

Saturday 14th April & Sunday 15th April 2018

Lakeland April Weekend

Incorporating middle distance junior selection races and UK Elite Orienteering League

Saturday 14th April	Middle Distance	Graythwaite, Newby Bridge
Sunday 15th April	Long Distance	Lingmoor, Ambleside

Entries will open on 1 February 2018

Terrain **Colonel's Drive, Graythwaite**

A classic, South Lakeland woodland with plenty of contour and rock features and few paths. Areas of deciduous and coniferous woodland with mostly fast runability and little undergrowth.

Lingmoor

A beautiful Lakeland Fell rising to 469m, situated between Great Langdale and Little Langdale. For those who have time to enjoy, the views are stunning on a clear day. The upper fell is undulating with typically intricate contour and rock detail throughout. Underfoot is a mix of heather, bracken and sheep grazed grass and running is generally good throughout. The lower slopes are steeper and include an area of natural woodland. Longer courses will start on the upper slopes of the fell and shorter courses will start lower down and mainly use the woodland.

Courses Courses will be offered on both days, for all British Orienteering age classes except for M10B, W10B, and White.

String Course There will be a string course on both days.

Junior Selection Races Separate courses will be provided, on the Saturday, for Juniors wishing to be considered for selection to international competitions (JWOC/EYOC/JEC) and Talent Squad summer camps. See details later in this document.

UK Elite O League M/W18,20 and 21. For your results to be included in the UKEOL you must enter the correct courses, as explained later in this document

Saturday Parking and Assembly Competitors are asked to access the parking/assembly area from the South via Newby Bridge and up the west side of Lake Windermere. Parking for cars will be in a large field at Grid Ref. 382928, to the east side of the road leading to Cunsey. Parking for mini-buses and camper vans will be on a hard standing area to the north of the above field at Low Cunsey Farm. Anyone wishing to bring a bus, a minibus or a campervan must inform the Day Organiser well in advance. Parking Fees - Cars £2, minibuses and Camper vans - £4.

For the sake of the environment, please car share where possible.

Assembly will be on a hard standing area adjacent to the parking area for Minibuses, approx. 400m flat walk from the car parking field. As there is only one entrance/exit to both the car parking and the Mini-bus parking areas, all vehicles must have arrived by 12.30. Vehicles will not be allowed to leave until after this time.

Saturday Starts Starts are approx. 600m walk from the Assembly Area on a forest road. Allow 15 minutes.

Sunday Parking and Assembly Parking will be on fields at Baysbrown Farm, Chapel Stile, Great Langdale, Ambleside, LA22 9JZ. GR NY 313 049. Please approach via Elterwater and Chapel Stile. In the event of very bad weather, alternative parking is being arranged approximately 2km away. Please read final details and check the LOC website.
 Parking is limited, so please make an effort to share cars.
 Parking Fees – Cars £1, Minibuses and Campervans - £2. Buses must park in Elterwater.
 Toilets and Assembly will be at Baysbrown Farm.

Sunday Starts There will be two starts. The Low Start will be approx. 0.6km +125m climb from Assembly. Allow 40mins. The route to the High Start will pass the Low Start and continue for a further 0.6km +150m climb. Allow, at least, 1hour. Green Course and longer will be from High Start, Short Green and shorter will be from Low Start.

Start Times **Saturday 14 April.**
 1100 to 1330. Registration opens at 1000.
Sunday 15 April
 1030 to 1300. Registration opens at 0900.

Split starts will be available, with an open start time for the second runner.

Entries **Entries will open on 1 February 2018** via Fabian4 www.fabian4.co.uk
 If you cannot use Fabian4 for any reason, please contact the Entries Secretary, lakelandocentries@gmail.com or phone 01539 725921 before 9pm. Please decide which courses you want to enter before starting the entry process, as Fabian4’s entry pages show only course names, not age classes.
 ANYONE ENTERING SELECTION RACES OR ELITE LEAGUE, TAKE SPECIAL NOTE OF YOUR COURSE.

Entry Fees	Saturday Middle Distance		Sunday Long Distance	
	Seniors	Juniors	Seniors	Juniors
Closing date				
2nd April	£11	£5	£13	£6
8th April	£13	£5	£15	£6

Seniors who are not members of British Orienteering will have to pay an extra £2 on courses - Very Short Green and above. Seniors entering Yellow to Light Green courses will pay junior rates. Students will pay junior rates.

There will be entries on the day, subject to a £1 surcharge on seniors and the availability of maps and start times.

No EOD for the Junior Selection Races (and Junior UKEOL) on Saturday.

EOD available for all courses on Sunday.

Changes There will be a £2 charge for any changes to pre-entries after entries have closed.

SI Card Hire Standard dibbers may be hired at a cost of £1 per day. Either ordered via the Fabian entry system or from Enquiries on the day. Lost or damaged cards will be charged at £30.
 Contactless SiAC cards may be hired at a charge of £3.50 per day but must be ordered via the Fabian entry system and must be ordered for **both** days for those runners attending both events. SiACs will **not** be available for hire on the day. Lost or damaged cards will be charged at £60.

Courses Offered on Saturday 14 April, Graythwaite

Selection Race	Est. Win Time	Map Scale	TD	Men's Classes	Women's Classes
SELw16	20-25 min	1:10,000	5		Selection W16
SElm16	20-25 min	1:10,000	5	Selection M16	
SELw18/20	20-25 min	1:10,000	5		SelectionW18*/20*
SElm18/20	20-25 min	1:10,000	5	Selection M18*/20*	

Colour	Length Ratio	Map Scale	TD	Men's Classes	Women's Classes
Black	1.00	1:10,000	5	M18 ,M20, M21* , M35, M40	
Brown Women	0.83	1:10,000	5		W18, W20 , W21*
Brown Men	0.83	1:7,500	5	M45, M50	
Blue Women	0.75	1:10,000	5		W35, W40
Blue Men	0.75	1:7,500	5	M16, M55, M60	
Green Men	0.60	1:7,500	5	M65, M70	
Green Women	0.60	1:7,500	5		W16, W45, W50
Short Green	0.50	1:7,500	5	M75, M80, M85	W55, W60, W65
Very Short Green	0.40	1:7,500	5		W70, W75, W80, W85
Light Green	0.45	1:7,500	4	M14	W14
Orange	0.30	1:7,500	3	M12	W12
Yellow	0.30	1:7,500	2	M10	W10
No White Course					

* UKEOL race

Juniors running in the Junior Selection Races and the UK Elite Orienteering League should enter one of the courses labelled as SELw16, SElm16, SELw18/20, SElm18/20. These competitors should not select a start block on the entry form. Selection race entrants will be seeded by the selectors and start times allocated accordingly. If you have a requirement for a specific start block you should indicate so in the special requirement section on the entry form and state your reason. This will be passed to the selectors who will consider your request. Action to change the seeded start list will be in exceptional circumstances rather than the norm. Start times for these courses will be published as a separate list on the LOC website as soon as possible after entries close.

UKEOL M21 should enter Black and W21 should enter Brown. M21 and W21 may select a start block.

If any competitor wants more information about the Junior Selection Races and the UK Elite Orienteering League, they should look at the appropriate hyperlink below:

Juniors: (<https://www.britishorienteering.org.uk/images/uploaded/downloads/Junior%20Selection%202017.pdf>)

UKEOL: (<http://www.ukeliteoleague.org.uk/>)

If any competitor does not wish to be considered for junior selection or take part in the Elite league then they should enter their "normal" choice of colour coded course.

Courses Offered on Sunday 15 April, Lingmoor

Colour	Length Ratio M21 = 1	Map Scale	TD	Men's Long classes	Women's Long classes	Men's Short & B classes	Women's Short & B classes
Black	1.00	1:10,000	5	M21*			
Brown	0.85	1:10,000	5	M35 M40			
Short Brown 1	0.69	1:10,000	5	M18* M20*	W21*	M21S	
Short Brown 2	0.69	1:7,500	5	M45, M50			
Blue 1	0.56	1:10,000	5		W35, W40	M35S, M40S	
Blue 2	0.56	1:7,500	5	M16, M55,M60			
Short Blue 1	0.45	1:10,000	5		W18* W20*	M18S, M20S	W21S
Short Blue 2	0.45	1:7,500	5	M65	W45 W50	M45S M50S	
Green	0.39	1:7,500	5	M70	W16, W55, W60	M55S, M60S	W35S, W40S
Short Green	0.33	1:7,500	5	M75, M80 M85, M90	W65 W70	M65S	W18S, W20S W45S, W50S
Very Short Green	0.28	1:7,500	5		W75, W80 W85, W90	M70S, M75S M80S,M85S	W55S, W60S W65S, W70S
Light Green	0.30	1:7,500	4	M14	W14	M16B	W16B
Orange	0.25	1:7,500	3	M12	W12	M14B	W14B
Yellow	0.22	1:7,500	2	M10	W10	M12B	W12B
NO WHITE COURSE							

* UKEOL race

Electronic Punching The SportIdent electronic punching system will be used on both days. All the course controls and the FINISH will be programmed as contactless suitable for Sportident SiAC Si cards. However, note that the START controls will NOT be programmed in contactless mode and must be punched normally. If punching fails at any control site using the contactless method, please punch normally, but if both fail all control stakes will be fitted with pin punches which runners **MUST** then be used to

punch the map as evidence of their visit to the site.

Anyone using a SiAC at the events should look at the 'Using SiACs' document (https://www.lakeland-orienteing.org.uk/documents/SIAC_info/Notes_for_SIAC_Users-v4_Major_Nat.pdf).

The sequence of controls will be as follows in the Start process:

- CLEAR control – normal punching control
- CHECK control in box 1 – the normal function to check that SI cards have been cleared and also to switch on the active mode of a SiAC
- SiAC CHECK control in box 3 – used for SiACs only to make sure the active mode of the SiAC has been enabled
- START control between the start line and the maps as normal – normal punching start, NOT programmed in contactless mode

Because the FINISH controls will be programmed in contactless mode there will be SAFETY controls positioned after the FINISH, the SAFETY controls will NOT be programmed in contactless mode.

ALL runners **MUST** punch the SAFETY controls (normal punching) after finishing because in the case of an apparently missing runner this is the way we can check who has finished to decide whether a search will be needed.

ALL runners **MUST** return to download as soon as possible after finishing whether they complete the course or retire.

NOTE Contactless punching means just that. It is contactless and only requires passing the SI card close to the control (as the name suggests). The SI card will flash and beep to indicate successful punching. Some over-enthusiastic competitors seem to have the need to hit the SI box with their hand as they pass. This has resulted in the control stake being sent flying and, in some cases, the SI box being damaged. Apart from being unnecessary, hitting the box like this may result in other competitors being disadvantaged and repair costs being incurred. So please don't do it.

Traders Compass Point, Podium Catering and Ulverston Junior Food Stall (cakes, hot drinks, burgers, etc.)

Maps Saturday's map has been updated by Martin Bagness in Winter 2017. Map scales are given in the above table and follow BO guidelines with the exception of the selection races, which will use 1:10,000.
Sunday's map is based on a PG plot, surveyed and drawn by Martin Bagness for Lakes 5 Days in 1998. Woodland area updated using LIDAR data, by Martin Bagness in 2015. Minor updates in 2017/18. Map scales as in the above table.

Dogs On leads, in car parking and assembly areas only. It will be lambing time.

Cancellation LOC reserves the right to retain all or part of entry fees if either event has to be cancelled.

Safety Please bring suitable bad weather clothing. You may be required to take a hooded waterproof jacket with you. Whistles are compulsory and will be checked. Competitors take part at their own risk and are responsible for their own safety.

Officials Weekend Co-ordinator - Roger Smith, roger.smith100@btinternet.com 07855347295

Saturday 14 April

Sunday 15 April

Organiser Norman French, LOC

Gill Browne, LOC

Planner Graham Capper, LOC

Heather and Chris Heppenstall, LOC

Controller Andy Lewsley, BL

Dan and Karen Parker, BL

