



Fell Foot

Park Series Race 2

Saturday 15th October 2016

Location

Fell Foot is located on the A592 1 mile NE of Newby Bridge. There will be an orienteering sign at the park entrance. Do not attempt to access the southern carpark directly from the A592. This gate is for exit only.

Parking

Use the southern carpark. Parking is free for NT members. Non-members should pay on arrival at the NT landrover in the northern carpark as they pass through it. Fees are 1hr £3, 2hr £4, 4hr £7, all day £9.

Toilets

There are toilets in the northern car park. The facility would best be used on arrival before continuing to the southern carpark. Other toilets next to the café available after your run.

Registration

From 10:00 adjacent to the southern car park.

After Your Run

Fell Foot has a café, children's playground and easy access to the lake for swimming and boating. <https://www.nationaltrust.org.uk/fell-foot>

Safety

The lake is **OUT OF BOUNDS during the competition**. The lake at normal water level is marked as an uncrossable body of water. Anyone entering the water during their run will be disqualified.

Any sensible shoes may be worn. Shorts are permitted. Competitors shouldn't encounter any vehicles during their run but take care if using the park road to access the toilets in the northern carpark. There are some steps and small slopes that might be slippery.

You must report to registration after finishing or when retiring to download your SI card.



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The Race

4.3 km with 80 m climb

Start between 10:30 and 11:30

Cost

Juniors & Students £2

Seniors £4

Terrain

The terrain is a mixture of very runnable meadow (short grass), and country park with a mixture of gently sloping grassed areas and small patches of trees. There are some gravel paths. Please **DO NOT CROSS** any walls, fences or newly planted hedges except at marked crossing points.

Sheep graze the meadow. Wash your hands before eating.


Map

The map scale is 1:5000 for part 1 and 1:2500 for part 2 both with 5 m contours.

The course is in 2 parts with the maps printed back to back. There is a butterfly loop in each part. This means that you will visit the same control several times but loops from and returning to that control will be completed in different sequences depending on which map you have.

After completing part 1 turn the map over at the map exchange control and continue with part 2. The distance and climb information shown on part 1 is that for the whole course.

There is a limited legend on the map. Please pay attention to features which are forbidden to cross or out-of-bounds. Violating the rules will result in disqualification. A full legend is available at registration. If you are not familiar with ISSOM please review this guide www.maprunner.co.uk/wp-content/uploads/resources/Maprunner-sprint-map-symbols.jpg.

Special control description symbol O indicates a man-made object mapped with the  boulder symbol

Control Descriptions

Descriptions are on the map in symbol form only. Loose copies of text descriptions will be available for anyone not familiar with symbolic descriptions.



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Start

The start is at the southern end of the south carpark 100 m from registration. Start anytime between 10:30 and 11:30 leaving a 30 second gap between starters. The course includes butterfly loops so the person starting either side of you will not be visiting the controls in the same order as you.

Finish

The finish is next to registration.

Punching

SportIdent electronic punching will be used. SIAC cards will not work in contactless mode. Hire of SI cards is free if you don't have your own. Cards lost or not returned will be charged at £35. If you are unfamiliar with SportIdent ask for a demonstration at registration.

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