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British Middle Distance Championships, Saturday 5th June 2021

We are looking forward to welcoming you to the first major events after three lockdowns. It has not been without its challenges, my thanks to Roger, who has actually done all the work.

As I write this, the B.1.617.2 Covid variant hasn't yet been contained and numbers in some areas are increasing rapidly. Many of our competitors and volunteers continue to be worried about Covid and despite the considerable strain it places on our club workforce; we have taken the decision to run the event at our earlier 'Covid precaution' level with a long start period. We expect everyone attending the event to respect these people's concerns and comply with our Covid safety measures.

The scattered bluebells and primroses in the woods are beautiful, Summerhouse Knott is a fantastic area, the leaves are coming out to make it more challenging, the map is great and the courses are what befit a National Championships.

Some sunshine would be nice, see you all soon and please try to be kind.

IMPORTANT INFORMATION

COVID: This will be a Covid secure event, and everyone who attends must be prepared to assist us in achieving that goal by adhering to the BOF Code of Conduct.

Participants must not attend if they or a member of their household has Covid19 symptoms, or if they have been asked to isolate by NHS Test and Trace/a medical practitioner or asked not to travel by the government.

Bring your own hand sanitiser and use it before you leave the car park and when you return to your car. We will provide other points throughout the site for you to use.

Due to airborne transmission please maintain social distancing at all times, car parks, start, finish and whilst orienteering by moving away from controls quickly and not following other competitors within 10m. Bring your own face mask and please consider wearing it in potentially congested areas such as number collection, call up and download.

Although socialising is normally an important part of orienteering, please do not arrive early or stay around in the car parking area to chat to other orienteers after your run

To comply with Covid protocols there has been no seeding and there will be no caterers, prize giving etc.

Race numbers are an important part of our Covid protocol and will be used on each day. The starts will be quiet and we are relying on being able to see your number.

Be courteous to other users of the land Please help to keep the field litter free by taking **ALL** your rubbish home.

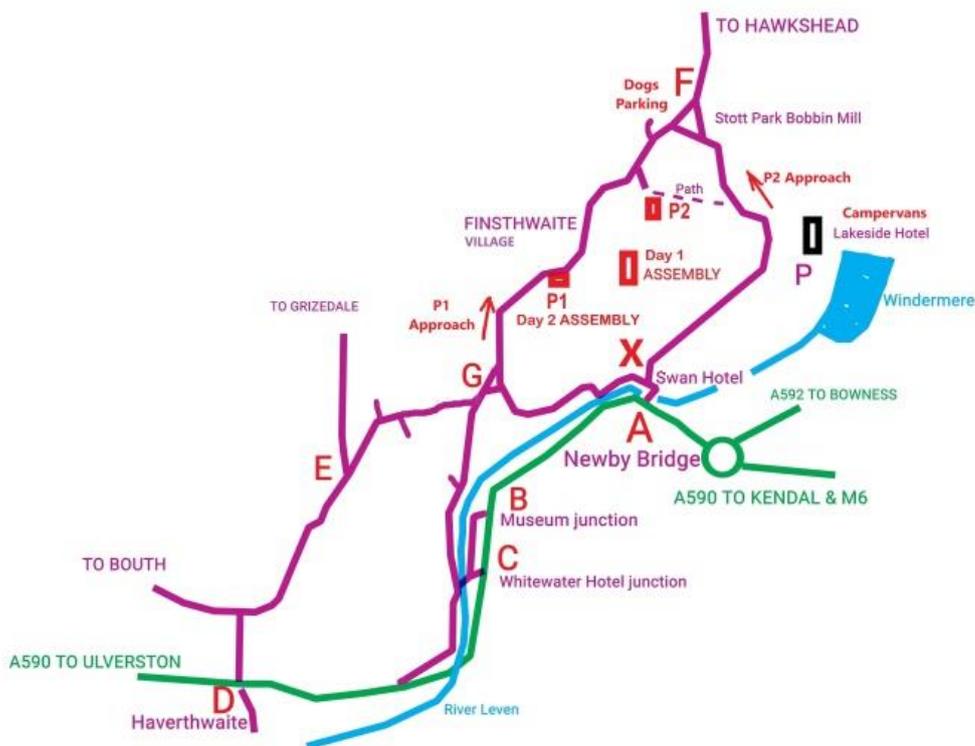
LOCATION

The events will be located at the village of Finsthwaite, the same parking as British Championships 2017 and will be in two separate fields each with a single gate used both for entry and exit. The routes to assembly are back out of the car park entrance, following the red/white taped routes, please supervise children in the car parks and on the road section.

To reduce traffic through the village, you must approach P1 from the south west and you must approach P2 from the Stott Park Bobbin Mill, north direction.

The approach roads to our event are narrow, pedestrians and cyclists are commonly encountered so please drive with care and consideration.

We want to avoid congestion on the A590



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TRAFFIC FROM THE EAST (M6)

Leave Newby Bridge roundabout, signed A590 to Barrow.

Early arrivals – with start times before 11.30 will use P1 GR SD 363 871, LA12 8BN 0.9km to assembly

Continue on the A590 for a further mile where you should turn right, signed to Lakeland Motor Museum. (Location B on the map) If the right-turn lane here is congested, then continue along the A590 for a further 0.3 miles and take the right turn to Whitewater Hotel, Lakeland Village, Backbarrow. (Location C on the map). These roads meet and turn right immediately after crossing the bridge and continue towards Finsthwaite.

Later arrivals – with start times after 11.30 will use P2 GR SD 369 878, LA12 8BJ 1.3km to assembly

From the roundabout, after 300m, turn right signed to Lakeside and Hawkshead. (Location A on the associated map). Follow the road through Lakeside and turn left signed Stott Park Bobbin Mill

If the junction at location A is congested, do not block the carriageway but continue to locations B or C on the sketch map and then drive to location X via location G and continue as above.

TRAFFIC FROM THE WEST (GREENODD, ULVERSTON)

Interpret the above instructions; you'll be doing left turns off the main road which are easier.

PARKING FOR LARGE VEHICLES,

Parking for smaller campervans will depend on the weather. Please check on the event website before you depart to obtain the latest information. Anything bigger than a Ford transit; MUST park at the Lakeside Hotel/Aquarium. Please do not make it difficult for us as you WILL be turned away from the main P1 and P2 car parking.

(GR SD 378 873, LA12 8AS, behind the Aquarium. Charge £4 for a whole day.

To get to Assembly from here, walk with care along the road northwards, children should be supervised, for 500 metres, then turn left, signposted onto a marked footpath (800m, 40 m climb) to P2. From here, it is 1.3 Km to assembly; woodland adjacent to the path is strictly Out of Bounds.

DOGS ARE NOT ALLOWED IN EITHER OF THE TWO MAIN CAR PARKS OR ASSEMBLY AREA.

VEHICLES WITH DOGS

P1 and P2 are not available and dog owners must use the field used for overflow parking for visitors to High Dam (GR SD 369 881, LA12 8BL). Approach from Lakeside, the north, past Stott Park Bobbin Mil. It is 500m to P2 and then 1.3km to assembly. Fee £3.

START PROCEDURE

All starts are timed starts and are located near each other. It is the competitor's responsibility to get to the start at the right time. No punching starts will be provided.

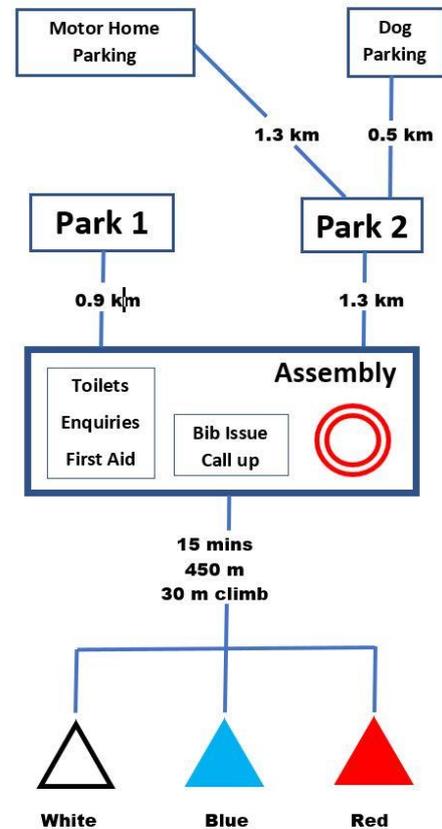
Call up will be 15 minutes before your start time from the assembly field. Please proceed through the gate on the route to the start when your start time is displayed on the large clock. In the minute prior to this, you should use the clear, check and SIAC boxes.

You then have 12 minutes to get to the -3 line; it is 450m maximum distance with 30m climb. We think that this is ample time but if you are over 80 and feel that you would like more time, approach the call up marshal earlier. You should social distance and there should be no reason to overtake people.

There will be another check box at -3 and loose control descriptions will be available to be collected in the -2 box.

Young children may be accompanied to the start; the return is by the same route but keeping well clear; and always giving way, to those going to the start. Clothing transfer is not a reason for an assistant to go past call up.

Maps will not be available in the Start Lanes; there is a map on the website [here](#).



Course	Controls	Length	Climb	Map scale	Start	Classes
1	22	4.8 km	295 m	1:10,000	Blue	M21
2	17	4.0 km	230 m	1:10,000	Blue	W21
3	20	4.3 km	260 m	1:10,000	Red	M35, M40
4	17	3.9 km	265 m	1:7,500	Blue	M45, M50
5	17	3.6 km	225 m	1:10,000	Blue	W35, W40
6A	16	3.7 km	230 m	1:7,500	Blue	M55
6B	16	3.6 km	210 m	1:7,500	Blue	M60
7	15	3.3 km	205 m	1:7,500	Blue	M65, W45
8	17	3.2 km	210 m	1:7,500	Red	M70, W50
9A	14	2.6 km	145 m	1:7,500	Red	M75, W55
9B	14	2.5 km	135 m	1:7,500	Red	M80, M85, W60, W65
10	10	1.9 km	130 m	1:7,500	Red	W70, W75, W80, W85
11	15	3.7 km	230 m	1:10,000	Red	M16, M18, M20
12	16	3.3 km	205 m	1:10,000	Red	W16, W18, W20
13	12	2.1 km	145 m	1:7,500	White	M14, W14, Light Green
14	11	1.8 km	110 m	1:7,500	White	M12, W12, Orange
15	12	1.7 km	80 m	1:7,500	White	M10, W10, Yellow
16	9	1.1 km	55 m	1:7,500	White	White

GENERAL INFORMATION

Race numbers

They can be collected from the assembly area and are located near to call up and will be in surname alphabetical order; move away as soon as you have yours. Please bring your own safety pins; do not drop them as the field is sheep grazing land. A no number no start policy will be strictly enforced.

For your own safety will you please complete the reverse side of your number with your personal and contact details as well as details of any relevant medical condition?

ASSEMBLY AREA

The assembly area will be used for:

- Enquiries:
 - Hired SI-card collection
 - SI number change
 - Number issues
 - Lost/found children and property

- Trophy return (trophies, clearly marked with name and class, should be returned to Enquiries before you go for your race.)
- Lodging complaints and protests
- Race number collection
- First Aid
- Toilets and a gents urinal
- Helpers Car Parking

There are no changes to courses, start times, no EOD for anyone, no key collection, no start lists, no map display, no results display and no post-race map collection, please do not show anyone your map.

There's plenty of space to leave clothing whilst you are running although as it's a public area do not leave valuables unattended.

Results will be available online,

For Saturday, live results (updated every 10 mins) will be available on:

www.lakeland-orienteing.org.uk/events/british-middle-distance-championships

and Sunday, live results (updated every 10 mins) will be available on:

www.mdoc.org.uk

Whistles

It is NWOA policy that both junior and senior competitors carry a whistle for emergency use on both days. There will be a whistle check at the call up with a 'no whistle no go' policy strictly enforced.

Map

Summer House Knott has been updated by Martin Bagness. Scales of 1:10,000 and 1:7,500 (5m contours) will be used.

Maps are printed on waterproof paper and not bagged.

The map does not have a legend; copies are available from Enquiries.

All symbols are IOF standard.

The black circle symbol has been used to show platforms (circular, man-made features historically used for charcoal burning). A large metal box has been shown with the black cross symbol.

Mapped boulders are at least 1m in height and distinct from all directions. Mapped crags are at least 1.5m in height. Rock features which do not meet these criteria have not been mapped, even when they are adjacent to mapped features.

Planner's comments

Summerhouse Knott is a small wooded hill, between Newby Bridge and Finsthwaite, about 1.5km from SW to NE and about 600m from SE to NW. The SW half is largely oak woodland, providing very fast running conditions at this time of year. The further you get to the NE the woodland becomes increasingly coniferous, and the terrain rockier and more intricate, with lots of re-entrants, crags and fallen trees. The SE face of the hill is very steep.

Courses for older runners spend less time in the more physically demanding terrain. Indeed, the oldest runners do not visit the more physically demanding terrain. However, runners who competed in the British Relays in 2017 should know that no courses visit the easier semi-open terrain at the SE end of that map.

Adults responsible for juniors who have entered the colour-coded White course should explain that their course follows a fence, as well as paths.

Almost all courses have a leg which passes an area that has been recently replanted, the young trees being protected with a mixture of tree shelters and wire mesh cages. This area has been marked as out of bounds. It is extremely rough, steep and rocky, so not a good route choice anyway. Please keep out of this area.

Please only cross fences at marked crossing points.

Controller's Comments

On behalf of the competitors, I would like to thank Roger Smith and the other members of LOC who have made it possible to host this event in very demanding circumstances.

Thanks are also due to BOF Events & Competitions Committee for agreeing to relax some rules.

Electronic timing

Sportident will be used. Runners requiring hired SI-cards should collect them from Enquiries.

Please hand in your hired SI-cards at Download after your race on Saturday unless you also need it for the Sunday in which case please hand it in at Download after you have finished your run on Sunday. There will be a charge for lost or unreturned SI-cards of £75 SIAC (Contactless) or £45 for SI 9.

Each control consists of an SI box mounted horizontally on a stake with the code number horizontally on top of the SI box and the kite below that. A punch will be attached

to the stake for use in case of failure of the SI box. A sample control will be displayed alongside the Clear and Check boxes at the point where you leave the assembly field.

The SI boxes at each control will flash and beep to indicate a successful punch. It is your responsibility to ensure that your visit to each control has been registered. If a box fails to beep and flash, you should punch your map with the pin punch and report the failure at Download.

It is essential that all competitors visit Download before courses close 16.30, whether or not they have finished their course.

Safety

Competitors are responsible for clothing appropriate to conditions and your legs and torso must be covered. Singlets/vests or shorts are not permitted. In the case of bad weather the Organisers may require competitors to wear or carry at least a lightweight waterproof hooded jacket. Notices to that effect will be displayed in the assembly area and website.

The competition area has some rough terrain. Competitors are responsible for their own safety and for assessing their ability to complete their course. There will be a strictly enforced number and whistle check at call up. Should the carrying of waterproof hooded top be felt necessary on safety grounds, signs will be placed at the exit from the car park and will be enforced at the start. All competitors should come to event prepared to carry a hooded top on their run.

Courses close at 16.30, late competitors must report to the finish by this time. You are asked to report any concerns about overdue competitors to the Download team or to any official.

Mobile phones and GPS may be carried. Mobiles must only be used to call emergency assistance and not for navigational assistance. GPS must only be used to record data for use in post-race analysis.

If anyone would like to see a copy of the risk assessment, email the organiser before Thursday 3rd June on 2021bmdc@gmail.com

Medals

Medals for the first 3 in each class can be collected from the assembly area on day 2, please remember to collect them to save postage.

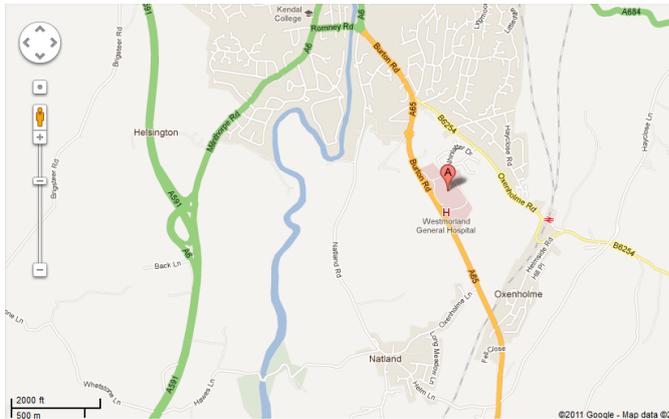
Water

Competitors are responsible for their own hydration before and after their races. Competitors will need to make their own assessment if they feel that weather conditions make it necessary for them to carry personal water supplies. Water will NOT be provided at the finish.

First Aid

First Aid will be provided by trained members of Lakeland Orienteering Club but it's expected that almost all treatment will be self-administered using equipment supplied.

Accident & Emergency Details

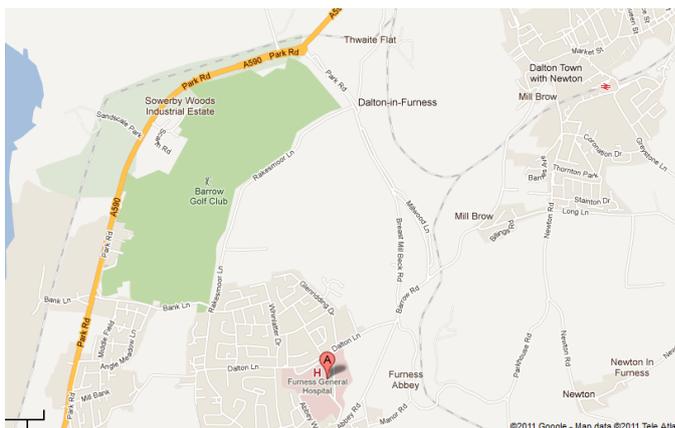


Address

Westmorland General Hospital
Burton Road
Kendal
Cumbria
LA9 7RG

Telephone

01539 732288



Address

Furness General Hospital
Dalton Lane,
Barrow-In-Furness,
Cumbria,
LA14 4LF

Telephone

01229 870870

Rules, complaints, protests and appeals

The events will be run in accordance with the relevant Rules of British Orienteering including those for eligibility. Competitors should initially discuss any concerns they have with the Organiser. If that does not resolve the issue a complaint should be made to the Organiser, via Enquiries, either orally or in writing. The complaint should be made as soon as possible after the problem has been identified and preferably by 16.30 on the day. A protest against the Organiser's decision must be made in writing to the Controller. If either official does not agree with the protest a jury will be convened.

Photography

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In accordance with British Orienteering Safe O Child Welfare Policy and Procedures, it is requested that any person wishing to engage in any video, zoom or close range photography should make themselves aware of the above policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography they should speak to the Day Organiser.

Use of unmanned aerial vehicles (UAVs) or 'drones' is prohibited by any individuals associated with the event, spectators or members of the public within the boundary of the estate.

Ticks

Deer and sheep are commonly found in the area, please check yourself after your run for ticks

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The assembly field was grazed by sheep and lambs until very recently, please wash/sanitise your hands before eating any food.

Acknowledgements

Mr John Chaplin for access to Wintering Park and the assembly and P1 parking field

Woodland Trust and Tim Timmerman for access to Summer House Knott

Steve Watson for the P2 parking field

The residents of Finsthwaite, Backbarrow and Lakeside

This event could not have happened without the huge amount of work undertaken by the event Officials, Planner Dick Towler, Controller Ray Barnes assisted by Duncan Archer and the support from many volunteers from Lakeland Orienteering Club.