

**Saturday 18th & Sunday 19th May 2019
LAKELAND WEEKEND**

FINAL DETAILS

Saturday 18th May	Long Distance	Caw
Sunday 19th May	Middle Distance	Stickle Pike

TRAVEL.

All vehicles must access the event as signed from the A590 at Duddon Bridge traffic lights 1 mile west of Broughton-in-Furness.

Parking will be signed from the Ulpha Road at Dunnerdale (SD213953).
Parking will be in adjoining fields beside the narrow road used as the route to the start.

It is important that all competitors enter from the same direction. Cars must be in the car park before 12noon and cars departing the event should not exit before 12.15pm.

PARKING

Note: Parking and Assembly is the same for both days.

£1 per car per day and £2 per minibus/camper van will be charged and collected each day on entry to the car parking field.

Due to the narrow access roads there is NO access or parking for coaches, motorhomes or caravans.

There is very limited parking for minibuses and small camper vans (eg size of minibus). Anyone wishing to bring a minibus or small camper van MUST email the entries secretary before the event to request a space
locldentries@gmail.com.

Requests will be dealt with on a first-come-first-served basis.

OVERNIGHT PARKING

There are several local sites that allow the parking of caravans / camper vans. These are: Sella Farm, (Duddon Valley) High Cross Inn, (Broughton-in-Furness) Upper Hawthwaite campsite, (Broughton Mills), Baystone Bank Farm, (Whicham Valley). Alternate transport or lifts will need to be arranged for access to event parking.

ASSEMBLY

Assembly is in a field adjacent to the car parking. (Grid ref SD 211947)

A BBQ, cake stall and tea/coffee will be provided by the Lakeland Orienteering Junior Squad.

Onosh, Compass Point and Podium Caterers will be located in the assembly area.

Take care as there may be loose barbed wire on the ground. Children should be supervised near the river.

DOGS

Dogs will be allowed in the car park and assembly but must be kept on a lead. Owners are asked to clear up after their dogs and to ensure that they are kept under control at all times.

TOILETS

Toilets will be located in the assembly field.

REGISTRATION AND ENQUIRIES

Registration and enquiries will be open from 10am – 1pm each day for the following:

- Entry on the day 10.00am-12noon
- SI card hire and collection for pre-ordered cards.
- Copies of map legends
- First Aid kit (note that first aiders will be located at the finish)
- Car keys (or other essential items that will need retrieving prior to departure for those competitors who are travelling alone)
- General enquiries.

START TIMES

Starts: 10.30am – 12.30am

Courses close: 3pm

Split times will be available with an open start for the second runner.

Start times will be posted on Fabian4 (planned to be published 15th May 2019)

ENTRIES

For further queries regarding entries contact locldentries@gmail.com

Pre-entries closed on Sunday 12th May 2019.

ENTRY ON THE DAY

There will be limited EOD for all courses but this will be dependent on the numbers of pre-entries on courses and the availability of time slots and maps. Competitors can pay and enter for both days on Saturday morning. Standard SI cards will be available to hire but there will be no SIAC cards for hire on the day.

EOD FEES

	<u>Saturday 18th May</u>		<u>Sunday 19th May</u>	
	Adult	Jnr	Adult	Jnr
EOD	£17	£6	£15	£5

SI card hire £1 per day. Lost or damaged cards will incur a charge of £30.

Students will pay junior rates. Seniors who are not a member of British Orienteering will pay a surcharge of £2 per entry. Seniors entering White, Yellow, Orange and Light Green will only be charged at the junior rate.

CHANGES.

There will be a fee of £2 for any changes requested after the closing date of 12th May. Where possible we will try to accommodate changes but these may not be possible if it is a late request relating to course changes and no maps or time slots are available.

STRING COURSE

Apologies but due to the remote location and terrain constraints a string course will not be provided on either day.

DRINKS

There will be no drinks stations on the course or at the finish. Competitors are requested to bring their own drinks.

HEALTH & SAFETY

These events are being held on exposed areas. Whistles **MUST** be carried. All competitors should bring waterproof jackets to the event and be prepared to carry them if required to do so. Notices will be displayed in the assembly area and (if known before the event) will be on the Lakeland Orienteering website.

All competitors must report to download even if they do not complete their course. This is our check that you are back safely. Any failure to do so could result in a search being organised. 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.

Please remove your car from the parking field and park elsewhere if you intend to go for a bike ride/walk after competing.

All competitors should dress appropriately for the weather conditions and terrain. Full leg cover is recommended for both days.

Mobile phone coverage is patchy but some officials will have radios. In case of an emergency please notify officials at the start, finish or assembly area (whichever is the closest) and they will alert first aiders and if necessary call the emergency services.

There is public access on the areas and runners may encounter walkers and mountain bikers. Please be courteous to members of the public especially if you are running along public rights of way.

Be aware that ticks are present in the area. Check for ticks and follow the recommended procedures for tick removal and vigilance regards further infection. Wash hands before eating to reduce risk of E-coli infection.

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 qualified in basic First Aid who will be located at the finish.

The closest hospitals are:

Furness General Hospital, Dalton Road, Barrow-in-Furness LA14 4LF

Tel: 01229 870870

The Royal Lancaster Infirmary, Ashton Road, Lancaster LA1 4RP

Tel: 01524 65944

There is also an assessment unit at Westmoreland General Hospital, Burton Road, Kendal LA9 7RG Tel: 01539 716570

ELECTRONIC PUNCHING

The SportIdent electronic punching system will be used on both days. All course controls and the FINISH will be programmed as contactless and will be suitable for SiAC cards. However the START will not be programmed as contactless and MUST be punched.

If punching fails at any control site using the contactless method use the normal punching procedure. If this fails use the pin punch which will be fitted on the control stake. Note that it is the runner's responsibility to check that the contactless method of punching works at each control.

If the control is working correctly in contactless mode it is NOT necessary to hit the control with the SI card as this may damage the control and/or the SI card.

START PROCEDURE.

Clear and Check and SI battery check boxes will be located in the pre-start area.

Call up will be -4 minutes

Loose control descriptions will be available in the -3 waiting pen

It will be a PUNCHING START for ALL competitors

White and Yellow maps will be available in the pre-start area.

All competitors should aim to arrive at the start in time for the allocated start time. Competitors arriving late for their start and those with open start times should report to one of the start officials.

FINISH

The finish control will be contactless.

COMPLAINTS

Observe the following process for any complaints:

1. A complaint can be made in writing or orally to the organiser before course closure or as soon as possible after returning to assembly (if later than 3pm).

2. If the issue is not resolved a protest can be made in writing to the controller.
 3. If the issue is not resolved the event jury will deal with the complaint.
- Notification of final results may be delayed until any complaints are resolved.

COURSE MAPS

In compliance with British Orienteering's Rules and Guidance for Orienteering v3.8 map scales will differ for certain age classes running the same course. On Saturday some courses have been identified as 1 or 2 and on Sunday as Men/Women. Please note which course number / map scale you are running.

CANCELLATION

In the unlikely event that either or both days have to be cancelled a notice will be posted on the Lakeland Orienteering website.

www.lakeland-orienteeing.org.uk

SATURDAY 18th May. Long Distance – Caw

TERRAIN

Caw

The terrain is typical open Lakeland Fell. Whilst mainly runnable it has steep slopes, intricate rock and contour detail and few paths or walls. Due to the lack of paths and other line features junior courses will include some taped routes.

The map for Caw has not recently been updated but it is ISOM 2017 with minor deviations from the standard: form lines and crags are slightly thicker than standard, and dot knolls slightly reduced in size due to many closely spaced knolls. Many of these knolls are mainly rock. The area is extremely rocky in parts and only large prominent rock features are shown. The areas of bracken are not shown on the map.

Safety issue: There are two old quarries in the area with overhanging rock faces difficult to see from above. The dangerous rock faces will be taped off above. The lower parts of the quarries can be crossed with care.

Safety Bearing: Yellow/orange courses – head W to the road & start/finish area. Other courses head generally W to pick up tracks leading SSW or NNW (depending on location) to the road & start/finish area. Competitors on the long courses on Caw itself should also head W until they meet one of the tracks at the foot of the hill, and then navigate to the start/finish area.

START

There will be one start, approximately 2 km and 200m climb from Assembly (allow 45minutes walk). The route to the start is mainly up a very narrow but quiet road. Children should be accompanied. There will be a clothing dump at the start.

FINISH

The finish is close to the start, and the route to Assembly will be the reverse of the route to the start.

ALL runners MUST punch one of the SAFETY controls (normal punching) after finishing. In the case of an apparently missing runner this is the check regarding who has finished.

COURSE DETAILS (Saturday)

Course lengths are shorter than might be expected to account for the amount of climb. The quoted climb is based on British Orienteering guidelines, and is greater than competitors are likely to do on the longer courses, but about right on the shorter courses.

MAP SIZE: The following courses will all have A3 sized maps:

Black, Brown, Short Brown 1, Short Brown 2, Blue 2, Short Blue 2

The remaining courses will have A4 sized maps.

CONTROL DESCRIPTIONS: The yellow and orange courses will have written descriptions

Course	Map scale	TD	Distance (km)	Climb (m)	No of controls	Men's Classes	Women's Classes
Black	1:10000	5	10.2	670	14	M21L	
Brown	1:10000	5	8.1	625	13	M35L M40L	
Short Brown 1	1:10000	5	6.5	500	11	M18L M20L M21S	W21L
Short Brown 2	1:7500	5	6.5	500	11	M45L M50L	
Blue 1	1:10000	5	5.5	430	10	M35S M40S	W35L W40L
Blue 2	1:7500	5	5.5	430	10	M16L M55L M60L	
Short Blue 1	1:10000	5	4.3	330	8	M18S M20S	W18L W20L W21S
Short Blue 2	1:7500	5	4.3	330	8	M65L M45S M50S	W45L W50L
Green	1:7500	5	3.7	280	8	M70L M55S M60S	W16L W55L W60L W35S W40S
Short Green	1:7500	5	3.1	245	7	M75L M80L M85L M65S	W65L W70L W18S W20S W45S W50S
Very Short Green	1:7500	5	2.6	185	7	M70S M75S M80S M85S	W75L W80L W85L W55s W60S W65S W70S
Light Green	1:7500	4	1.9	125	8	M14A M16B	W14A W16B
Orange	1:7500	3	1.9	110	7	M12A M14B	W12A W14B
Yellow	1:7500	2	1.5	70	7	M10A M12B	W10A W12B

SUNDAY 19th May. Middle Distance – Stickle Pike

TERRAIN

Stickle Pike

Stickle Pike is an open area. It is mainly runnable but technically and physically very challenging. There are intricate rock and contour details and few line features. There are some areas of bracken but in May this shouldn't cause too much of a problem.

The map is ISOM 2017 with some minor changes, namely form lines and crags are slightly thicker than the standard and dot knolls have been slightly reduced in size due to the large number of closely spaced knolls.

Many of the mapped brown dot knolls are totally rocky

There are dangerous crags. One crag will have black/yellow tape along the top, this could be encountered on the Blue courses.

Safety Bearing: Head EAST to the boundary wall or the road and then go North on the road to the Finish (taking care to avoid crags).

STARTS

There are two starts:

RED (2.5k and 230m climb from Assembly) for the Black, Brown, Blue, Green, Short Green and Light Green courses

WHITE (1.5k and 140m climb from Assembly) for the Very Short Green, Orange, Yellow and White courses.

The route to the starts is mainly up a very narrow but quiet road. Children should be accompanied. There will be clothing dump close to the White Start.

FINISH

Finish is close to the White Start and the route back to Assembly will be approximately 1.7k back down the road.

ALL runners MUST punch one of the SAFETY controls (normal punching) after finishing. In the case of an apparently missing runner this is the check regarding who has finished.

COURSE DETAILS (Sunday)

Could parents/adults please ensure children understand the following information....**ORANGE, YELLOW** and **WHITE** courses have some taped routes and where paths on the Yellow and White courses are not totally clear on the ground, there will be smiley faces showing the correct routes. At control number 2 on the Orange course competitors will find tapes, which are only for use by the White and Yellow courses. There will be a notice at the control making this clear.

The White and Yellow maps will be available before competitors enter the start box.

CONTROL DESCRIPTIONS

Descriptions are on the back of the maps for Brown Men, Blue Men, Green, Short Green and Orange courses.

The Orange, Yellow and White courses have written descriptions.

W=white start R= Red start

Course	Map scale	TD	Distance (km)	Climb (m)	No of controls	Start	Men's Classes	Women's Classes
Black	1:10000	5	6.0	300	23	R	M21 M35 M40 M18 M20	
Brown Men	1:7500	5	4.9	250	18	R	M45 M50	
Brown Women	1:10000	5	4.9	250	18	R		W21 W18 W20
Blue Men	1:7500	5	4.4	240	19	R	M55 M60 M16	
Blue Women	1:10000	5	4.4	240	19	R		W35 W40
Green	1:7500	5	3.4	140	16	R	M65 M70	W16 W45 W50
Short Green	1:7500	5	3.1	130	16	R	M75 M80 M85	W55 W60 W65
Very Short Green	1:7500	5	2.3	110	12	W		W70 W75 W80 W85
Light Green	1:7500	4	2.5	120	13	R	M14	W14
Orange	1:5000	3	1.9	110	11	W	M12	W12
Yellow	1:5000	2	1.5	80	9	W	M10	W10
White	1:5000	1	1.3	70	9	W		

OFFICIALS

Saturday 18th May

Organisers: Helen Livesey & Paul Williams

Planner: Simon Cane

Controller: Alex Finch (SROC)

Sunday 19th May

Organiser: Gill Browne

Planners: Judy and Steve Burge

Controllers: Nick and Jane Campbell (DEE)

EVENT JURY MEMBERS

Keith Tonkin (BL) Karen Parker (BL) Carol Edwards (BL)

Acknowledgments to the following:

James Pennefather (landowner)

Gary Brockbank (landowner)

Les & Mark Richards (tenant farmers)

Anthony Hartley (Commoners

Association)

and thanks to all the LOC volunteers and helpers.