



Veteran Home International 29th/30th September 2018

VHI Bulletin 2 - July 2018

Please note the correct date for the VHI as above and not as printed in Bulletin 1.

SWOC is looking forward to welcoming you all to South Wales and hope this lovely weather will be with us for our weekend.

Accommodation – I trust that you have all secured the relevant accommodation. I will need to know how many Prizegiving Meals (£18pp), Packed Lunches (£5pp) and Breakfasts (£4pp), if any, are required.

VHI Meal and Prizegiving Saturday 29th The Riflemans, Blaenavon

Dinner 1800

Individual Prizegiving 1945

At present we only have room for teams, but please let me know if you require extra spaces, should they become available.

I will need to have numbers and payment for the above to K Balmond by September 21st at latest.

Entries for the VHI must be made by Team Managers via Fabian4 before September 15th along with the Combined Entry £20 pp. Names of team members can be changed after this date.

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To avoid any confusion, I have copied in some sections from the latest rulebook, just for clarity and a sense check for me, I know that you will all be familiar with them:

Eligibility Criteria:

To be eligible to represent a country in a Home International (HI) a person must be a current British Orienteering member (or for Ireland team members, alternatively a member of IOA) and be:

- **Eligible by Birth.** Be born in that country OR
- **Eligible by Parentage.** Have a parent who was born in that country OR
- **Eligible by Residence.** Have established permanent residence in that country for at least one year (see note 2).

- AND, if M/W20 or older, has not represented any other home nation in a home international in the previous two years (see Note 4).

These eligibility criteria are embedded in the rules for the WJHI, the SHI and the VHI

Notes:

2. Established eligibility by residency is voided if another home nation is represented but otherwise endures.
4. Athletes currently competing for a nation other than GBR or Ireland(Eire) are nevertheless eligible provided they meet one of the three listed criteria, AND the fourth criterion.

Teams. The participating teams in the Veteran Home International (VHI) are England, Ireland (drawn from all four provinces, team administered/governed by NIOA), Scotland and Wales – the ‘home nations’. Each team comprises 2 men and 2 women in each age group 40, 45, 50, 55 and 60, and one man and one woman in age groups 35 and 65: 24 people per team. Teams might want to bring ‘travelling’ reserves, but must declare their full team before the event begins (ie before the first start of the first day’s race). No reserves run and no substitutes are allowed once the final declaration of names has been made. If someone has to withdraw from the event after the final declaration, the gap must remain in the team.

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Weekend competition information

Maps and Control Descriptions. Versions of the competition map are not allowed in the pre-start area. Loose control description sheets are to be printed on or attached to the map and for the individual also issued in the start lanes, not before.

Both Days will use SI timing with traditional contact punching.

Saturday 29th September VHI Individual. Pwll Du, Brynmawr

Parking Grid Ref SO 235101

Starts: 1000 to 1100

Planner: Rhodri Buffett SWOC

Controller: Robert Griffiths MWOOC

Organiser: Kate Balmond SWOC. Tel 01495 791454 evenings

This delightful open moorland offers excellent contour detail and fast running.

Individual Classes

	Runners per nation	Course		Runners per nation	Course
M35	1	Brown	W35	1	Short Brown
M40	2	Brown	W40	2	Blue
M45	2	Short Brown	W45	2	Short Blue
M50	2	Short Brown	W50	2	Short Blue
M55	2	Blue	W55	2	Green
M60	2	Blue	W60	2	Green
M65	1	Short Blue	W65	1	Short Green

Start Lists. Start times are to be allocated to countries in rotation, so the two runners from a nation in the same age group are at least 8 minutes apart. The sequence of teams should be as varied as possible with as close to equal number of first starts as possible. The start interval is given in the table below. The organizer draws the start sequence and this generates a start list complying with these criteria using a template available as a MS excel spreadsheet.

Course	Runners	Interval
Brown	12	5 min
Short Brown	20	3 min
Blue	24	2 min
Short Blue	20	3 min
Green	16	3 min
Short Green	4	5+ min

SCORING Individual Scoring. Every finisher counts for points. Those who fail to finish or misspunch score 0. If there is a tie in individual time the points are to be shared equally. The nation with the highest aggregate points wins.

Individual Points

	35s	65s	Other classes	
1 st	7	7	8	
2 nd	5	5	7	
3 rd	3	3	6	
4 th	1	1	5	
5 th			4	
6 th			3	
7 th			2	
8 th			1	
Total available	16	16	36	
Total no of classes	2	2	10	=14
Points awarded	32	32	360	=422

Welsh League Event Saturday 29th September 2018 Pwll Du, Blaenavon

This League event will follow the VHI as detailed below. Any non team members wishing to run, should enter through Fabian4.

Starts : 1230 to 1345

Courses: Yellow, Orange, Lt Green, Green, Short Green, Blue, Brown

Courses close 1530

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VHI RELAY Sunday September 30th 2018 Clydach Terrace, Brynmawr

Parking Grid Ref SO169123

Sign posted from A465 Old Heads of the Valleys /B4560 Llangynidr Junction

A complex open area with ex industrial workings and moorland rising to 500m.

Mass start: MWM 1000

WMW 1010

Prize giving approx. 1230 or asap

Entry via Team Managers at Individual Day

Planner: Peter Ribbans SWOC

Controller: Paul Taunton NGOC

Organiser: Kate Balmond SWOC. Tel 01495 791454 evenings

Relay. There are two relay classes: MWM = 2 Men + 1 Woman (Woman must be W45 or older), and WMW = 2 Women + 1 Man (Man must be M45 or older). Nations may enter 4 teams in each class with their best 3 to score. The aggregate of each team's BOF ages is to be 145 or greater. Normal British Orienteering event rules apply.

Relay Scoring. Points are allocated in each class to the first 3 teams from each nation in each class, with 24 points awarded to the winning team, reducing by 2 for each subsequent scoring team. All teams are "competitive" (provided they comply with the age class composition criteria). Nations' fourth finishing teams do not score (nor are considered in place and therefore score allocation). The winning team is the nation with the highest points total.

Relay Points Each nation counts best 3 placed teams (of 4) in each class

Percentage of competitors counting = $18/24 = 75\%$

	MWM	WMW	
1 st	24	24	
2 nd	22	22	
3 rd	20	20	
4 th	18	18	
5 th	16	16	
6 th	14	14	
7 th	12	12	
8 th	10	10	
9 th	8	8	
10 th	6	6	
11 th	4	4	
12 th	2	2	
Total points awarded	156	156	=312

Combined Score.

a. Points gained by a nation in the relays are to be added to the points gained by a nation in the 14 classes in the individual. The winning team is the nation with the one with the highest combined points total, with the other nations ranked in order.

b. Tie. In the event of a tie the nation with the most wins across the 16 classes (2 relay and 14 individual) is to be ranked ahead. If that is equal then seconds etc.

PRIZES There are 4 trophies:

- a. the Mickelgate Bar Trophy for the overall winning nation.
- b. the Quaich for the nation that wins the relays
- c. the Lagan Valley Rosebowl for the nation that wins the individual event
- d. the "Stonewall Trophy" presented to either Wales or Ireland, whichever gains the greater combined points total.

Can Team Managers please inform me of which Shiny trophies they will be bringing with them.

Bulletin 3 (final details) will be released early September 2018