

Lakeland Orienteering Spring Weekend – Final Details

Saturday 23rd March and Sunday 24th March 2019

Twinned Event

Saturday 23rd March – Lakeland Orienteering Club – Middle Distance Regional Galoppen

Haverthwaite Heights, near Newby Bridge, Cumbria

N.B. This race is also Round 4 of the 2019 UK Elite League. M21's wishing to enter the Elite League should register for the Black course. W21's wishing to enter the Elite League should register for the Brown course.

It is not a scoring event for the Junior Elite Orienteering League

Sunday 24th March – South Ribble Orienteering Club – Red Rose Classic Event

Hampsfell, Grange over Sands, Cumbria

(FURTHER DETAILS ABOUT THE RED ROSE CLASSIC EVENT AT HAMPSFELL ON SUNDAY 24TH March CAN BE FOUND ON THE SROC WEB SITE www.sroc.org)

INFORMATION ABOUT THE LOC EVENT ON SATURDAY 23RD MARCH

Officials

Organiser – Norman French (LOC)

Planner – Cliff Etherden (LOC)

normanfrench47@hotmail.co.uk

Controller – Dick Towler (LOC)

Entries We will be using Si Entries (www.sientries.co.uk). Separate entries are required for each day

Start times will be operated on a block basis – Very Early, Early, Middle, Late and Very Late.

Competitors are asked to nominate a starting block at time of entering.

Specific start times will not be allocated – competitors should go to the start in good time for their block where they will be started by the start officials.

Elite runners only will be started at 2 minute intervals.

Exact timings of Start Blocks will be published after entries have closed and competitors should check the LOC website for details.

Entry Fees Seniors £8 (Discounted to £7 for pre-entries)

Juniors/Students £4 (Discounted to £3.50 for pre-entries)

(Seniors who are not members of BOF will have to pay an extra £2)

Late Entries On line entries will close at midnight 15th March. No entries will be taken or maps reserved between the closure date and the opening of Registration at the event.

Entry on the Day Entries on the day will be possible but will not qualify for the pre-entry discounts and will depend on the availability of maps. NOTE – It is likely that Start Block Places will be very limited and this could mean very limited EOD. To enter on the day please collect and complete a registration card at Registration.

Parking As usual, please share transport if possible since parking is restricted. Please do not plan to arrive in a car on your own. If you are intending to travel on your own, please arrange to meet up with someone else and share transport for the last part of your journey. If you are planning to travel to the event in a campervan, please contact the organiser.

We will be using two areas for Parking. Main parking will be at the Lakeland and Haverthwaite Railway (SD349843). Access is off the main A590. If travelling West there is turn right lane just after Backbarrow where there is a short section of dual carriageway. Please take care turning right as this is a short, fast stretch of dual carriageway. There will be a £1 fee for cars and a £3 fee for Minibuses/Camper Vans parking here.

Additional parking is about 800m West of the Railway – travelling West along the A590 take the right hand turn at the next junction with the B5278 and turn immediately right again onto the old A590 which runs back parallel with the main road. Once again take care as this is a busy road. There is no charge for parking here. There will be linear parking along this road.

Both parking areas will have LOC members assisting parking. Both have toilets and both have direct access to the start as well as a connecting route between Assembly/Main Parking and Alternative Parking.

Note – *If the Main Parking area becomes full signs will be placed on the A590 directing drivers to the Alternative Parking. This should avoid any congestion at the turning from the A590 into the Haverthwaite Railway.*

Assembly & Facilities The Assembly area will be at the Station itself where there will also be refreshments provided by Onosh and Podium catering as well as Lakeland Junior Squad who will be providing tea/coffee, cakes and snacks. Compass Point will also be in attendance. The finish is near the Assembly area.

Dogs Dogs must be kept on a lead in the parking and assembly areas. No dogs on the courses please.

Registration & Enqs. This is a pre entry event but Registration and Enquiries will be open from 10.00 to 13,00hrs for:

- **Entry on the day** – whilst map stocks last.
- **SI Card Hire and collection of pre ordered SI cards** (note SIAC cards will not be available for hire)
- **Depositing of car keys or other essential items for competitors travelling alone.**
- **Making a formal complaint**
- **Contacting the Organiser**
- **Reg. and Enquiries will close at 1300hrs. After this time the Download team will try to resolve any Enquiries issues which arise.**

SI Card Hire Standard dibbers may be hired at a cost of £1 per day. Either ordered via the Si Entry system or from Enquiries on the day. Lost or damaged cards will be charged at £30. NO SIAC cards will be available for hire on Saturday 23rd March

Electronic Punching The Sportident electronic punching system will be used on both days. All the controls and the Finish will be programmed as contactless suitable for Sportident SIAC. However, note that the START controls will NOT be programmed in contactless mode and must be punched as normally. If punching fails at any control site using the contactless method, please punch normally.

ALL runners **MUST** punch one of 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.

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 starting block will have to join the queue for the starting block which may overrun into a later block.

Yellow course maps will be available at the pre-start and registration for yellow course runners to discuss their course with a parent or other adult prior to starting.

The sequence of controls in the Start process will be as follows:

- 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.

Start Blocks These will be available on the Si Entries website. Start Block lists will be displayed at the prestart.

Split Starts The first runner should select an early starting block. The second runner will have an open punching start.

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

Downloading 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.

Clothing Dump There will not be a clothing dump at the start.

Drinks There are no drink points on the courses and water will not be provided at the finish

String Course There will not be a string course.

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 rest of the courses will have pictorial descriptions,

Controls Si units will be mounted horizontally on top of yellow fibreglass rods. The control code will be displayed on the top of the SI box.

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

Clothing Competitors MUST comply with the British Orienteering Rule which states-
'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.

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

Safety Issues

First Aid cover is being provided by LOC members trained to give first aid and will be located in the Assembly Area. The nearest 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. Click on 'Medical Form' from the list. Please complete a separate form for each day.

Whistles All competitors MUST carry a whistle.

Ticks Although March is early in the cycle for ticks they may still present a problem at this time of the year especially in warmer weather. 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 by gripping them firmly next to your skin, preferably with tweezers, and pulling them out with a slight anti-clockwise twist. Keep checking for several days and if you develop a rash at the site of a tick bite, you are strongly advised to seek medical advice.

Event and Courses

Terrain Haverthwaite Heights is one of the best areas of wooded orienteering terrain in the Lake District. A mixture of broadleaved and coniferous woodland, with some open areas, varying steepness of slope, lots of intricate contour details and many rock features, this area presents a significant challenge to the best orienteers. Used for the British Middle Distance Champs in 2010.

The Public The area is quite popular for general walkers and dog walkers. Please respect their right to be in the area and be cautious around dogs.

Maps The Map has been updated by Martin Bagness at the end of 2018. Map scales are given in the following table.

Courses

Colour	Controls	Length	Height	Map Scale	Classes
Black	21	4.3k	300m	1:10,000	Elite Men
Brown	18	3.9k	260m	1:10,000	Elite Women & Galoppen
Blue	17	3.4k	200m	1:7,500	Galoppen
Green	14	2.6k	180m	1:7,500	Galoppen
Short Green	13	2.1k	150m	1:5,000	Galoppen
Light Green	10	2.0K	150m	1:7,500	Galoppen
Orange	8	1.5k	60m	1:5,000	Galoppen
Yellow	9	1.4k	50m	1:5,000	Galoppen

Distance to Start The Start is approximately 900m from the Assembly/Main Parking area with a 100m climb and 700m to 1,200m from additional parking (depending where parked) with a 60m climb. The route is mainly on good paths. Allow 15-25 minutes.

Distance from Finish Approximately 300m from Assembly/Main Parking/Download. It is then a further 500m to the additional parking area.

Safety Bearing The Safety Bearing is South East. This will take competitors downhill towards the railway line, which can be crossed at various points to reach a minor road. Turning right on the minor road will bring competitors back to the Assembly. In the very southern end of the competition area heading South east may bring competitors down to the main A590 at which they should turn left to reach the Assembly.

Results **Preliminary results will be displayed in Assembly and final results will be published on the Lakeland Orienteering website (www.lakeland-orienteeing.org.uk)**

Course Closes at 14.30 hours

Acknowledgements Thank you to the owners of the Lakeside and Haverthwaite Railway for allowing us to use their site and general assistance in putting on this event. Also, to the Lake District National Park Authority, Forestry Commission and Mr Booth for use of their parts of the competition area.