

LOC National Weekend 2024

Saturday 18 May

Holme Fell Long Distance Race

Venue

Holme Fell is situated 2 miles north of Coniston, on the west side of the A593, Ambleside to Coniston road.

Public Transport

The nearest train station is Windermere, via Oxenholme.

The 505 bus runs from Windermere Station (9.35am) to Coniston and return (16.43pm & 20.23pm)

Distance from Coniston to the assembly field is approximately 2 1/2 miles.

Parking is at High Tilberthwaite Farm

Postcode: LA21 8DG

GR NY 306012

What3Words: [///asked.manliness.mimes](#)

The car park will be open from **8.30am**.

Event access is via the A593, southbound from Ambleside signposted after Yew Tree Barn or northbound from Coniston signposted at Low Yewdale Farm.

Please do not turn onto the Hodge Close road.

The turn into the parking field is **very** tight. **Only** small VW campervans will be allowed onto the parking field due to the restricted access. Larger campervans, motorhomes & minibuses will need to be parked in Coniston. John Ruskin School (LA21 8EW) has hard standing parking available (honesty box), but competitors will need to organise transport thereafter to the event. (No overnight stays).

It is a single-track road to the assembly field & there will be **NO** exit until after 12.30pm.

Please allow adequate time to reach the event with the possibility of slow entry to the parking field!

Please do not use the public car park at Tilberthwaite.

Terrain

The area has been resurveyed in 2024 by Martin Bagness using Lidar data & has complex rock & contour detail throughout the area with very few paths. There are traces of mining activity. The lower slopes are natural woodland with little undergrowth. The upper slopes are open runnable fell rising to 300m with fine views across the Lakeland Fells. Walls & fences **must** only be crossed at marked crossing points. Small, fenced enclosures around single trees are not shown on the map.

Start

The start is a 2.2km easy gradual uphill walk on a good public path, allow 20 – 45 mins.

This is a punching start, but all competitors have a start time so please try to adhere to your time as you may be waiting for a long time! One toilet will be available close to the start.

Call up at - 4 with blank maps in the start lane.

Warm up Area

The start is directly next to a wide track leading to Little Langdale. The area is a mixture of gravel paths & tarmac. Please be mindful of property users, traffic & walkers using the area & do not cross OOB areas.

Start times, course closing, finish & download

Start times from 10.30am - 1.30pm

Courses close at 3.30pm. Please be aware when entering the longer courses!

Finish will be in the field adjacent to the assembly field with good visibility for spectators.

The download van will be directly at the finish.

Please make sure you download even if you retire.

Course Information

Course	M Age Class	W Age Class	Distance km	Climb m
Black *	M21 - M40		8.2	610
Short * Brown	M18 - 20; M45 - 50; M21S	W20 - 35	6.1	395
Blue	M16; M55-60; M35 - 40S	W18; W40 - 45	4.8	320
Short Blue	M65 - 70; M18 - 20S; M45 - 55S; M21V	W16; W50 - 55; W20 - 35S	4.1	220
Green	M75; M60S	W60 - 65; W18S; W40 - 45S	3.6	205
Short Green	M80; M65S	W70; W50 - 55S; W21V	3.0	150
Very Short Green	M85+; M70 - 80S	W75+; W60 - 70S	2.5	130
Light Green	M14; M16B	W14; W16B	2.9	145
Orange	M12; M14B; M21N	W12; W14B; W21N	2.8	140
Yellow **	M10; M12B	W10; W12B	2.0	85
White **	M10B	W10B	1.8	50

* Black & Short Brown have double sided maps ** White & Yellow maps available at the pre-start.

String Course

A String Course will be available in the field adjacent to the assembly field.

Planner Matt Rooke

Map Scale, Control Descriptions

Black, Short Brown & Blue 1:10000

All other courses 1:7500

Control descriptions are on the map and loose copies are also available in the start boxes.

Electronic Punching

Controls and Finish will be enabled for contactless punching with SIACs or punching with a standard SI card. However, it is a punching Start (not in contactless mode) which needs to be punched by all competitors. A SIAC BATTERY CHECK control box will be located near to Enquiries. This is to test that the battery level of the SIAC dibber is sufficient for the event. A "SIAC ON/TEST" control box will be available at the pre-start. This will ensure the SIAC is in contactless mode. It is the competitor's responsibility to ensure that their Sicard/SIAC has registered at every control.

Safety Directions

In an emergency, competitors should head west to meet the Hodge Close road or Hodge Close Quarry (don't cross the fences around the quarries!). If near the quarries, head north back towards the start and follow the 'route to the start' in reverse back to assembly. If you meet the road, relocate, and continue to the finish.

There will be First Aiders at the Finish

Entry Details

Entries via SI Entries

£16/seniors £6/juniors

Closing date Wednesday 15th May 2024 11.59pm

EOD (subject to availability of maps) £18/£8

Assembly Field (adjacent to parking field)

Toilet facilities will be in the parking field.

Club tents in the designated area only please.

Enquiries open 9.30am – 4.30pm

EOD registration 9.30am – 12.30pm

First Aid

Compass Point and Podium Catering

North West Junior Squad cake stall.

Dog restrictions

Dogs are only allowed in the parking & assembly fields & must be kept on leads. No dogs on courses. Please clean up after your dogs.

Please contact the organiser if you have a medical support animal.

Safety Advice

A comprehensive risk assessment has been carried out by the organisers, but competitors take part at their own risk and are responsible for their own safety. Competitors who are unwell should not run. Competitors should enter courses appropriate for their experience. Any medical conditions that the organiser and First Aiders should know about in an emergency, must be made known to the organiser before the event, or a form can be filled in at Enquiries. These details will only be used for the purposes of this event and can be collected or will otherwise be destroyed afterwards. Lake District weather can be unpredictable. Competitors should dress appropriately especially if there is a poor weather forecast. It may be advisable to carry a cag. Whistles and full leg cover are compulsory.

Animals graze throughout the area, although they will have been moved before the event. Please sanitise or wash your hands when you finish and before eating food.

Please check for any signs of ticks after finishing.

Nearest A&E Hospital - Furness General Hospital, Dalton Lane, Barrow LA14 4LF

Insurance

Please note that if you are not a member of a club affiliated to British Orienteering then you are not covered by our public liability insurance unless you are a newcomer to orienteering, in which case you are covered for three registered events without joining.

Contacts / Officials

Organisers	Clare Evans (LOC) cevuvhsoc@talktalk.net Sue Butterfield (LOC) suebutterfield52@gmail.com
Planner	Pete Owens (LOC)
Controllers	Karen & Dan Parker (BL)
Event Coordinator	Gill Browne (LOC) gillbrowne55@googlemail.com

Acknowledgements

Steven Dugdale High Tilberthwaite Farm

Paul Farrington National Trust

Important Event Information

By taking part in our events, you agree to the following:

Registration information will be recorded on computer.

Photographs and/or names may appear on our website or in the media. We will seek permissions where this involves young persons.

Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. (Please seek advice at the registration desk on the day if you are unsure of whether the course you are entering is appropriate)

Events results will be published on the Internet and sent to British Orienteering

Privacy: Read our Privacy Policy to see how we look after your personal data.