Greater London Orienteering Summer Series (GLOSS): objectives, event guidelines and series scoring

Version 2.0 (30 June 2016)

Objective I:	**Introduction to classic orienteering**	To introduce park race competitors to forest orienteering but with a little park racing style so they don't get turned off; also to provide families and club runners opportunities to orienteer in and around London in the summer months.
Objective II:	**GLOSS competition for the London Bus trophy**	To provide a club-competition based on the fastest handicap times per club on the GLOSS course, but also open to anyone
Guidelines for series' events	**BOF level and GLOSS-specific**	To be registered with BOF (British Orienteering Federation) at level D and also be run in accordance with the GLOSS-series guidelines as set out below:
	When	4 to 5 events on Sundays (preferred to Saturdays) in late June/July/early August
	Where	Somewhere within the M25 or thereabouts. Public transport links an advantage
	Terrain	Open forest (easy visibility) and open parkland eg - Hampstead, Shooters Hill, Trent Park, Banstead, Bentley Priory; Wimbledon Common, Hainault if using the parkland at least in part to adhere to the expected winning time (see below) etc.
	GLOSS course length	3 - 3.5 km course TD3 at first, 3-4 controls to give confidence and progressing to TD4. Errors should not be expensive in terms of time lost. Can be advertised as Light Green in terms of Greater London terrain.
	GLOSS expected winning time	20-22 mins – that would give a spread of 40-45 minutes for the oldest/less fit/less experienced competitors (about a 6-6.5 per km winning time).
	Must also offer	Optional second course at no extra cost of roughly 1.5 - 2.0km for anyone who wants it. Can be a simple extension course or something more unconventional, and can be run straight after or separately. A yellow standard course for newcomers/juniors.
	Should avoid	BINGO controls - made more difficult with seasonal vegetation.
	Should offer	Toilets
	Maps, IT and raw results	Pre-marked maps on waterproof paper and full use of electronic punching. Event organiser to note the 'Information required from competitors for GLOSS scoring' (see further below) as it will be needed to score the GLOSS competition Unhandicapped results and routegadget on club's website on night of event.
	GLOSS results publication	LOK will aim to publish GLOSS competition results on its website with full audit trail (see below) plus some race commentary on the night of the event and, as GLOSS series progresses, club scores for each event and the cumulative scores across the series.[1] Full audit trail should track

---

[1] assuming the underlying Autodownload info in the right format is forwarded to LOK in a timely manner.

individual raw times through to handicapped times, to points for individual handicapped times, then to the total of the points for each club's 6 highest scoring competitors and finally to the awarding of GLOSS series points for that event.

GLOSS competition	**Eligibility**	London clubs: CHIG, DFOK, HAVOC, HH, LOK, MV & SLOW Other SEOA clubs: GO, SAX, SN & SO SCOA clubs: BKO & TVOC
	Information required from competitors for GLOSS scoring	In practice it might be easiest to collect the following data from everyone: • BOF number (where there is one) • club • BOF class (eg W21) • self-certified competency rating (beginner, average, very good); this will only be used to calculate handicapped times where the competitor is not ranked.
	Handicapping philosophy	Times on the GLOSS course are handicapped to reflect the competitor's expected orienteering speed, which is typically a function of their age, sex and ability.
	Handicapping of individual raw times on GLOSS course	*For ranked competitors* Competitors' actual times will be adjusted up or down by a number of minutes so that, were everyone to perform in line with expectations (ie in line with their BOF ranking as at 16 June 2016), they would all record the same adjusted time. Ranking points are awarded for most BOF level C and above events on the basis of how much better or worse an individual's time is relative to those of their fellow ranked competitors controlling for how strong the field is and the spread of times achieved. To convert an individual's BOF ranking points into a time handicap, we multiply the difference between his or her average points per run[2] and that of an average competitive orienteer (set at 1,000 points per run by the algorithm used to update the rankings every week) by 4[3] seconds per point. In summary, Handicap time = Actual time + (Average ranking points per run - 1,000) x 4 seconds per point. *For all other competitors* Newcomers, other unranked club members such as juniors, orienteers recently arrived from abroad or those who have

---

[2] Those competitors appearing in the ranking list with an average of less than 500 points per run contributing to their best six (or less) scores will be ranked using the notional system as their point scores may be statistically unreliable.

[3] For the GLOSS 2016 series we have derived this constant from an analysis of the results of the GLOSS 2015 series as follows: let ST = the standard deviation time of ranked runners and SS = standard deviation score of ranked runners; then derive this constant as ST/SS ie number of seconds handicap for each ranking point in excess or below the 1,000 points per run set for an average ranked competitor within BOF's ranking calculation model.

recently taken up the sport again will be given a notional ranking points based on their age, sex and a competency rating (beginner, average or very good)[4].

See **Annex A** for the table of notional ranking points to handicap unranked competitors.

Individual and club scoring for the event

All competitors successfully completing the course will be ranked in ascending order of their GLOSS handicapped time regardless of whether they are a member of a club or not.

Individual points
For club scoring purposes the fastest eligible competitor based on handicapped time is awarded 100 points. The next fastest 99 points and so on down the list - but only the first 6 competitors from each club score.

Series points
The clubs are placed in descending order of the aggregate of their scoring competitors' points for that event. The winning club receives 20 series points, the next 19 series points and so on down the list to score that event for the series.

Series scoring

The best 4 out of 5 events for each club count to the series result ie as a club you 'drop' your worst score.

Prize giving

The prestigious London Bus Trophy will be awarded to the club winning the GLOSS series.

History

The **F**irst **R**unning **O**f the **L**ondon **I**nter-club **C**hampionships (**FROLICS**), a summer series of orienteering events in and around London began in 1988 to provide orienteering opportunities in and around London after the then end of the main orienteering season in May/June. The twist was that everyone ran the same course (Light Green) and competitors' times were handicapped to calculate team results.

In 2013 after 25 years of FROLICS we decided to rename the series **GLOSS** to make it more accessible to newcomers.

There have been minor tweaks to both the handicapping system (based on minutes deductions for whoever was not an 'experienced' M21) and the club scoring systems over the years. In 2015 we changed the handicapping system to be based on the best available (and statistically robust) information on a competitor's orienteering ability, their BOF ranking. In 2016 we are making further tweaks to take better account of how these points are derived.

Notwithstanding these changes over the years, the prize for the winner of the series remains the London Bus Trophy, styled on the old Routemaster and emblazoned with FROLICS CHAMPIONS!

---

[4] Most people will be 'average'. 'Very good' will finish in the top 25% at National and Regional Championships for their age/sex class. 'Beginners' will have competed in fewer than 6 orienteering events.

Annex A: Notional rankings for unranked competitors[5]

Class	Beginner	Average	Very Good
W10	715	805	865
W12	745	835	895
W14	775	865	925
W16	805	895	955
W18	835	925	985
W20	865	955	1015
W21	895	985	1045
W35	880	970	1030
W40	865	955	1015
W45	850	940	1000
W50	835	925	985
W55	805	895	955
W60	775	865	925
W65	745	835	895
W70	715	805	865
W75	670	760	820
W80	625	715	775
W85	580	670	730
M10	820	910	970
M12	850	940	1000
M14	880	970	1030
M16	910	1000	1060
M18	940	1030	1090
M20	970	1060	1120
M21	1000	1090	1150
M35	985	1075	1135
M40	970	1060	1120
M45	955	1045	1105
M50	940	1030	1090
M55	910	1000	1060
M60	880	970	1030
M65	850	940	1000
M70	820	910	970
M75	775	865	925
M80	730	820	880
M85	685	775	835

---

[5] These notional ranking points have been derived by using a) the same 4 seconds per ranking point described in footnote 2; b) the minutes awarded under a modified version of the 2014 GLOSS series handicapping system and c) an assumed GLOSS course winning time of 25 minutes and 35 minutes for an average ranked competitor.