

# Welcome to the Lakeland April Weekend Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> April 2016

## Final Details

### General Information for Both Days

#### Electronic punching

Sportident (SI) punching will be used for both days. SI cards can be hired at Enquiries for £1 per day. If you have pre-entered and requested a hire SI card, please go to Enquiries to collect it. Lost SI cards will be charged for at a cost of £30. Should an SI box fail to bleep or flash, you should punch your map with the pin punch provided. In the absence of an SI record, this is your only way of proving that you have visited the control. The SI boxes will **not** be configured for SIAC cards to be used in contactless mode.

#### General Safety Issues and First Aid

First aid cover is being provided by LOC members trained to give first aid. The nearest Accident and Emergency hospital is either the Furness General Hospital, Dalton Lane, Barrow-in-Furness, LA14 4LF, Telephone 01229 870870, or the Royal Lancaster Infirmary, Ashton Road, Lancaster, LA1 4RP, 01524 65944.

Also, the Westmorland General Hospital at Burton Road, Kendal, LA9 7RG, currently has a Primary Care Assessment Unit, telephone 01539 716570 and 716571, at which treatment is given for minor injuries.

Competitors **MUST** comply with the British Orienteering Rule which states that clothing shall **FULLY** cover the torso and legs.

Ticks are common in the Lake District and some carry Lyme Disease, a very serious medical condition. Full leg cover and the use of an insect repellent on your clothing, around the ankles and waist, should lessen the risk of collecting ticks. Nevertheless, after the event check carefully for ticks and flick off any that are still crawling about. Change out of orienteering clothes as soon as possible and if the ticks do become attached you should remove them straightaway by gripping them firmly next to your skin, preferably with tweezers, and pulling them out with a slight anti-clockwise twist. Keep checking for several days and if you develop a rash at the site of a tick bite, you are strongly advised to seek medical advice.

**All competitors MUST carry a whistle.**

**You must download your SI card at the end of your run, even if you retire without finishing your course. This is our check that you are back safely. Any failure to do so could result in a search being organised, involving both police and mountain rescue.**

Please use the 'buddy' system and report any overdue companions to Enquiries. If you are travelling alone, please leave your car keys or some other indispensable item at Enquiries.

Competitors are reminded that they are primarily responsible for their own safety and take part at their own risk.

If you have a serious medical condition that could cause us extra concern if you are overdue, please leave details at Enquiries. This information will remain confidential except for the people who may need to know if they suspect an emergency.

Animals graze on the terrain on Sunday. You are reminded to wash your hands before eating.

In the event of bad weather, hooded waterproof jackets may be made compulsory, in which case notices will be displayed prominently. If hooded waterproof jackets are made compulsory, competitors will not be allowed to start without one, however much they may insist that they take full responsibility for the decision.

### **Car Sharing**

LOC has decided to trial a system suggested by Fabian called Racelifts which claims to help competitors who are either willing to offer a lift or are seeking a lift to an event to get in touch with each other.

Please look at their website <http://racelifts.org/> to see how to use the system and for their assurances re anonymity. If you are interested in trying this please register for car sharing for this event on their website as soon as possible.

### **Saturday Night Entertainment**

Saturday 2nd April, Coronation Hall, Ulverston. An evening of songs from the musicals from the talented youngsters of Ulverston Victoria High School, LOC's best junior recruiting school!

Starring Ben Lewis, already offered an Actor/Musician place at University of Surrey, Florrie Dobson singer from the Ulverston Swing Band, already offered a place at the Los Angeles American Musical and Drama Academy (even found many orienteering controls!) and others.

Cabaret seating £8.50, balcony seating £7, all proceeds to Age Concern UK.

Tickets from the Coronation Hall box office, 01229 587140, or online at [www.corohall.co.uk/box-office/](http://www.corohall.co.uk/box-office/)

### **Entry on the day**

Members of British Orienteering wishing to claim the £2 discount must bring proof of membership. Entry on the day will be available as long as map stocks last. To enter on the day please collect a registration card at Registration. Entries can be taken for both days on Saturday, in which case you will be asked to complete a card for each of the days. If you have an SI card, please bring it with you to registration, where EOD entry will be done using your SI card.

### **Control descriptions**

These will be on the front of all overprinted maps. Loose control description sheets will be available in the Start boxes. White, Yellow and Orange courses will have written descriptions only, the rest of the courses will have pictorial descriptions.

### **Start procedure**

Call-up will be at minus 4 minutes. All competitors will use a punching start. Competitors who arrive late for their start should make themselves known to the Start officials, who will direct them to the next available start slot. This may involve a long wait as some courses are very full.

### **Sample control**

There will be a sample control at the pre-start on each day.

**Start lists**

These will be available on the Fabian4 website. On each day, Start lists will be displayed near the Results caravan in Assembly and at the prestart. There will be a £2 charge for any changes to pre-entries other than SI card details.

**Split Starts**

On both days, Start Times are allocated for the early end of Split Starts, with the late end Open.

**Late entries**

Entries closed at midnight on Monday 28<sup>th</sup> March. No entries will be taken, or maps reserved, between the closure of on line entries and the opening of Registration at each event.

**Shadowing of juniors**

Shadowing of juniors will be permitted, but only by people who have already run or do not intend to run.

**Dogs**

On leads on forest roads only, not in the competition areas.

**String Courses**

String courses are available on both days.

**Results**

Preliminary results will be displayed in Assembly on each day. Preliminary and final results will be published on the Lakeland Orienteering web site ([www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)).

**Traders**

Compass Point, Podium Catering, NWJS Cake Stall, Sports Massage.

**Complaints and protests**

If anyone has a complaint about either event they should make it to the organiser. If they are not satisfied with the organiser's decision they can make a protest in writing using the form available from the organiser or from enquiries.

**Cancellation**

In the event of cancellation, e-mails will be sent out via Fabian4 and notices put on the LOC website. In this event, the organisers reserve the right to retain all or part of the entry fee to cover committed costs.

**Assessor Scheme**

In order to be able to assess quality and improve in the future, LOC welcomes feedback, both good and bad, from competitors on these two events.

You can make this feedback to the Co-ordinator, Organiser, Controller or Planner on either day. However, it would be easiest from our point of view, if you could email the Co-ordinator, Dick Towler, [dick@towler.org.uk](mailto:dick@towler.org.uk), with any comments that you wish to make.

# **Middle Distance Event**

## **Saturday 2<sup>nd</sup> April 2016**

### **Tarn Hows**

#### **Acknowledgements**

The National Trust  
The Forestry Commission

#### **Travel directions**

The event will be signed on all 3 approaches to the entrance to the High Cross picnic site, on the B5285 between Coniston and Hawkshead, at SD332986, Lat N54:22:44, Long W3:01:46, nearest Postcode LA22 0PP. [Click here to see a map](#)

#### **Parking**

Parking for all vehicles is on the forest roads in High Park Plantation, immediately south of the picnic site. All competitors must arrive by 1300 and no vehicles will be allowed to leave before this time. A parking fee of £2 per car, £5 per minibus, will be collected on entry; please have money ready. There will be Priority Parking for vehicles with young children or elderly competitors over 75 years of age.

**Please drive slowly and with great care as you enter and leave, as your route is also the route to the start and back from the finish.**

**There is very little space for minibuses, so if you are intending to bring one you must contact the organiser in advance. There is no space for coaches or campervans, apart from those that are no wider than a car, basically no bigger than a VW transporter. If your campervan is wider than about 2m and longer than about 5m, please don't come in it, as you will be turned away.**

#### **Public Transport**

The 505 bus travels from Kendal to Coniston, via Ambleside and Hawkshead. There is a bus stop at High Cross, by the entrance to the picnic site. A tent for competitors is being provided at assembly.

#### **Assembly**

Assembly is at the beginning of the forest road, just south of the High Cross picnic site. **All vehicles arriving will pass through the Assembly Area, so please drive slowly and with great care.** Cars may be parked up to 1.5k away. At Assembly are Registration/Enquiries, First Aid, Toilets, Download and Results, Traders (Podium Catering, Compass Point, NWJS fund-raising cake stall and Sports Massage).

If you wish to make purchases before or after your runs, remember to bring cash/cards with you on your way to the Start. You will have to go through Assembly both on your way to the Start and back from the Finish. Compass Point are happy for you to leave cash/cards/purchases with them. You can also leave cash with Podium Catering or with the NWJS Cake Stall. Alternatively, you may deposit cash/cards with your car keys at Enquiries.

#### **Toilets**

There will be toilets at Assembly but not at the Start.

#### **EOD Registration and Enquiries**

This will be open from 1000 to 1230 for:

Entry on the day: There will be entry on the day while map stocks last for all courses; Entries can also be taken for Sunday's event;

Changes to pre-entries (£2 fee payable);

SI card hire and collection of pre-ordered SI cards;  
Depositing of car keys or other essential items by competitors travelling alone;  
Making a formal complaint;  
Contacting the organiser.

### **White and Yellow course maps**

White and Yellow maps will be issued at Registration/Enquiries. This arrangement allows juniors to talk over their courses with a parent or teacher. There will be no White and Yellow maps at the Start.

### **Entry on the day fees**

Greens, Blues, Browns, Black	Seniors £13	Juniors and Students £5.00
White to Light Green	Seniors £5.00	Juniors and Students £5.00

There is an additional charge of £2 for adults on courses Greens to Black who are not members of British Orienteering.

### **Start**

There is 1 Start about 600m from Assembly. The route, which is signed and taped, is initially back through the High Cross picnic site and across the B5285, then along a public footpath across an open field, before entering the woodland shortly before the pre-start. **Take care walking through the picnic site and crossing the road.**

Clear and Check stations will be located at the pre-start.

Start times are from 1100 to 1330.

Courses will close at 1500.

### **Finish**

There is 1 Finish for all courses, about 100m from the Start.

### **Clothing Dump**

There will be a Clothing Dump at a footpath crossing about 50m before the start and back from the finish. Please supply your own clearly identifiable bag if you wish to use the clothing dump. The clothing dump will not be manned; you leave your belongings there at your own risk.

### **Drinks**

There will be no drinks points on the courses. Water will not be provided at the Finish.

### **Control descriptions**

These will be on the front of all overprinted maps. There will be loose descriptions in the Start lanes. White, Yellow and Orange have written descriptions only, the rest of the courses have pictorial descriptions.

### **Maps**

Map drawn by Martin Bagness, updated for Lakes 5 Days 2010, with later minor updates.

All course maps will be laser printed on waterproof paper, A4 in size. The map scale will be 1:7,500 for all courses. All maps have 5 metre contour intervals. If you wish to put your map in a plastic bag please bring your own.

### **Legends**

There are no legends on the maps. Loose legends will be available from Enquiries.

### **Controls**

Si units will be mounted on aluminium stakes with the number displayed on a vertical plate and with the control kite hung below. Manual punches will also be hung from the stake and you should punch

your map with these if any of the SI units should fail to bleep or flash. In the absence of an SI record, this is your only way of proving that you have visited the control.

There will be a sample control at the pre-start.

### Terrain

Tarn Hows is typical South Lakeland terrain, hilly with lots of rock and contour detail and limited paths and tracks. The woodland is predominantly deciduous, but with some coniferous plantations and open grazed grassy areas. Many slopes are steep; some courses have more than 5% climb. Underfoot conditions are generally good; at this time of year the area is perfect for orienteering.

### Course Details

**PLEASE NOTE THAT THE GREEN COURSE HAS BEEN SPLIT INTO GREEN MEN AND GREEN WOMEN**

Colour	Course Length	Climb	Number of Controls	Men's Classes	Women's Classes
Black	4.8km	290m	20	M18 M20 M21 M35 M40	
Brown	4.1km	215m	18	M45 M50	W18 W20 W21
Blue	3.6km	210m	15	M16 M55 M60	W35 W40
Green Men	2.8km	170m	14	M65 M70	
Green Women	2.8km	160m	15		W16 W45 W50
Short Green	2.2km	145m	12	M75 M80 M85	W55 W60 W65
Very Short Green	1.7km	95m	11		W70 W75 W80 W85
Light Green	2.1km	110m	12	M14	W14
Orange	1.6km	80m	11	M12	W12
Yellow	1.5km	80m	11	M10	W10
White	1.0km	45m	10		

### String Course

The string course is adjacent to assembly and uses a wooded area that is relatively easy underfoot but wet in places.

### Officials :

**Co-ordinator** Dick Towler, [dick@towler.org.uk](mailto:dick@towler.org.uk), 07771 998554

**Organiser** Dick Towler, LOC

**Planner** Derek Allison, LOC

**Controller** Eddie Speak, MDOC

## Sunday 3<sup>rd</sup> April 2016 Holme Fell

### Acknowledgements

The National Trust  
Tenant farmers – Mr Charnley, Mr Watson and Mr Wilkinson  
Leconfield Estates, c/o Savills Smiths Gore  
Burlington Slate Ltd

### Travel Directions

All traffic must approach the event along the A593 from Coniston towards Ambleside. The event will be signed from the junction just before High Yewdale, at SD314997, Lat N54:23:20, Long W3:03:27, nearest Post Code LA21 8DP. [Click here to see a map](#). Turn left at this junction, signed to Hodge Close.

**Do not try to approach from the Ambleside direction and then turn right. You are likely to make a nuisance of yourself as the road is relatively narrow and will be quite busy.**

**REMEMBER – NO LARGE CAMPERVANS. Only small campervans, no longer than 5m and no wider than about 2m, can be accommodated, and then only in the secondary parking field.**

### Parking

#### PLEASE READ THIS SECTION VERY CAREFULLY

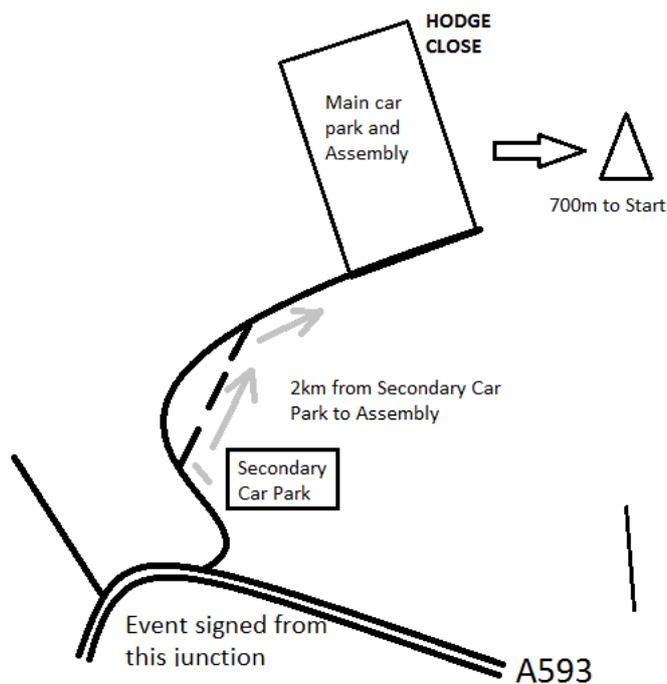
**This is the best arrangement for parking that we have been able to create. Fields are in short supply after the very wet winter and with lambing upon us. There can be NO priority parking for anyone. There can be NO exceptions to the rules detailed below. These rules will be applied equally to everyone, so please help yourselves and the organisers by making that extra bit of effort and prearrange car sharing. It would be best to rendezvous at a distance from the event, rather than using the secondary parking field.**

The main car park will be adjacent to Assembly, at Hodge Close Quarry. Space in this car park is restricted. **Only cars with at least 3 occupants will be allowed to drive up to Hodge Close and minibuses, but not coaches, will only be permitted if at least 75% of their seats are occupied. We urge competitors to arrange car sharing in advance with their club mates or friends. No camper vans or coaches can be parked at Hodge Close.**

A marshal will be on the approach road, shortly after you have left the main road. Cars with less than 3 occupants, and minibuses with low occupancy, will be directed to the secondary parking, in a field about 300m after the road junction. Here you can join up with other competitors to fill a car, and then continue on up to the parking at assembly, or you can park and then walk the 2k to assembly, partly along the approach road and partly along a bridleway. A tent for the use of competitors will be provided in assembly.

Cars with at least 4 occupants will be parked for free at Hodge Close. Cars with 3 occupants will pay £3; minibuses will pay £5. Parking will be free at the secondary parking.

All vehicles must be parked by 1200. No vehicles can leave until after 1300, the hour between 1200 and 1300 having been publicised to local people as being their opportunity to get in and out.



### **Assembly**

The following facilities are to be provided: Registration/Enquiries, First Aid, toilets, download and results, traders (Podium Catering, Compass Point, NWJS fund-raising cake stall and Sports Massage).

The assembly area is surrounded by old quarries and heaps of rock rubble, which present major risks. Please do not stray out of assembly and the car parking area, apart from when you go to the start and return from the finish.

### **Clothing dump**

There will be no clothing dump.

### **EOD Registration and Enquiries**

This will open at 0930 for:

Entry on the day: entry will be available for all courses until maps run out.

Changes to pre-entries (£2 fee payable);

SI card hire and collection of pre-ordered SI cards;

Depositing of car keys or other essential items by competitors travelling alone;

Issuing of map legends to people requesting them;

Making a formal complaint;

Contacting the organiser.

### **Yellow course maps**

Yellow maps will be displayed at and issued at Registration/Enquiries. This allows juniors to talk over their courses with a parent or teacher. There will be no Yellow maps at the Start.

**Entry on the day fees:**

Greens, Blues, Browns, and Black	Seniors £15.00	Juniors and Students £6.00
Yellow to Light Green	Seniors £6.00	Juniors and Students £6.00

There is an additional charge of £2 for adults on courses Greens to Black who are not members of British Orienteering.

**Toilets**

There will be toilets at Assembly but not at the Starts.

**Starts**

All competitors will initially follow the same route to the starts. The route, which is taped, is along good tracks and paths, with little climb and about 800m. All will arrive at the red start. The blue start is 200m beyond the red start. It will be signed from the red start and is a further 5 minutes' walk across rough terrain.

Competitors on the Short Brown, Blue and Short Blue pairs of courses must appreciate that the courses in each pair are different, so anyone picking up the wrong map will run the wrong course and be disqualified.

Start times are from 1030 to 1300. Courses close at 1500 but some controls may be collected selectively before this time.

**Crossing Points**

Holme Fell has a lot of walls and fences. There are almost 50 crossing points used, a mix of constructed stiles, gates and the odd fence that can be stepped over. All except the most obvious will be marked with red/white tape. **DO NOT CROSS WALLS/FENCES IN OTHER PLACES.** Please close gates behind you; we do not want to upset the tenant farmers by letting their livestock wander off.

**Safety Bearing**

There are several major tracks crossing the area and competitors should head to these and then follow them back to assembly. The south and south-east edges of the area have a series of dangerous crags. Competitors exiting from that part of the map should head north towards the nearest path or track.

**Maps**

The Holme Fell map was surveyed and drawn by Peel Land Surveys. Minor updates were made by Richard Tiley for the 2011 Level B event and by Martin Bagness just recently. We are aware of a few unmapped paths, though the majority have been added. Course maps are laser printed on waterproof paper. If you wish to put your map in a plastic bag please bring your own. Two map scales have been used, 1:10,000 and 1:7,500. All have 5m contour intervals. The map scale for each course is shown below in the course details. Courses Yellow to Green have A4 maps; longer courses have A3 maps.

**Legends**

There are no legends on the maps. Loose legends will be available from Enquiries

## Course Details

Colour	Start Colour	Course Length	Climb	No of Controls	Map Scale	Men's Long classes	Women's Long classes	Men's Short & B classes	Women's Short & B classes
Black	Blue	9.6km	555m	30	1:10,000	M21			
Brown	Red	7.8km	430m	25	1:10,000	M35 M40			
Short Brown 1	Red	6.5km	365m	23	1:10,000	M18 M20	W21	M21S	
Short Brown 2	Red	6.5km	365m	23	1:7,500	M45 M50			
Blue 1	Blue	5.1km	265m	19	1:10,000		W35 W40	M35S M40S	
Blue 2	Blue	5.1km	265m	19	1:7,500	M16 M55 M60			
Short Blue 1	Blue	4.1km	195m	18	1:10,000		W18 W20	M18S M20S	W21S
Short Blue 2	Blue	4.2km	195m	19	1:7,500	M65	W45 W50	M45S M50S	
Green	Blue	3.3km	170m	14	1:7,500	M70	W16 W55 W60	M55S M60S	W35S W40S
Short Green	Blue	2.6km	115m	14	1:7,500	M75 M80 M85 M90	W65 W70	M65S	W18S W20S W45S W50S
Very Short Green	Blue	2.2km	80m	12	1:7,500		W75 W80 W85 W90	M70S M75S M80S M85	W55S W60S W65S W70S
Light Green	Red	2.9km	125m	16	1:7,500	M14	W14	M16B	W16B
Orange	Blue	2.5km	75m	14	1:7,500	M12	W12	M14B	W14B
Yellow	Red	2.1km	55m	10	1:7,500	M10	W10	M12B	W12B

### Orange Course

There are 2 short taped sections on this course.

Between controls 1 and 2 you will encounter a stream to cross. A short line of tapes to the left will take you to a drier crossing point.

Between controls 2 and 3 head between 2 tapes to avoid the deepest sections of the marsh you have to cross.

### Control descriptions

These will be on the front of all overprinted maps and there will be loose descriptions in the Start lanes. Yellow and Orange have written descriptions only, the rest of the courses have pictorial descriptions.

### Controls

Control kites will be hung from fibreglass rods, with the SI box mounted horizontally on top. The control code will be attached vertically beneath the SI box. Manual punches will be hung from a clip beneath the control code.

### Terrain

Holme Fell is one of the finest orienteering areas in England, with a wide variety of terrain type. Most courses will visit the open rocky slopes of Holme Fell and Great How to the north. All adult courses visit the glorious wooded marshy terrain on the lower slopes of Holme Fell. The longest

courses will also visit the steep slopes of Colwith Woods and the rarely visited quarried woodland and open fell to the NW.

### **Safety on Holme Fell**

There are many deep quarries, only some of which are fenced off. All are shown clearly on the map. Courses have been carefully designed to avoid these, and in the few places where courses come close to quarries they will be taped off with black and yellow tape, which must not be crossed. Please take great care if you stray off your planned route or get lost.

In addition, there are a number of horizontal mineshafts, mapped as caves. Some of these are used as control sites. Great care needs to be taken if these features are approached from above.

There are extensive slopes of quarried spoil, marked on the maps as stony ground on steep slopes. These may be loose and, though not out of bounds, are best avoided. There are also some deep marshes, mostly marked as uncrossable on the map. However, following the very wet weather, some marshes mapped as crossable may be deeper than you think.

There is a herd of Belted Galloway cattle on Holme Fell and a smaller herd of Highland Cattle on Great How. All courses, including Yellow and Orange, may encounter them. They are very docile. Competitors may also encounter mountain bikers on the main tracks.

In places there are long strands of wire on the ground, presenting a trip hazard.

### **Unusual Long Leg**

The 3 longest courses have a somewhat unusual long leg, on which there are 2 possible mid-point controls, with the same control number and description. Competitors can choose which of these controls they wish to visit.

### **Finish**

There is one Finish, for all the courses, approx. 400m metres from assembly and parking. Please follow the taped route.

### **String Course**

The string course is approximately 150m from assembly, adjacent to the access road; please follow signs from assembly. Due to the proximity of quarry workings to the string course any children under the age of 11 should be accompanied by an adult. A map extract showing the location of quarry workings will be displayed at the string course registration to enable parents/guardians to familiarise themselves with its location. In addition, the fence around the quarry will be clearly marked with black and yellow tape and string course participants should be warned against approaching this area. The string course uses an area of woodland that is steep in sections and crosses a numbers of wet marshes.

### **Officials:**

**Co-ordinator** Dick Towler, [dick@towler.org.uk](mailto:dick@towler.org.uk), 07771 998554

**Organiser:** Roger Smith, LOC, [roger.smith100@btinternet.com](mailto:roger.smith100@btinternet.com), 07855 347295

**Planner:** Nick Howlett and Iain Smith-Ward, LOC

**Controller:** Chris Burden, AIRE

**Entries:** Janet Nash, LOC, [lakelandocentrics@gmail.com](mailto:lakelandocentrics@gmail.com) or 01539 725921 before 9pm.

