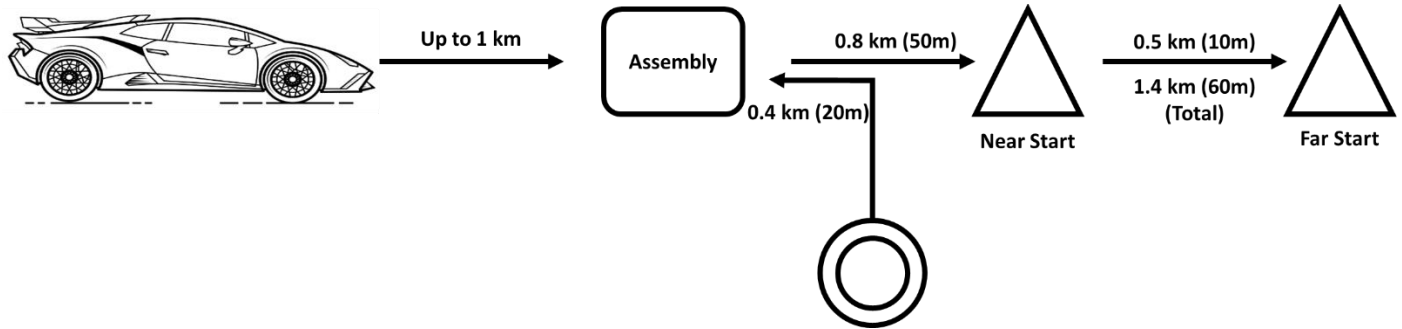


Final Details for Tarm Hows – Sunday 14th May 2023



Location information

Postcode: LA22 0PP

Grid Reference: SD 331 984

What3Words: ///season.submerged.yawned

Directions / Parking

Parking is along the edge of forest track at High Cross (forestry England car park)

Parking could be up to 1km from Assembly. Please be cautious when entering the parking track due to runners using this route to go to their starts or return from their runs.

NO PARKING FOR LARGE MOTORHOMES. Campervans to park as directed.

Assembly (SD 331 984)

This is at the entrance to the parking area. Please be aware of cars arriving and leaving the event.

Registration and start times

Registration from 9.30 – 11:30am

Entry on the day available for all courses. (£9 for seniors and £5 junior)

Start times 10.30-12.30

Course closing time 14:30 – Mountain Rescue will be called at 14:45pm!!

If you think you may need a long time, please start by 11:45.

We strongly suggest that Juniors and less confident orienteers start as early as possible. Running as a pair and shadowing is permitted.

Start and Finish locations

There will be two starts at this event. Near start (White, Yellow, Orange, Light Green, Very Short Green, Short Green) which will be roughly 800 m and 50 m of climb from assembly and a far start (Green, Blue, Brown) which will be 1.4km and 60m of climb from assembly. You will pass near start on route to far starts so please be aware of other runners starting their courses.

Distance from finish (all courses) to the assembly is roughly 400m with 20 m of climb.

Please take extra care when going to start and returning from finish as these will cross road(s).

Cagoules and Whistles

Whistles and full leg cover are compulsory. Cagoules may be mandatory if the weather is bad, this will be mandated at the entrance to parking on the day of the event. If it is hot, please consider taking water with

you as some of the courses are long and strenuous'. Please come prepared for all four seasons, the weather in the Lake District can be unpredictable!

Emergency procedures

In the event of a minor accident please administer your own first aid. For more serious incidents there will be a First Aider at assembly. The nearest A&E hospital is Furness General in Barrow.

Competitors who wish to can leave a sealed envelope containing perinate medical information that will be used if you get in to difficulty and require assistance by both event first aiders and emergency services. These of course will be returned unopened upon your return from a fantastic race.

Terrain

This is fantastic area; one of the most picturesque areas of the Lake District, often adorning many biscuit tins! The area has a real mix of the open fell, pasture, district and conifer forest. The area is covered in Lakeland features knolls, spurs and contour features, crags, streams. The planner has gone to great lengths to make sure that the riskiest crags are avoided and rivers are crossed at suitable places. The worst Windblow and bracken has been avoided.

No fences and walls are to be climbed, they have a habit of the collapsing and breaking ankles. These are over printed with purple on the map, but please use common sense and race fairly. Also, there may be some stock (docile cattle and sheep) on the area please if you come across a gate that asks you shut the gate please do so!

Courses

Course	Length (km) / Climb (m)	No. of Controls	Map Scale	Start
Brown	8.2 km / 680 m	27	1:10,000	Far
Blue	5.9 km / 415 m	21	1:10,000	
Green	3.9 km / 270 m	14	1:10,000	
Short Green	2.3 km / 125 m	14	1:7,500	Near
Very Short Green	1.5 km / 55 m	11	1:7,500	
Light Green	2.4 km / 135 m	15	1:7,500	
Orange	1.6 km / 90 m	12	1:5,000	
Yellow	1.0 km / 45 m	10	1:5,000	
White	0.8 km / 20 m	9	1:5,000	

Cancellation

In the event of the need to cancel the event this will be on Lakeland Orienteering Website after 7am on the 14th May.

Dog restrictions

Dogs are only allowed on a lead and are not allowed to accompany orienteers on the course.

Contacts / Officials

Planner – James Rogers

Controller – Nick Howlett

Organiser – Zara Rogers