

An easy course on which no one should get lost. It should aim to encourage newcomers to continue to orienteer. All controls should be on easily identifiable features like tracks, streams, and fences and should be linked by obvious line features such as paths or field edges. There should be no route choice on a yellow course.

Length:	1.5 to 2.5 km	Expected time for most competitors:	25 – 45 mins
Technical difficulty:	2	Level:	Easy – novice

Orange Course

This is a step up from yellow though technical and physical difficulty should still be easy to moderate. It should encourage more map reading, introduce some route choice and allow, though not demand, some use of a compass. The course should reward those prepared to navigate off line-features. The controls should still ideally be on or near line features though these could be less easily definable e.g. earthbanks, marshes, gullies. If point features or contour features are used they should be prominent with good attack points.

Length:	2.5 to 3.5 km	Expected time for most competitors:	35 – 60 mins
Technical difficulty:	3	Level:	Easy/medium - progressing

Red / Long Yellow Course

This course is aimed at older, fitter or more confident novices who want a longer run – e.g. club athletes or fell runners. Controls should be of the same degree of difficulty as the yellow (long yellow) or orange (red) but longer legs can be introduced and slightly more physical challenge.

Length:	3.5 to 7.5 km	Expected time for most competitors:	35 – 60 mins
Technical difficulty:	3	Level:	Easy/medium – progressing

Light Green Course

This is a step up from orange though technical and physical difficulty should still be moderate. It should encourage more map reading, introduce some harder route choice and allow the use of a compass. This is a difficult course to plan as it is trying to encourage youngsters with limited experience to progress successfully to a higher level of technical difficulty. Try and ensure that the physical difficulty is not excessive (e.g. keep out of areas with high undergrowth).

Length:	2.5 to 3.5 km	Expected time for most competitors:	35 – 60 mins
Technical difficulty:	4	Level:	Medium - progressing

Green Course

The green course should be as hard technically as the blue or brown courses, demanding fine compass and map reading techniques, but with shorter legs and shorter in length. Controls should be on point or contour features.

Length:	3.5 to 5.0 km	Expected time for most competitors:	45 – 75 mins
Technical difficulty:	5	Level:	Hard - experienced

Blue and Brown Courses

These should be technically difficult, demanding fine compass and map reading strategies to point features away from obvious attack points as well as sophisticated route choices. The brown course should be physically tougher than the blue as well as longer.

Blue: Length	5.0 to 7.5 km	Expected time for most competitors:	55 – 90 mins
Brown: Length	7.5 to 10.0 km	Expected time for most competitors:	65 – 105 mins
Technical difficulty:	5	Level	Hard - experienced

Colour Awards

A White award can be made to anyone who completes three White courses

The colour coded standard for courses other than white is either the time that is achieved by at least 50 % of those who started the course (including the retirals and disqualifications), or 150 % of the winner's time – whichever gives the larger number of qualifiers. The controller may extend the qualifying time at his discretion, but may not reduce it.

A competitor qualifies for a colour award (other than white) by attaining the Colour Code Standard for that course on three separate occasions.

Pairs can qualify for colour awards on the white, yellow and orange courses.

12. Description sheet guidelines

Checklist

- The heading should include the name of the course, the length and, for District events, the amount of height climbed. For two-part courses both description sheets should have the length of that part and also the total length..
- Do not use IOF symbolic codes for courses which will have novice competitors.
- Do not use script smaller than 12pt.
- Remember to include the description of where the start flag is located.
- It aids clarity if descriptions are grouped in three, with a space between – see example below
- Where course crosses a road, insert, “Take care crossing road” at a relevant gap between descriptions
- Tell competitors what to do at the end, e.g. “Follow tapes/Navigate 50 metres to the Finish / 2nd master maps.
- Include the phrase “You must report to the Finish whether or not you complete the course”
- Include the time that the course closes
- Remember to mount a copy of the description sheet on each master map so that competitors can check the exact position as they are copying the course down

- Get the Controller to check the description sheets for accuracy. Keep them separate – a colour coding system may be useful
- Each description should be in the form **N (XY) A B, C D**
Where
 - **N** is the sequential control number
 - **XY** is the number or letters on the control
 - **B** is the type of feature (this should be the same as it is described in the map legend)
 - **C** provides further description of the feature, if necessary e.g. clearing 5 * 5 m, or ride overgrown

Where there is more than one similar feature in the control circle, **A** defines which one e.g. N pit. Where necessary, **D** states where the control is on the feature e.g. thicket, E side

Example

Green Course 4.3 km 90m climb

Start: Path junction

- | | | |
|-----|----|----------------------------|
| 1. | PA | Pit |
| 2. | TC | Re-entrant |
| 3. | MS | N Crag (3m) foot |
| 4. | PC | Spur, NE Side |
| 5. | TM | S'most Clearing, 5m*5m |
| 6. | PD | Depression, 10m*5m, N part |
| 7. | MR | Track / path junction |
| 8. | TU | Knoll (1.5m), N side |
| 9. | MX | Linear marsh end |
| 10. | PP | Pit |
| 11. | PQ | Re-entrant |
| 12. | PS | Crag (3m) foot |

Navigate 50m to Finish

Courses close 20.30

You must report to the Finish whether or not you complete the course.

13. References

“Course Planning” by Graham Nilsen © British Orienteering Federation 1995

Produced by Steve Ingleby – revised February 2004

GUIDELINES FOR REVISION, USE AND PRINTING OF MAPS

Planners

Commercially printed map stocks are held by Eifion (Gwyn) Thomas, Deeside printed maps are held by Robin Tilston.

The 10 maps suggested (see over) for planning purposes should, where possible, be taken from old stocks with an up-to-date map for guidance.

The Event Entries table should be used to estimate the number of maps required for an event (unless special circumstances apply).

Maps will not be revised before an event unless significant changes to the area have taken place, or there is a specific need for the event, and Committee has agreed to a new version. Wherever possible, old stocks of maps should be used up before new prints are made – map corrections are quite acceptable for local and district events!

Where a map has been newly surveyed or revised the planner must receive and agree a draft copy of the map before a full print run is undertaken.

Organisers

Commercially printed map stocks are held by Eifion (Gwyn) Thomas, Deeside printed maps are held by Robin Tilston.

If there are sufficient surplus maps at an event, additional maps may be sold at 50p each.

Surplus maps should be returned as soon as possible to either Gwyn or Robin, as appropriate.

Mappers

No surveying to be undertaken without the written agreement of Committee.

Mileage may be claimed, currently at 21p/mile; other expenses must have the written, prior agreement of Committee.

Maps will not be revised unless significant changes to the area have taken place, or there are specific needs for a particular event, and Committee has agreed to a new version.

Printer

All maps printed should show the date of the most recent revision.

Where a map has been newly surveyed or revised the planner must receive and agree a draft copy of the map before a full print run is undertaken.

Numbers of maps printed for an event should normally be as shown on the table, less the number of existing maps of the same revision date. The 10 maps suggested for planning purposes should, where possible, be taken from old stocks with an up-to-date map for guidance.

Committee agreement must be given for the printing of double-sided maps.

Maps should be sold to other orienteering clubs, scout groups, etc. at 35p per A4 copy, pro rata for A5.

A spreadsheet should be kept of sides printed (from the printer counter), date and name of map, and consumable use and purchase, for submission to Committee as required.

Receipts for expenditure on consumables must be submitted to the Treasurer for payment.

Event entries and suggested map numbers required

<u>SEE</u>	03/04	04/05	05/06	06/07	07/08	* Print run to:
Alyn Waters			109	95	81	120
Arrowe Park	97	80		75		120
Big Covert			118	95	80	140
Delamere	177/193	191/157	175/195	196/117	115/156/12 6	220
Eastham	134	126				160
Eaton Park		107				120
Halkyn	33	36			42	50
Little Budworth			152	112	132	180
Marbury		98			115	150
Pettypool			144			170
Primrose Hill	179					220
Rivacre	66			74		110
Runcorn Town Park		74				100
Thurstaston			119		127	150
SCHOOLS **						
Arrowe Park		120		150	217 (R)	180
Colomendy					136	160
Delamere	177		81			220
Eastham		139	136		139	160
Eaton Park	128					160
Marbury	78	108	131	135		160
Pettypool		154			200	230
Rivacre	126		109			150
Runcorn Town Park						140
DISTRICT (CC)						
Frodsham Hill	275	273	270			320
Little Budworth			196			230
Marbury						120
Old Pale	145					175
Pettypool						210
Primrose Hill		183		196		230

- An additional 10 maps may be needed for the planner, another 25 if master maps are required
- If maps overprinted, you can find the historic No's running each course on the archived pages of the club Website

Deeside Orienteering Club **Using “Word” to plan a Small Event**

This guide leads you through the procedures for a small event (using kites and punches) to produce a control grid as you plan the courses, and then, once agreed with the controller, to check for mistakes, and produce the description sheets.

So first you set up a control grid as page 2. This lists all the controls, and the courses. It is usually possible to get this on one sheet of paper. Laying the data out in this manner allows you to see if any control is used by too many courses, and whether the same sequence of controls is used by too many courses, in which case adjust as necessary. MM indicates second master maps.

Keep the same numbers of the control sites throughout – if sites are discarded just delete the number. Mark up a map with all the controls, with their numbers adjacent.

[Note –after the event send a copy of this map, plus a copy of the grid, to the club member who keep the area files. It is thus possible to record all the courses on two sheets]

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No	Description	Y	O	R	LG	G	B	Code	Stake
0	Path bend	0	0	0	0	0	0	Start	
1	Crag, 4m, foot				1		1	TE	
2	Gully				2		2	TF	S
3	N re-entrant				3	1	17	MI	
4	Crag, 4m, foot						3	LF	
5	Earthwall			7		10		PR	S
6	Earthwall				6	9	13	PK	
7	W re-entrant				7	4[MM]	5[MM]	MV	
8	Wet pit				8			LX	
9	Post	1	1					LW	
10	S Thicket, S side	2						LO	
11	Fence	3						PA	
12	Clearing, S end	4						LV	
13	Fence, N side	5		11				LA	
14	Fence corner	6						LK	
15	Ruined wall corner	7						PB	
16	Ruined wall end	8	9	1				LU	
17	<u>Fence(hedge) E side</u>	9	10					LR	
18	Pit		2					PU	S
19	Re-entrant, shallow				9		18	LJ	
20	Post		3	10				MA	
21	Fence corner		4					MY	
22	Post		5	9				LQ	
23	Fence corner		6					PL	
24	Boulder		7	2	5			PX	S
25	Thicket, E side		8					PN	
26	SE knoll			12		13		PE	
27	Crag, 5m, foot			3		5	6	LP	
28	Between knolls			4			7	TG	
29	Thicket, S side			6			12	TB	
30	Crag, 6m, foot						10	LN	
32	Niche					3	4	LZ	S
33	Gully					6		LD	S
34	S Gully					7		LM	
36	S crag, 4m, N end, foot				4	11	15	LY	S
37	Crag, 2m, foot					12	16	PJ	
38	Pit						11	LL	
50	Gully end					8		PH	
51	Thicket, E side			5				LT	S
52	Path			8				TD	
53	Depression					2	14	PI	
54	S gully, E end						8	TC	
55	Gully end						9	PD	
	Length in km	1.75	2.7	5.0	3.0	4.3	5.9		
	Climb m	60	90	170	110	160	200		

Once the courses are agreed, you can allocate the control codes. It is desirable to arrange these so that similar codes are not close to each other on the ground. This needs another map showing all controls, identified by their codes. This is used for putting out the controls

Having done this, sort the table by control code. [*To do this swipe – that is hold down the left mouse button, and run down the code column so that it is all blacked out. Then click Table then Sort*] You will get a table that looks like this (only part shown here)

No	Description	Y	O	R	LG	G	B	Code	Stake
0	Path bend	0	0	0	0	0	0	Start	
13	Fence, N side	5		11				LA	
33	Gully					6		LD	S
4	Crag, 4m, foot						3	LF	
19	Re-entrant, shallow				9		18	LJ	
14	Fence corner	6						LK	

This allows you to check that you have not duplicated a control code (easily done) and also that the list corresponds to the list of control codes that you are expecting.

Now you can produce the description sheets. Take the grid, and sort by course column. Include in the swipe all the numbers (including the 0 for the start) but nothing else. Click Table, Sort, and then Number. Using Red as an example, you will get a grid as page 4.

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No	Description	Y	O	R	LG	G	B	Code	Stake
1	Crag, 4m, foot				1		1	TE	
2	Gully				2		2	TF	S
3	N re-entrant				3	1	17	MI	
4	Crag, 4m, foot						3	LF	
6	Earthwall				6	9	13	PK	
7	W re-entrant				7	4[MM]	5[MM]	MV	
8	Wet pit				8			LX	
9	Post	1	1					LW	
10	S Thicket, S side	2						LO	
11	Fence	3						PA	
12	Clearing, S end	4						LV	
14	Fence corner	6						LK	
15	Ruined wall corner	7						PB	
17	<u>Fence(hedge) E side</u>	9	10					LR	
18	Pit		2					PU	S
19	Re-entrant, shallow				9		18	LJ	
21	Fence corner		4					MY	
23	Fence corner		6					PL	
25	Thicket, E side		8					PN	
30	Crag, 6m, foot						10	LN	
32	Niche					3	4	LZ	S
33	Gully					6		LD	S
34	S Gully					7		LM	
36	S crag, 4m, N end, foot				4	11	15	LY	S
37	Crag, 2m, foot					12	16	PJ	
38	Pit						11	LL	
50	Gully end					8		PH	
53	Depression					2	14	PI	
54	S gulley, E end						8	TC	
55	Gulley end						9	PD	
0	Path bend	0	0	0	0	0	0	Start	
16	Ruined wall end	8	9	1				LU	
24	Boulder		7	2	5			PX	S
27	Crag, 5m, foot			3		5	6	LP	
28	Between knolls			4			7	TG	
51	Thicket, E side			5				LT	S
29	Thicket, S side			6			12	TB	
5	Earthwall			7		10		PR	S
52	Path			8				TD	
22	Post		5	9				LQ	
20	Post		3	10				MA	
13	Fence, N side	5		11				LA	
26	SE knoll			12		13		PE	
	Length in km	1.75	2.7	5.0	3.0	4.3	5.9		
	Climb m	60	90	170	110	160	200		

Now delete the columns and rows that do not relate to your course (we are using the Red course for illustration here) and take the control site numbers out. Any discrepancies (such as missing control numbers) will stand out

	Path bend	0	Start
	Ruined wall end	1	LU
	Boulder	2	PX
	Crag, 5m, foot	3	LP
	Between knolls	4	TG
	Thicket, E side	5	LT
	Thicket, S side	6	TB
	Earthwall	7	PR
	Path	8	TD
	Post	9	LQ
	Post	10	MA
	Fence, N side	11	LA
	SE knoll	12	PE

Next transfer the numbers to the left hand column and add extra information to complete the description sheet. Set controls in groups of three for clarity [*You can insert a row by placing the cursor outside the table and clicking Enter*]. Use a good sized font e.g. 12pt Times New Roman. Courses with second master maps will need to be able to be cut into halves neatly.

RED Course 5.0 km 170m climb		
Start	Path bend	
1	Ruined wall end	LU
2	Boulder	PX
3	Crag, 5m, foot	LP
4	Between knolls	TG
5	Thicket, E side	LT
6	Thicket, S side	TB
7	Earthwall	PR
8	Path	TD
9	Post	LQ
10	Post	MA
11	Fence, N side	LA
12	SE knoll	PE
Navigate 100 m to finish. Courses close 15:00hrs. You must report to the finish even if you do not complete the course		

You can make the lines non-printable [*Click Format, Borders and Shading, Apply to Table, and then click out all the lines in the box*]

RED Course 5.0 km 170m climb

Start	Path bend	
1	Ruined wall end	LU
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11	Fence, N side	LA
12	SE knoll	PE

Navigate 100 m to finish. Courses close 15:00hrs. You must report to the finish even if you do not complete the course

To make multiple copies, decide how many can be fitted on a sheet of A4. This can be ascertained most easily by printing one off. In this case, it is four, in two columns and two rows. Make a new table in this format. Then Copy the table above by swiping it completely, not forgetting to include the little tag just outside the table at the top left hand corner. Then Paste the table into each new cell one at a time, and you will have four description sheets on one page for duplicating. You can adjust the size as necessary to fit the page. The solid lines are useful as a cutting guide.

If you use a bubble jet printer, the ink is not waterproof, so the master must be photocopied. Laser printers produce waterproof text.

Produced by David Beattie - Feb 2005

Planning Hanging by a Thread

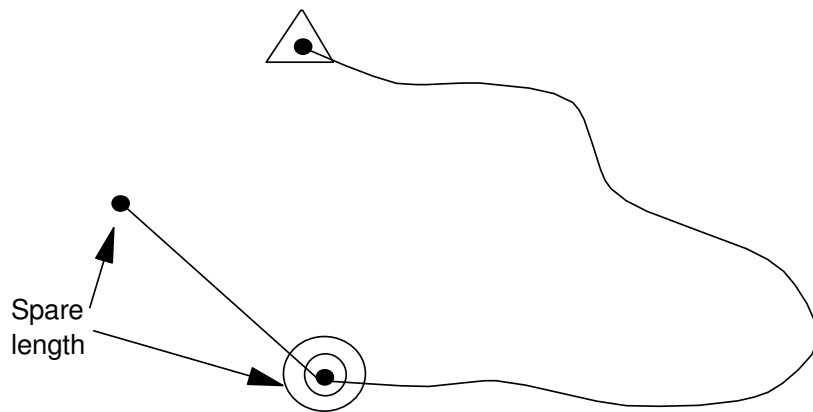
An Aid To Gauging Course Lengths

For those people not using OCAD to aid the planning of their courses, one of the problems facing a planner is getting the lengths of the courses to be near to the desired lengths. In the past I have drawn courses on the map and then measured their length with either a ruler (tedious) or a map measurer (prone to slip). Inevitably the first attempt comes out wrong, and requires some controls to be rubbed out and moved. You can rapidly get a very messy map.

When I was starting to plan the Yewdale badge event I was given a tip by our controller, Carol McNeill of LOC. The more I used it, the more impressed I became, so I think it worthwhile passing on to those who have not tried it before.

The only equipment needed is a board large enough for the map, some pins, and a length of cotton thread. Carol suggested a cork board, but I found a cardboard box, in which a large book had been posted, was adequate. For pins I used a set of message board pins with glass bead heads and a shank about 10 mm long. The length of thread should have a loop at each end and be longer than the longest course you envisage. It is helpful if the length is equivalent to a whole number of kilometres on the scale of map you have. Thus for Yewdale, where I was aiming for the longest course at about 9.5 km, I had a length of 1.0 m, equivalent to 10 km on a map scale of 1:10,000.

You start by fastening your map to the board with masking tape. Then place one pin through the loop at one end of the thread and into the map at the location of the start. Place a second pin into the finish. Knowing the desired length for each course, work out how much of the thread is spare and place a third pin through the other loop and into the map a distance from the finish equal to this spare length. See diagram.



You now have a loop of thread between start and finish which corresponds to the desired course length. You can now plan your course, placing further pins into prospective control sites, knowing that if the thread is taught after the last pin has been inserted, the course is the length you want. You can then count the contours crossed by the thread to get the course climb. Adjustments to the course can easily be made by moving the pins, and you immediately see the effects.

For short courses, the spare length of thread may get rather large. For these cases, I placed an extra pin 200mm from the finish and looped the thread between the finish and this pin, sometimes more than once, before placing the final pin through the end loop. If using a board of card, as I did, after a while some of the pins on popular control sites may get a bit loose. It is easy to move the map slightly to find more solid ground. I do not know if this problem will be as great if a cork board is used.