

Final details Loughrigg 11th February 2014

It has proved to be a very popular event and we have very full entry lists especially on the longer courses so please be patient at the start.

Please be aware there is NO PARKING available at registration at Ambleside football club. There is plenty of parking elsewhere in the town.

Please note the following points:

1. **Full leg cover, a whistle and a waterproof with hood will be compulsory.** A hat and gloves are strongly advised.

2. **Courses will close at 2:30pm. Please report to download as soon as possible after your run.**

3. From registration at the football club to the start is approx. 900m with 120m ascent. The last 240m with 50m ascent is from the unmanned clothing dump to the start.

4. From the finish to the clothing dump is 1.2k downhill. From the clothing dump to download is 700m downhill.

5. Yellow course maps must be collected from registration at the football club.

6.. Yellow and orange maps have legends, which are on the back.

7.. Map scales are 1:10,000 for brown and blue, otherwise 1:7,500. Updated course distance and climb is on the website.

8.. **Lone orienteers** - please leave your car-keys at registration.

9.. No dogs at the football club or on the fell.

Enjoy your run

The organising team.