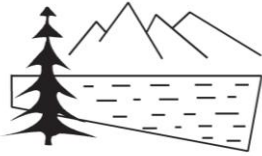


Lakeland



Orienteering

Barrow Park

Park Series Race 4

Saturday 29th October 2016

The Race

3 km with a maze

Start between 10:00 and 11:00

Cost

Juniors & Students £2

Seniors £4

Terrain

The terrain in Barrow Park is typical city parkland park in Barrow. Made up of a mixture of runnable grass and paths with some steep slopes.

Map.

1:3500 with 5 m contours. ISSOM principles.

Map produced for this race by Richard Tiley using the previous map and survey. Special features used are as follows:

| - | Bench black ✕ on control descriptions

lampost black O on control descriptions

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.

Mid-way round (after control 12) is a maze – turn over your map for the maze map

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.

Start

The start is on a grass area adjacent to registration. This grass can also be used as a warm-up area. Start anytime between 10:00 and 11:00 leaving a 30 second gap between starters. The course includes butterfly loops loop so the person starting either side of you will not be visiting the controls in the same order as you.

Finish

The finish is near 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.



www.britishorienteering.org.uk



Barrow Park

Park Series Race 4

Saturday 29th October 2016

Location

Barrow Park is located in Barrow at SD204697 next to the Park Leisure Centre and Furness Academy. It has several entrances from the adjacent streets. There will be an orienteering sign at the park entrance.

Parking

Use the park car park accessed through the Leisure Centre parking.

Public transport

There is the option to use public transport ☺ passing close to the park.

Registration

From 09:45 at the bandstand. The Park Run will be using a similar registration area.

Toilets

There is a toilet in the café building about 200m from the bandstand.

After Your Run

Barrow park has a café, adventure playground, a boating lake, golf, swimming pool. Barrow has everything else you could possibly desire.

Safety

The lake is **OUT OF BOUNDS**. The lake at normal water level is marked as an uncrossable body of water. Anyone entering the water will be disqualified (and wet).

Since this is a public park there will be members of the public including dog walkers. Please be courteous and respectful to them.

Trail or fell shoes are recommended, and a whistle must be carried. There are some steep slopes. Shorts are permitted as there are no brambles.

Competitors may encounter park ranger vehicles at any point, please take care.

There are numerous steps which might be slippery so take care. They are marked on the map.

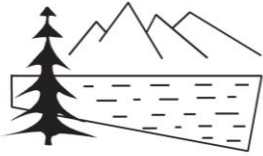
In order that you get a result and so that we know you have returned from your run you must report to download your SI card after finishing even if you are retiring.

www.lakeland-orienteering.org.uk



www.britishorienteering.org.uk

Lakeland



Orienteering

Barrow Park

Park Series Race 4

Saturday 29th October 2016

Starts 10:00 to 11:00

3km with a maze

1:3500 map with 5 m contours

ISSOM principles

If you aren't familiar with features which are forbidden to cross then refer to the map legend. Competitors crossing such features will be disqualified.

Seniors (M/W21+) £4

Juniors (M/W20-) and Students £2

SAFETY

The lake of **OUT OF BOUNDS**

Look out for vehicles and slow down around ponies

There are steps and steep slopes that might be slippery

YOU MUST DOWNLOAD YOUR SI-CARD EVEN IF YOU RETIRE

www.lakeland-orienteering.org.uk



www.britishorienteering.org.uk