



CompassSport Cup & Trophy Regional Heat

– Breasty Haw & Bowkerstead

Sunday 15 March 2020

Lakeland OC welcomes you all to this regional heat of the national inter-club competition. We look forward to competing against our friends from West Cumberland and Manchester in the Cup competition. Meanwhile Border Liners, Solway and South Ribble do battle in the Trophy competition.

Coronavirus: In line with the latest Government advice and updates from British Orienteering, **we intend, at the time of writing (10 March) that this competition will take place.** Please read the advice given by [British Orienteering](#) and [Public Health England](#) to make sure you are not prohibited from attending.

Location: Entrance to parking via car park at Grid Ref: SD345913. Links to maps are on the LOC website.

From the north: from Hawkshead take the road south towards Lakeside & Newby Bridge. Fork right at Grid Ref 357957 and continue south 2.6 miles then turn right following O signs; entrance is 0.25 mile on the right.

From the south: turn north off A590 at the junction with the B5278, 0.25 mile west of Lakeside & Haverthwaite Railway, signed to Grizedale. Follow brown signs towards Grizedale Forest, then follow O signs from the triangle north of Thwaite Head; entrance is 0.25 mile on the right.



Parking: You are strongly advised to share transport for environmental reasons and as parking will be tight, along forest roads. Parking fee: £2 per vehicle. One-way system. **You must arrive before 12.00 as the entrance barrier will then be closed.** You cannot leave before 12.00 as the exit barrier will be closed until then. The exit is via Bogle Crag car park, north of Satterthwaite; turn right for north, left for south.

15mph speed limit on forest roads. Please go even slower, with hazard lights on and **proceed with extreme caution for the first 700 metres as this is the competition area and competitors, including juniors, will be crossing the road.** Also the two longest courses cross the exit route (twice), **beyond the Red Start.** So extreme care must be taken there too, especially as you will be driving downhill.

Terrain: Typical Lakeland forest, steep and rocky (mainly from the Red Start) with a wealth of contour detail. It's rough and tough in places and care should be taken on the rocks. Runnability varies considerably. Course lengths and height gain reflect the nature of the area.

The map: This has been completely updated by Martin Bagness in late 2019. Three different scales are being used; please refer to the table of courses. Contour interval is 5m.

Rides. The southern part (which is the whole map for courses from the White Start) contains a plethora of rides. Mapper, planner and controller have looked at a map showing every ride and decided it was far too messy. So only the most significant rides are shown on the map, where it looks as though a vehicle has used that ride.

Platforms. A black circle has been used for these i.e. not the latest international standard of an open brown triangle. None have been used as control sites.

Sculptures. A black cross has been used for these except for the one that looks like a rocky pit which has been mapped as a rocky pit. They are very varied in their nature and some you might not notice. None have been used as control sites.

Yellow streamers. You may encounter some yellow streamers on stakes in the ground which are a taped route for the Yellow course, where a wall on the map is invisible on the ground.

Start times: 10.30-12.30, plus some LOC helpers starting earlier and later.

Course closing time: 14.45. You must report to Download by this time, even if you have not completed your course, or we will instigate a rescue party.

Enquiries/Registration: open from 10.00-12.15 for entry-on-the-day, hired SI dibber collection, explanation of [pictorial control descriptions](#), key dump.

Entry on the day: for non-CompassSport Cup/Trophy courses: Light Green and Yellow only. £8 adults, £4 juniors & students. SI dibber hire £1 adults, free for juniors & students. The Yellow course follows a taped route, marked by yellow streamers on stakes in the ground, along a wall which is on the map but not visible on the ground.

Timing system: SportIdent; controls will be SIAC enabled. **You must punch the Start.** The Finish will be contactless. If using SIAC, remember 'contactless' means just that – do not hit the SI boxes; you will damage them. Collect hired SI dibbers from Enquiries. Lost dibbers will cost £30.

2 Starts: **WHITE**/Near Start on the edge of the Race Arena for Classes 7 & 8B, 9A&9B, 10, Light Green, Yellow

RED/Far Start 2.2k along forest roads, gently rising with 80m climb (gross) for Classes 1,2,3,4,5,6 & 8A

Call up at -3 mins. Control descriptions at -2 mins. All control descriptions are pictorial. Blank maps at Pre-Start.

Facilities: Race arena will contain: Enquiries/Registration, Download, Food stall, First Aid. Toilets 100m before arena. Just enough room for club banners and tents (bring a small one!); the ground is stony or very rough (bring a good mallet). Another toilet is situated near the Red/Far Start.

Clothing dump: an unstaffed space has been allocated near the Red/Far Start for you to leave clothing. This will **not** be returned to the race arena. You must collect it as you drive out. Don't forget!!

Food stall: Please support the food stall run by LOC Juniors who are raising money for their training camp with the NW Junior Squad in Norway in August. There will be homemade soup, rolls, hot drinks, cake and juice. Gluten-free options available. Bring your own mugs to cut down on waste.

Dogs: are permitted in the car parking and race arena areas on a lead and under strict control. Please ensure that you clear up any mess. Dogs are not permitted on any courses.

Safety and Risk: A comprehensive risk assessment has been carried out by the organiser. Participants take part at their own risk and are responsible for their own safety during the event. **Whistles compulsory. Cagoules may be required.** Emergency no. on the day: 07786 536240 or 07498 814798.

Privacy: when entering our events your name may appear in the results section of the LOC website or in newspaper reports. Read our [privacy policy](#) to see how we look after your personal data.

Contacts/Officials:

Organiser: Christine Robinson (LOC) [cmidgleyrobinson \(at\) gmail.com](mailto:cmidgleyrobinson@gmail.com)

Planner: Andy Robinson (LOC)

Controller: Eddie Speak (MDOC)

Mapper: Martin Bagness (Warrior) - map updated December 2019

We hope you enjoy your run!