

# Lakeland OC April Weekend - Final Details

Sat 14th April & Sun 15th April 2018

Incorporating middle distance junior selection races and UK Elite Orienteering League

Saturday 14th April

Middle Distance

Colonel's Drive, Graythwaite, Newby Bridge

Sunday 15th April

Long Distance

Lingmoor, Chapel Stile, Ambleside

## UPDATE ON PARKING

### SATURDAY

There are no changes to the parking arrangements for Saturday. The only problem that may arise is if a lot of cars arrive at the same time and a backlog builds up on the road approaching the event. So, if you have a late start it would be helpful if you didn't arrive too early.

### SUNDAY

Update on parking at Baysbrown Farm for the Lingmoor Event.

All camper vans & motorhomes & later car arrivals will be directed from Assembly towards overflow parking in Quarry following a 1km single track tarmac road

Please be aware that there will be runners crossing this road & in some cases will be running along the road. PLEASE DRIVE SLOWLY.

Once in the Quarry marshals will park you. Please ensure children are monitored as there are dangerous quarry workings although they are behind closed gates

The route to Assembly & the Starts is along a public footpath which will be signed from the Quarry. It is approx. 1.5km along a level but very slippery & rough track [not suitable for buggies] Allow up to 30 mins.

It will be possible for people to be dropped off in Assembly en route to the quarry parking but as there will be a stream of traffic & it is single track please prepare yourselves when you park your car and disembark quickly!

There will be a tent available in Assembly for people to leave bags.

Competitors returning to their vehicles in the Quarry must follow the public footpath not the tarmac road

All vehicles in the Quarry will exit along the quarry road into Elterwater NOT back to Assembly.

We appreciate that this is an inconvenience and will add extra time to some competitors' journeys. Our apologies, but the field is surprisingly wet for the time of year.

We cannot change Course Opening or Closing times. Please try to get to the start for your allocated time. If you do not succeed in doing that, then you will need to be patient until a vacant slot becomes available. You will not be penalised for this but, if you are on a popular course, you may have to wait some time until a slot becomes available.

## General Information for Both Days

**Officials**      **Weekend Co-ordinator - Roger Smith,**      [roger.smith100@btinternet.com](mailto:roger.smith100@btinternet.com) 07855347295

### Saturday 14 April

### Sunday 15 April

**Organiser**      Norman French, LOC  
[normanfrench47@hotmail.co.uk](mailto:normanfrench47@hotmail.co.uk)

Gill Browne, LOC  
[gillbrowne55@googlemail.com](mailto:gillbrowne55@googlemail.com)

**Planner**      Graham Capper, LOC

Heather and Chris Heppenstall, LOC

**Controller**      Andy Lewsley, BL

Dan and Karen Parker, BL

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

**Entries**      **Entries are open on Fabian4**      [www.fabian4.co.uk](http://www.fabian4.co.uk)

If you cannot use Fabian4 for any reason, please contact the Entries Secretary, [lakelandocentries@gmail.com](mailto: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.

Entries close at midnight on Sunday 8<sup>th</sup> April

ANYONE ENTERING SELECTION RACES OR ELITE LEAGUE, TAKE SPECIAL NOTE OF YOUR COURSE.

### Entry Fees

#### Saturday Middle Distance

#### Sunday Long Distance

Closing date	Seniors	Juniors	Seniors	Juniors
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.

**Late entries**      On line entries close at midnight on 8 April No entries will be taken, or maps reserved, between the closure of on line entries and the opening of Registration at each event.

**Entry on the day** Entries on the day will be possible, subject to a £2 surcharge on seniors and the availability of maps and start times.

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.

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

**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 in the Saturday section of 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. See details in the separate sections of this document for Saturday and Sunday events.

**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** use 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-orienteeing.org.uk/documents/SIAC\\_info/Notes\\_for\\_SIAC\\_Users-v4\\_Major\\_Nat.pdf](https://www.lakeland-orienteeing.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.

**General Safety Issues and First Aid** Competitors are reminded that they are primarily responsible for their own safety and take part at their own risk.

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.

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. The appropriate form can be found at [https://www.britishorienteering.org.uk/handbook\\_safety](https://www.britishorienteering.org.uk/handbook_safety). Then click on Medical Form. Please complete one form for each day and hand it to Enquiries on each day.

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

**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.

**Whistles** All competitors **MUST** carry a whistle.

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

**Ticks**

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.

There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively. Grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands. If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

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

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

**Controls** SI units will be mounted either on aluminium stakes(Saturday), or on yellow fibreglass stakes(Sunday), with the number displayed on a vertical plate and with the control kite hung below. Manual punches will also be hung from the stake, or kite, and you should punch your map with these if any of the SI units should fail to beep or flash. In the absence of an SI record, this is your only way of proving that you have visited the control.

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

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

**Start lists** These will be available on the Fabian4 website. Selection Race start lists will appear on the LOC 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 after entries have closed

**Split Starts** On both days, The first runner will have an allocated early start time. The second runner will have an open, punching start.

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

**Clothing Dump** There will not be a clothing dump at the start, on either day.

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

**String Course** There will be a string course on both days. On Saturday it is located near to the main start on the left side of the track.

On Sunday it will be about 5 minutes from Assembly in the direction of the Start

- Dogs** On leads, in car parking and assembly areas only. It will be lambing time.
- 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 and Ulverston Junior Food Stall (cakes, hot drinks, burgers, etc.) 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.
- Car Sharing** On both days, parking may become difficult with large numbers. Please arrange to car share wherever possible
- Camping** The Assembly area on the Sunday is also a public campsite. Competitors may wish to book onto the campsite. <http://baysbrownfarmcampsite.co.uk/>

## **Middle Distance Event Saturday 14 April 2018 Colonel's Drive, Graythwaite**

**Acknowledgements** Graythwaite Estate. Victor Inman, Farmer at Low Cunsey for his advice and assistance with Assembly and Parking

- Terrain** .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. Competitors should be aware that cairns are covered with moss and are easily mistaken for small rocky knolls. Courses are planned to avoid large crags but for safety the largest will be marked with yellow & black tape. The beck that cuts the area east/west can be difficult to cross in places, the bank being steep and rocky. Where it is potentially dangerous yellow and black tape will be present. Two easy crossing places, one being the place the road crosses from the north to south side of the beck, are marked on the map as crossing points but the course line is not deviated to either of them. Junior courses do **not** cross the beck. There will be a bike event a few weeks after this race. The planners have been in the wood testing their courses and as a result there are now a number of unmapped tracks and a series of triangular orange markers. Please inform juniors to ignore the latter. Where they are close to junior courses they will be covered up.
- 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.

**Saturday** PARKING WILL NOT OPEN UNTIL 9.00AM

**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. [CLICK HERE TO SEE MAP](#) 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, including toilets,, 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.

**Start Times** 1100 to 1330. Registration opens at 1000.  
Split starts will be available, with an open start time for the second runner.

**Distance to Starts** Starts are approx. 600m walk from the Assembly Area on a public road. Take care and beware of traffic. Allow 15 minutes.

**Distance from Finish** Approx. 10 minutes walk to Download

**Courses Close at** 15.00

**Registration and Enquiries + EOD** This will be open from 10.00 to 13.00 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.
- No EOD for the Junior Selection Races (and Junior UKEOL) on Saturday.
  
- 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.

After 13.00, the Enquiries functions will be transferred to the Download van.

**Yellow course maps** 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 Yellow maps at the Start. The Yellow course does have marked routes out of some controls, these will be bamboo canes with red/white streamers.

**Crossing Points and Fences** There are a number of high deer fences present in the competition area. If your course requires you to cross one, the line between the controls is bent to a mandatory crossing point. This will be an open gate that you should leave open. In some cases fences enclose a small block of dense woodland & undergrowth. You are advised to run around these, it is quicker and safer. If the direct route between controls crosses one of these enclosures the line remains straight but is broken where it crosses the enclosure.

**Safety Bearing** Head east to the road and then north along the road.

**First Aid** At Assembly

### JUNIOR SELECTION RACES AND UKEOL

**Selection races** 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 time on the entry form. Selection race entrants will be seeded by the selectors and start times allocated. Start times for these courses will be published on the LOC website as soon as possible after entries have closed.  
<https://www.britishorienteering.org.uk/selection> , select the 'Junior Selection 2018' tag.

There will be a separate start lane for these Selection Races.

It is the responsibility of the athlete to arrive at the Pre-start in time for a call up at -4 minutes.

Results will be published on the LOC website as quickly as possible.

**UKEOL** M/W 18 and 20 should enter the appropriate selection race – see above  
 M21 should enter Black and W21 should enter Brown Women. M21 and W21 may select a start block  
[www.ukeliteoleague.org.uk/](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 Saturday 14 April, Colonel's Drive, Graythwaite

Subject to final controlling

Colour	Length	Climb	Map Scale	Men's Classes	Women's Classes
<b>Black</b>	5.0km	240m	1:10,000	M18 ,M20, M21* , M35, M40	
<b>Brown Women</b>	4.6km	230m	1:10,000		W18, W20 , W21*
<b>Brown Men</b>	4.7km	220m	1:7,500	M45, M50	
<b>Blue Women</b>	4.1km	170m	1:10,000		W35, W40
<b>Blue Men</b>	4.1km	200m	1:7,500	M16, M55, M60	
<b>Green Men</b>	3.5km	160	1:7,500	M65, M70	
<b>Green Women</b>	3.3km	135	1:7,500		W16, W45, W50
<b>Short Green</b>	2.9km	150	1:7,500	M75, M80, M85	W55, W60, W65
<b>Very Short Green</b>	2.0km	90m	1:7,500		W70, W75, W80, W85

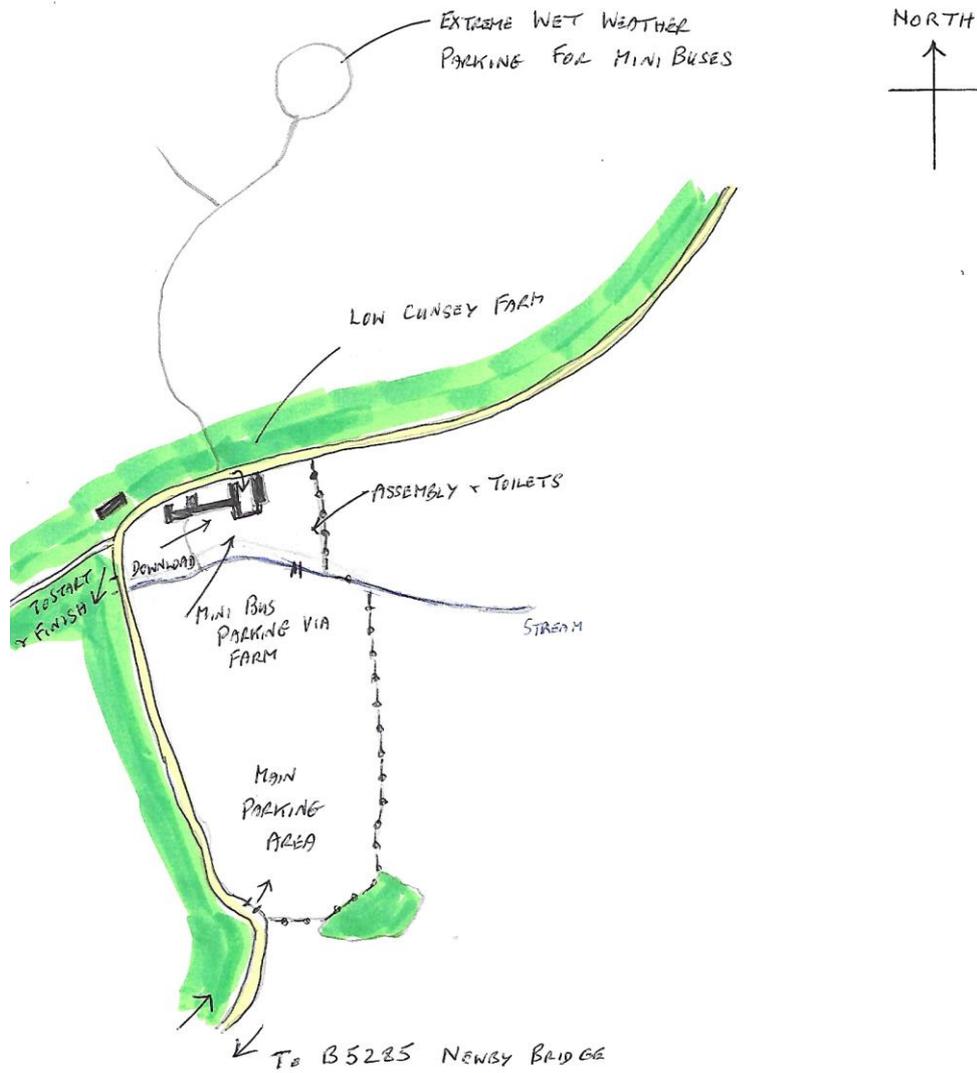
<b>Light Green</b>	2.6km	135m	1:7,500	M14	W14
<b>Orange</b>	1.7km	105m	1:7,500	M12	W12
<b>Yellow</b>	1.7km	90m	1:7,500	M10	W10

\* UKEOL race

**SELECTION RACES**

SELw16	2.6km	115m	1:10,000		W16
SElm16	3.2km	125m	1:10,000	M16	
SELw18/20	3.0km	145m	1:10,000		W18* W20*
SElm18/20	3.6km	170m	1:10,000	M18* M20*	

\* UKEOL race



**Long Distance Event**  
**Sunday 15 April 2018**  
**Lingmoor, Chapel Stile, Ambleside**

**Acknowledgements**

Bruce & Peta Rowand, Baysbrown Farm. Andrew Birkett, Birk Howe Farm

**Terrain**

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.

**Maps** 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.

**Parking and Assembly** Parking will be on fields at Baysbrown Farm, Chapel Stile, Great Langdale, Ambleside, LA22 9JZ. GR NY 313 049. [CLICK HERE TO SEE MAP](#) 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. NO TOILETS AT THE START

**Start Times** 1030 to 1300. Registration opens at 0900.

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

**Distance to Starts** There will be two starts. The Low Start will be approx. 0.6km +125m climb from Assembly. Allow 30mins. The route to the High Start will pass the Low Start and continue for a further 0.6km +150m climb. Allow, 40 – 60 minutes. Green Course and longer will be from High Start, Short Green and shorter will be from Low Start.

**Distance from Finish** Adjacent to Assembly

**Courses Close at** 15.00

**EOD Registration and Enquiries** .  
Enquiries will be open from 0900 to 12.30 for:

- Entry on the day: This will be available at enquiries from 09:00 to 12:00. There will be entry on the day while map stocks last for all courses
- 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.

After 12.30 the Enquiries functions will be transferred to the Download van.

**Yellow course maps** 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 Yellow maps at the Start.

**Crossing Points** Crossing points on the fell use permanent stiles. Crossing points in the woods are a mixture of permanent gates and temporary stiles. Please leave all gates as you find them. Walls/fences that are marked with a purple line must only be crossed using the crossing points marked on the map. Please report any damage to walls/fences at download.

**Safety Bearing and Safety Information** Courses from the high start visit high Lakeland Fell which is very exposed and competitors should dress appropriately. 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.

If you need to retreat from the fell, you should either return to the high start and then follow the tapes back to the car park or locate the public footpath and wall running along the ridge and follow it in a south easterly direction to the marked crossing point.

There are a number of old quarry workings, some of which runners may encounter, or even have controls in and around smaller workings. Runners may cross or circumnavigate some areas of scree and should use judgement when doing so. Where runners may go near larger crags/quarried areas these will be marked with black and yellow tape.

**Whistle** All competitors must carry a whistle.

**Waterproof Jacket** 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.

**First Aid** Two first aid stations. One in Assembly, one at the High Start

## Courses Offered on Sunday 15 April, Lingmoor

Subject to final controlling

Course	Length	Climb	Map Scale	Start	Men's Long classes	Women's Long classes	Men's Short & B classes	Women's Short & B classes
<b>Black</b>	9.9km	515m	1:10,000	High	M21*			
<b>Brown</b>	8.3km	455m	1:10,000	High	M35 M40			
<b>Short Brown 1</b>	6.9km	325m	1:10,000	High	M18* M20*	W21*	M21S	
<b>Short Brown 2</b>	6.9km	335m	1:7,500	High	M45, M50			

<b>Blue 1</b>	6.0km	260m	1:10,000	High		W35, W40	M35S, M40S	
<b>Blue 2</b>	5.9km	245m	1:7,500	High	M16, M55,M60			
<b>Short Blue 1</b>	4.6km	220m	1:10,000	High		W18* W20*	M18S, M20S	W21S
<b>Short Blue 2</b>	4.4km	235m	1:7,500	High	M65	W45 W50	M45S M50S	
<b>Green</b>	4.1km	160m	1:7,500	High	M70	W16, W55, W60	M55S, M60S	W35S, W40S
<b>Short Green</b>	3.4km	95m	1:7,500	Low	M75, M80 M85, M90	W65 W70	M65S	W18S, W20S W45S, W50S
<b>Very Short Green</b>	2.8km	65m	1:7,500	Low		W75, W80 W85, W90	M70S, M75S M80S,M 85S, M90S	W55S, W60S W65S, W70S
<b>Light Green</b>	2.9km	90m	1:7,500	Low	M14	W14	M16B	W16B
<b>Orange</b>	2.6km	75m	1:7,500	Low	M12	W12	M14B	W14B
<b>Yellow</b>	2.1km	30m	1:7,500	Low	M10	W10	M12B	W12B

\* UKEOL race