

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

Version 2.0 (27 May 2023)



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, ideally 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 a significant proportion of forest is used, the distance should be adjusted 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
	Contactless punching	Contactless (eg SIAC) punching strongly preferred. See Guidance on Extension Course for considerations when offering a simple extension course.
Maps, IT and raw results	Pre-marked maps on waterproof paper and full use of electronic punching. Unhandicapped results and Routegadget on club's website on night of event.	
Information required from clubs to produce GLOSS results	Within SITiming (which replaces Autodownload) you will need to access Results->Export Results->Processable CSV Results and write that out to a file. Note this file is different from those produced for raw results and Routegadget. Please email the <i>Processable CSV Results</i> file to Paul Todd (mailto:fixtures@londonorienteering.co.uk) after the event.	

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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, assuming the underlying SI timing info in the right format (see immediately above) is forwarded to LOK in a timely manner.

Full audit trail should track from raw times and average ranking points for an individual competitor to;

- 'shadow' points (see [Handicapping policy](#));
- ratio of 'shadow' points to average ranking points;
- individual scoring points (see [Event scoring](#));
- total points for each club's 6 highest scoring competitors; and finally to
- GLOSS series points for that event.

Competitors should appear in the results in descending order of their event points (see [Event scoring](#)). Results should also show competitor placing based on raw time.

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 Organisers, please collect the following:

- if a member, competitor's BOF number¹
- name
- club (or 'independent')
- BOF age class (eg W21)

There is no longer any need to capture competency ratings as we will give unranked competitors a ratio of 0.95 as a baseline on each occasion they compete.²

Handicapping philosophy For GLOSS scoring purposes, competitors will be ranked in order of how well they outperform on the day against 'expectation'. 'Expectation' will be based on the average of your ranking points over the 12-month period immediately prior to the outset of the series. For the 2023 series this average will be determined shortly after 11 June 2023. (You can obtain this average by clicking the 'export' button on the [Rankings landing page](#). In the download file 'Average' is shown in the 7th column along, just left of the total for your best six runs over the previous year.)

¹ Regardless of whether member is currently ranked or not.

² Note that ranked competitors who do not have at least two scores each above 250 points will be treated as unranked competitors for GLOSS scoring purposes. As such they will also be awarded a ratio of 0.95 throughout the series.

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For each event we will determine the 'shadow' ranking points earned by each GLOSS competitor and then compare these 'shadow' points to their average ranking points. The ratio of 'shadow' on-the-day points to average ranking points will determine finishing order on handicap.

Establishing results on handicap for competitors' GLOSS run

We first calculate 'shadow' points for each runner (ie competitor) as follows:

$$\text{'Shadow' points} = \text{MP} + \text{SP}(\text{MT} - \text{RT}) / \text{ST}$$

Where

MP = mean points of runners*

SP = standard deviation points of runners*

MT = mean time of runners

RT = runner's time

ST = standard deviation time of runners

* relates to average points per run per BOF rankings

This formula is the same as the one used to calculate [BOF ranking points](#). A competitor who runs the mean time earns points equal to the mean points (at the outset of the series) of all the competitors successfully completing the GLOSS course. To the extent they outperform, then they will earn extra points depending on how much quicker they were than the mean, benchmarked against the standard deviation of the times of all competitors.

Ranking points are awarded for most British Orienteering Federation (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 allowing for how strong the field is and the spread of times achieved. Best six scores in past 12 months (exceptionally for 2022, 16 months) count to an individual's ranking. For handicapping purposes we, however, use average ranking points per contributing run.

For the purposes of our 'shadow' points calculations we will ignore the slowest 10% of runners in the calculations of MP, SP, MT and ST. In other words, everyone will earn 'shadow' points but the number of points will be calibrated with respect to the average ranking points of the fastest 90% of runners on the day. We do this to avoid outliers undermining the reliability of the calculations.

In summary, ordering for scoring purposes on handicap = 'shadow' points (as above calculation) / average ranking points at the outset of the series.

Were everyone to perform in line with expectations, they would all obtain the same ratio of 1.00 for scoring on handicap purposes!

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Individual and club scoring for the event ('event scoring') All competitors successfully completing the course will be ranked in descending order of their ratio of 'shadow' points to average ranking points regardless of whether they are a member of a club or not.

Points awarded to competitors scoring for their club ('Individual scoring points')

For club scoring purposes the eligible competitor with the highest ratio (of 'shadow' points to average ranking points) is awarded 100 points. The competitor with the next highest ratio is awarded 99 points and so on down the list - but only the first 6 competitors from each club score.

If one or more competitors have equal ratios (as is likely to be the case for unranked competitors, who are all awarded 0.95), they all receive the same points. The next scoring (ranked) competitor (with a ratio of just below 0.95) also scores the same points e.g.

Ratio	Points
...	...
0.954	63
0.950	62
0.950	62
0.950	62
0.949	62
0.947	61
...	...

Series points for the event

The clubs are placed in descending order of the aggregate of their scoring competitors' individual 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 or 6 events for each club count to the series result i.e. as a club you 'drop' your worst score / worst two scores. In the case of there being less than 5 events, all events to count for series scoring. In the event of a tie the club with the highest number of 1st places (i.e. 20 series point scores) in their 4 "scoring events" would win; if still tied, the club with the highest total of individual scoring points across their 4 "scoring events" would win. If still tied, we would declare a draw.

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

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History



The First Running Of the London Inter-club Championships (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 made further tweaks to take better account of how these points are derived.

In 2018, following feedback arising from the 2017 series, we changed the basis of the handicapping once more, this time to make it fully based on the approach used by BOF to produce the national rankings.

In 2019, we tweaked the handicapping to be based on 12-month averages rather than the average of the top six runs. We also modified club scoring so that the competitor whose ratio fell just below the band of unranked runners receives the same level of points. This avoids a potentially big discontinuity in the points awarded between those finishing just above and those just below the band of unranked runners.

In 2021, during a summer disrupted by would-be competitors having to self-isolate, pre-entry became necessary. SIAC (contactless punching) was utilised throughout the series. No changes were made to handicapping but competitors ranking points were based on their average since March 2019 to June 2021.

In 2022, ranking scores used to handicap individual competitors continued to be based on an average over an extended period starting from mid-February 2020, before the start of the pandemic. For the 2023 series that period over which scores were averaged reverted back to the past 12 months.

Also for 2022 guidance was introduced to standardise the implementation of the GLOSS Extension course across events. GLOSS Purple Pen guidelines were also provided to illustrate what should be shown on the map and on control descriptions.

Notwithstanding these changes over the years and the cancellation of the GLOSS series in 2020 on account of the COVID-19 pandemic, the prize for the winner of the series remains the London Bus Trophy, styled on the old Routemaster and emblazoned with FROLICS CHAMPIONS!

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Guidance on Extension course

Running the Extension

If a simple extension course is offered it is strongly preferred for those also running the Extension to complete GLOSS and Extension courses as a single run. The purpose of this Guidance is to provide an intuitive, seamless and consistent experience for competitors from one GLOSS event to the next here.

If the planner, however, wishes to offer something more unconventional, then the planner may choose to separate the two runs.

Map

In general, 50% of GLOSS course entrants will also run the Extension course.

Experience tells us that competitors like the opportunity of deciding whether to run the Extension course as they finish the GLOSS course instead of having to decide before they commence their GLOSS run. Accordingly, it simplifies the logistics if:

- a double-sided map is produced with GLOSS on side 1, and Extension on side 2
- if loose control descriptions are provided, both GLOSS and optional Extension printed on a single side one after the other.

Runners not wishing to complete the Extension just ignore side two of the map and the extra control descriptions.

Side one, GLOSS, will show a normal finish:



Side two, the Extension, will show the Shadow Finish, here the 15th control to be punched on the combined GLOSS+Extension course. Its location is the same as the FINISH; do not attempt to separate the FINISH and Shadow Finish on the map. Subsequent controls will be 16, 17 ...; do not re-start the control numbering.



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Whilst it should be obvious that the first control on the GLOSS side is '1' and not '15', some indication should be prominently printed on each side of the map to differentiate GLOSS from Extension side. For example:



Finish control layout

The recommended layout is shown below. Competitors will always punch the FINISH control when finishing their run, but will, if they choose to run the Extension, first punch the Shadow Finish control (i.e. in lieu of the FINISH) at the start of their Extension run. In this example the Shadow Finish (on the right) is control 112, which serves the dual purpose of recording the competitor's GLOSS finish time and Extension starting time.

We have used stakes with clearly labelled signs to guide competitors at this point to make the right decision for them.



Exit from the Shadow Finish must not cross the taped path from FINISH to Download, so in the above picture the next control, control 16 (123) is to the right.

To avoid unwanted registering of punching of controls:

- FINISH programmed as non-SIAC (i.e. not contactless) otherwise if competitors "drift" towards to a SIAC Finish when they plan to do the Extension they may inadvertently turn their SIAC cards off unbeknownst to them.
- Shadow Finish programmed as SIAC. Use a normal control with a control number.
- FINISH and Shadow Finish should be sited:
 - several metres apart so that a competitor approaching the FINISH cannot inadvertently pass close enough to the Shadow Finish SI unit; 3m is a good gap.
 - Planners should at the same time be careful to ensure that the distance from the last control on the

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GLOSS course to both the Shadow and actual Finishes is equal.

- It is strongly recommended that any labelling (signage or the control unit) for the Shadow Finish does not include the word 'finish'.

Loose control descriptions Suggested layout and wording/labelling is:

Scratchwood			
GLOSS+Extension	5.3 km	175 m	
▶	↑	↘	
1 115	⊗	○	
	⊗	○	

13 118	⊗		
14 104	⌒		
For GLOSS only punch at the Finish			
For the Extension punch at 112			
Turn over map for Extension			
15 112	◇		
○ --- 0 m ---▶			
16 123	⌒		
17 103	⊗		○

Recommended IT set-up The below describes the recommended SITiming setup:

- Create two courses, GLOSS and Extension, with the Extension including the GLOSS controls
- Don't enter runners' courses in advance of their run, instead let SITiming decide if they ran GLOSS or GLOSS+Extn. If you do pre-record the course the runner intends to do, and they are put down as just the GLOSS but decide to run the Extension, SITiming will just assume they punched a load of unnecessary controls at the end of the GLOSS course and not be recorded as an Extension runner.
- From splits printout, runner will be able to identify GLOSS raw time by knowing it was, say, control 112.
- The GLOSS calculation spreadsheet can calculate the GLOSS portion of a GLOSS + Extension run as it is told that control, say, 112 is the Shadow Finish.