

BMDOC incorporating the Elite and Age Class Championships.

We are publishing these as early as possible. In the event of any changes being made at a future date; they will be highlighted.

Acknowledgements

Lakeland Orienteering Club would like to thank the following for their assistance in staging this event:

Mr Chaplin

Forestry Commission, Michael Hine

Mrs J Booth

Lake District National Park Authority

Penny Bridge Hall Estates, Mr Mark Southern

Mr David Saunders

Orienteering Information

Model Event

On the Friday afternoon and early evening all competitors are invited to an informal model event on an area with similar underfoot conditions, short courses will be available and further details can be found on the Lakeland Orienteering Club website.

Travel and Parking

From most places; leave the M6 at Junction 36 and follow the A590 signpost Barrow to Newby Bridge. The car park is signed from just west of the Newby Bridge roundabout over the bridge at the Swan Hotel road sign "Lakeside YMCA Centre and Hawkshead". Just over the bridge turn left sign "Finsthwaite and Rusland", parking is in 300m at GR 365863 Postcode LA12 8NB.

http://www.multimap.com/maps/?hloc=GB|SD365863&zoom=13#map=54.26843,-2.97558|13|4&bd=useful_information&loc=GB:54.2684:-2.9765:13|SD365863|SD365863

Car Parking will be in a gently sloping field adjacent to the River Leven. Please drive slowly over the bridge, on the narrow approach roads and in the car park.

In the event of poor weather in the lead up to the event the traders will be located in the car park.

There will be one toilet in the car park field.

Haverthwaite Steam Railway

The steam railway runs through the area. It is out of bounds at all times. It can only be crossed by a bridge going to the start and through an underpass near to the finish.

River Leven

The river runs adjacent to the car park, route to the assembly area and the assembly area, it is not fenced. Competitors must keep away from the river and **parents must ensure that their children are supervised at all times** to ensure they are not tempted to play in or near the flowing water.

Dogs

Well behaved dogs will be allowed in the car park and assembly on a lead only. Please clear up after them.

E:coli

The landowners have removed their stock from the finish and car park fields for a number of weeks in the lead up to the event which has reduced such a risk considerably. We would still encourage everyone to wash their hands prior to eating.

Event assembly area and finish

This is situated 1km with 30m climb from the car park. Leave the car park through the gate in the south west corner of the field. A pleasant walk through the woods between the railway and the river Leven will bring you to the assembly area/finish. It will be lightly taped. You enter the finish field through the same gate as used by competitors on the run in; please take care not to impede any runners at the end of their course.

At the Assembly Area, situated by the finish, you will find Enquiries, Colour Coded Registration, Start Lists, Previous Map, Dibber Hire, Download, First Aid and Traders (unless wet). All information about the event and the area will be held here.

The Members of Finsthwaite Church have arranged to sell burgers, please support one of our local charities.

Toilets will be situated in a small car park near to the entrance to the finish/assembly area. These can be accessed from near where you enter the finish field and by leaving the field through the exit to the start. You must not climb the stone wall. **Please take care walking and queuing along the road.**

Travelling alone

For those travelling alone; please consider leaving your car keys (suitably labelled) at enquiries. They are left at the owner's risk.

Club Tents

Club tents may be pitched in an area adjacent to the Finish run in, behind the 5m line; please be considerate so that more people can see what is going on.

SPORTident

SI (SPORTident) electronic punching will be used for the event.

The SI boxes flash and beep to indicate a successful punch; it is your responsibility to ensure that your visit to each control has been registered. If any box fails to flash and beep then you should punch your map with the pin punch attached to the control and report the failure at Download.

SI Dibber Hire

Hire dibbers may be collected from enquiries at the Assembly Area. Lost or unreturned SI cards will be charged at £55.

Colour Coded Course

Yellow, Orange and Light Green Courses are available for entry on the day. Registration is at the Assembly Area from 10.00 to 12.30. These courses have a punching start. Hire Dibbers are available at £1.00 from the Colour Coded Registration. Seniors £7.00 (before BOF discount) Juniors £2.00. Maps for Yellow and Orange Colour Coded Courses will be available for study, on request, with a start official. Loose descriptions, both pictorial and written will be available for Light Green and Orange colour coded courses, written descriptions will be available for Yellow.

String Course

There will be an adventurous string course; the only available piece of terrain has quite tough underfoot conditions for under 5's, should be OK for those a bit older and it is NOT suitable for pushchairs. Follow the route to the main event start and the course is in the forest on the right, north, just after crossing over the steam railway; you will good views of the train passing.

Course and Class Details

Course	Age Classes	Map Scale	Length	Climb	Controls
1	M18E, M20E, M21E	1:10,000	4.6k	255m	29
2	W18E, W20E, W21E	1:10,000	3.9k	220m	26
3	M35, M40	1:10,000	3.9k	260m	26
4	M45, M50	1:7,500	3.8k	230m	25
5	M16, M55, M60	1:7,500	3.3k	215m	19
6	W35, W40	1:10,000	3.3k	220m	20
7	M65, M70, W16, W45, W50	1:7,500	2.9k	160m	19
8	M75, M80, M85, W55, W60, W65, W70, W75, W80, W85	1:7,500	2.3k	130m	16
9	M14, W14, Light Green	1:7,500	2.4k	130m	16
10	M12, W12, Orange	1:7,500	1.9k	70m	12
11	M10, W10, Yellow	1:7,500	1.6k	55m	11

Control Descriptions

Loose control descriptions will be available in the start lanes. The descriptions are printed on waterproof paper. Control descriptions will also be on the front of your map. Courses 1-10, use IOF pictorial descriptions, course 11 has written descriptions.

The lengths of the loose Control Description sheets are:

Course	Description Length
1	23cm
2	21cm
3	22cm
4	20cm
5	16cm
6	17cm
7	16cm
8	15cm
9	15cm
10	12cm
11	12cm

Shadowing of Junior Competitors

Adults will be permitted to shadow inexperienced junior competitors on the yellow and orange courses. Competitors on Championship Courses who wish to shadow competitors on colour coded courses are requested to make this known to the Organiser (via the Enquiries Team) and not shadow until after their Championship run. Please be aware that competitors who are shadowed will be shown in the results as 'non- competitive' (BOF Rule 7.2.14)

Map

Map Scale for M/W18 to M/W40 at 1:10,000

Map Scale for M/W45 and above, M/W16 and below and all colour coded courses at 1:7,500.

Contour Intervals 5 metres.

The map has been partly revised in 2010 by Richard Tiley.

The maps will be litho printed on waterproof paper. The maps are A4.

Control descriptions are printed on the front of the maps for all courses.

There is a legend on the map.

The previous map of the area will on be display in the Assembly Area.

Terrain

The terrain is highly technical, typical Lake District woodland, with many rock features and very intricate contour detail. Much of the competition area is oak woodland, with clearings of varying size, but with little undergrowth at this time of year leading to good running. Some areas of commercial plantations, mainly larch, were damaged by severe gales in 2005; unfortunately the windblown trees still remain where they fell. Courses have been planned to avoid the areas of windblown trees as much as possible.

Mapping of Windblown Trees:

Areas of windblown trees are almost all mapped using the mid green forest walk runnability screen. Of course, runnability in these areas is variable (generally better East-West than North-South). Except for some short distances, where there is no sensible alternative route but through the windblown trees, the planners believe that avoiding the windblown trees will generally be faster than trying to find a route through.

Warm up Area

On the way to the start, all runners, except those on courses 9, 10 and 11, are invited to warm up in an area before the start, in which 5 controls have been hung. Maps at both 1:10,000 and 1:7,500 scales on waterproof paper will be available, the warm up maps are not litho printed. Although these maps show the controls as a short course, competitors may visit the controls in any order. SI boxes have been omitted from these controls. PLEASE TAKE CARE NOT TO STRAY OFF THE WARM UP MAP; THE BOUNDARY WILL NOT BE TAPED. The warm up maps can either be returned to where they came from or left at the start in the box provided; please do not litter the forest.

Crossing points

All courses, except Course 11, have at least one mandatory crossing point, where the connection line on the map is bent through the crossing.

Competitors MUST use these crossing points.

Taped routes

All runners have a taped route near the end of their course, to lead them down a short length of minor road, under a railway bridge and up a ramp to a crossing into the final small part of the competition area. All runners must run down the left-hand side of the road and follow marshal's instructions, which will be for your own safety, as occasional vehicles may be encountered. Runners on courses 4 to 11 have to cross a junction between 2 minor roads, where they must take particular care. Runners on courses 1, 2, and 3 must follow the taped route and not attempt to cross the railway line, which is out of bounds. Runners on course 11 also have several short taped routes earlier on their course.

Safety

All competitors take part in this event at their own risk and are responsible for their own safety.

The competition area contains quite a number of crags mapped as impassable, all of which are dangerous. None of these crags have been taped.

Runners on courses 1, 2 and 3 will cross 2 minor roads immediately after a control. We expect to man these road crossings; and although the traffic is very light please take care crossing these minor roads and heed the marshal's directions.

If you are worried about an overdue friend or family member, please inform someone at the results area.

Medical Conditions

If you have a prior medical condition which you feel that the First Aid officials at the event should know about; could you please complete a medical form at the St John's prior to going out on your course?

Controls

All controls will be hung from aluminium stakes, with the number displayed vertically. A back up pin punch will be hung from the flag. If an SI box fails to respond, please use the pin punch to record your visit, using one of the punch boxes on your map, and report the failure at download.

Route to the Start

The distance from the exit at the SW end of the finish field & assembly area to the start is 450m, with 60m of climb. Follow the minor tarmac road south, 250m which has light traffic. Please take care. Then take the bridge over the railway and follow the path uphill to the start. The route is not suitable for pushchairs or wheelchairs. It takes less than 20 minutes.

Clothing Dump

There will be no clothing dump.

Start Times and Seeding

The Elite Courses 1 & 2 will have a start interval of at least 2 minute and be seeded according to Appendix M.

Age class competitors will be seeded in accordance with Appendix L.

Courses 3 – 11 will generally have a minimum of 2 minute start interval although due to Course 7 being so popular this will have a 1 minute start interval at times.

Championship courses will have a timed start. Start times cannot be changed. Colour coded courses will have a punching start.

Start

Start Lists will be displayed at the Assembly Area and in the pre-start area.

Start lists will be available at the SPORTident website;

https://www.sientries.co.uk/list.php?event_id=326

SI Clear controls will be in position in the pre start area. Please remember to clear your SI Card before entering the start lanes.

A sample control will be displayed near to the start.

Numbers for Elite competitors can be collected near to the start. Please recycle your old pins from previous events and remember to take them to the start.

Full body cover is compulsory; anyone not appropriately dressed will not be allowed to start.

There will be two start lanes. The Left hand lane is for championship courses. The Right hand lane is for colour coded Yellow, Orange and Light Green courses.

There is a short taped route after map issue to the start point which is marked by a control flag.

Competitors will be called up at -4 minutes for an SI check. Loose Control Descriptions will be available at -3 minutes. Blank maps will be available at -2 minutes.

Please note that the start for the Championship Courses is timed and colour coded courses will have a punching start.

Championship Late Starts

Anyone arriving late for their allocated start time should make themselves known to the start officials. They will be allowed to start in the next available slot for their course. The time at which they start will be noted but they will be timed as if they had started at their allocated start time. Note that some courses are likely to be full and there may not be many vacant start slots available.

Late starting competitors who believe that they have good reason to have their start time adjusted must go through the normal complaints process.

Neither start nor download officials can authorise this adjustment. (BOF Rule 8.1)

Drinks Stations

As this is a middle distance race there will not be any drinks stations on the courses. In the event of very hot weather please make sure that you are fully hydrated prior to starting your course.

Poor weather

In the event of cold, windy and rainy weather it would be advisable to wear a cagoule; the organiser may make this a mandatory requirement in the event of extreme weather.

Radio Controls

Courses 1, 2, 5 & 6 will have a radio control at about the halfway point. There will be a pre warning radio control for courses 1, 2 & 3. The penultimate controls on all courses will be radio controls. We hope that this will enable everyone to follow the races as they unfold with commentary team lead by Chris Poole.

Download

Download will be situated just after the finish. **Please go to download even if you retire.**

If your SI card download is processed successfully without errors, then your results will be stored and your splits printed automatically. To avoid congestion around download, please take your splits print & move away from the download area i.e. out of the tent please.

In the event of any error during the download process (including course mismatches) you will be directed to a problem point for resolution. No errors will be investigated or corrected at the primary download positions.

Finish

For environmental reasons, bottled water will not be supplied at the finish; please bring along sufficient water for your needs.

Course Closure

Courses will close at 16.30. Please note that collection of controls around the start will have commenced at 16.00.

Map Reclaim

Please deposit your maps in the appropriate club bag after you have finished. Map reclaim will be available after the last start time. Unclaimed map bags will be taken to the sprint race.

Results

Printed results will be displayed in the locality of the download & registration tents, these will be updated frequently.

Safety & First Aid

A St John's Ambulance Team will be based in the main car park.

The nearest Accident and Emergency Dept is at Furness General Hospital in Barrow, follow the A590 west through Ulverston. The Hospital is signed with the usual white H on a red background from the outskirts of Barrow. The postcode is LA14 4LF.

Competitors are reminded that they are primarily responsible for their own safety and take part at their own risk. Full leg cover is obligatory and whistles are advised. All competitors must visit the Finish and report to the Download at the Assembly area.

Route Gadget

Maps and courses will be available using Route Gadget soon after the event and will be linked from the Lakeland Orienteering Club website (<http://www.lakeland-orienteeing.org.uk/>) Please make use of this facility to upload your routes and comments.

Prize Giving

The Elite Championship trophies will be presented to the highest placed eligible competitors in each age class. **Some Prizes have been provided by CompassPoint, many thanks to them for their support.**

Medals will be awarded for the first 3 in all age classes.

Prize Giving will take place in the Assembly area, between the run in and the river at approximately 4.15pm; please stay to congratulate the winners.

Photography

In line with the recommendation in the British Orienteering Child Welfare Policy and Procedures, it is requested that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the British Orienteering Policy on the use of video, zoom or close range photography and the subsequent use of these images (available via the O Safe link on the British Orienteering website) The event organisers reserve the right to challenge anyone who is giving cause for concern.

If anyone has concerns with regard to inappropriate or intrusive photography they should report these to the event organiser.

Cancellation

Should the event, or part of the event, be cancelled the organisers reserve the right to retain all or part of the entry fee to cover committed costs.

Complaints and Protest (BOF Rule 9 & Appendix G)

If you wish to make a complaint please contact the event organiser via the Enquiries Desk in the Assembly Area.

A complaint:-

Any competitor or official may make a complaint with regard to any competitor or any aspect of the organisation or planning thought to have contravened the Rules or other instructions issued by the Organiser. It can be made by anyone connected with an event and can be verbal or written. You should make it to the Organiser. If you wish to make a written complaint please ask the event organiser for a form.

A complaint will be adjudicated by the Organiser and the decision communicated by the Organiser to all affected by the decision. The Organiser may need to consult with other event officials before they make their decision.

A protest:-

A protest can only be made with regard to the Organiser's decision about a complaint. It should be made in writing, to the Controller. Please ask the event organiser for a form. A protest will be adjudicated by the Jury and the Jury will instruct the Organiser on what action (if any) should be taken

Individual Entry Queries

If you have any queries about your entries, please contact the Entries Secretary, preferably by e-mail to bmdoc2010entries@googlemail.com After Sunday 11th April, you are asked to visit the Enquiries desk at the event.

Entries, Alterations and Cancellations

Late entries will be accepted by email to the Entries Secretary bmdoc2010entries@googlemail.com after the closing date of 5th April, subject to map availability and start time availability **ONLY** at the organiser's discretion.

After 5th April, entry to Colour-coded courses will be EOD only.

Also after that date, changes may be made only via the Entries Secretary; there will be a fee of £2 per competitor. Changes to class are subject to map availability.

In the event of a last minute cancellation (for example due to extreme weather), the organising team will do everything they can to contact all competitors, for example via email provided by those entering online. A notice will also be posted on the event website <http://www.lakeland-orienteeing.org.uk> and on the British Orienteering website. Those without internet access can contact the organiser on 015395 31167 until the evening of Thursday 15th April.

Questions

If you have any questions then please use the email address bmdoc2010@gmail.com but before you do so, please ensure that you have carefully looked through these details and on the rest of the Lakeland Orienteering Club website. I have already received a number of enquires, the answers for which were already on the website.

I will be in Devon over the Easter weekend and may not have an opportunity to respond until I return.

Derek Allison.