

## THE LAKELAND WARRIOR - ELITE RACING WEEKEND BULLETIN 2 - all additions to bulletin 1 shown in green

### NIGHT RACE CANCELLED DUE TO STORM DAMAGE!!

The other areas have been checked and are mostly unaffected apart from some single fallen trees – don't go too close to these as they may still be unstable. At the time of writing, the main road at Graythwaite Hall and the pass from Hawkshead to Grizedale are blocked and may not be cleared for a few days. The Dale Park lane is open and can be used to reach Bessy Bank from Ambleside, but at present its easiest to approach all areas from the south.

### 4-5<sup>TH</sup> DECEMBER 2021

Another weekend of high quality but low-key Elite racing organised by Lakes locals in association with Masterplan Adventure.

Many thanks to the usual team of specialist helpers and to MDOC / LOC for use of areas and help with access.

**Omicron / snow / acts-of-god - Check emails / website before each race – details may change!**

As before, these races will be very much barebones. They are being put on for elite runners, by elite runners (mostly). We are all in it together, so please muck-in if you see anything that needs sorting. The emphasis of the weekend will be on quality terrain, maps and courses. **Entries have been opened to runners from local clubs, and NW Junior Squad will be training on the courses. Welcome to all!**

**Coaches / parents / travelling companions** – Can you help? Subject to space you will be able to have a run.

All competitors must follow British Orienteering's [Participant Code of Conduct](#) .

**Fitness to Attend** – of course, competitors must not attend the event if they have been advised to self-isolate / quarantine.

**Coronavirus precautions** – We will take measures to enable everyone to follow BO and Boris Covid rules and guidelines – whatever they are. We will not be policing every situation and it is up to everyone to take individual responsibility.

**Punching** – SI (probably Air)

**Map bags** – All maps on pretext paper, bring a map case if its wet and muddy.

**First aid** – hopefully at the finishes but please DIY if at all possible, to avoid unnecessary contact. Companions will be asked to take injured people to hospital if needed. Competitors take part at their own risk and are responsible for their own safety. Local Accident and Emergency – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.

**Planner/Organiser** – Martin Bagness.

**Training** Before or after – contact [martinbagness@aol.com](mailto:martinbagness@aol.com) for maps / ideas.

### Sat 4<sup>th</sup> Dec pm Bessy Bank

[Startlist](#) | [Results](#)

**Parking / assembly / finish** – from Bessy Bank Lane between Oxen Park and Lowick Bridge GR SD305869. Forest road.

**Start times** – 12.30 – 13.30. M/W alternate minutes. Travelling companions and club runners punching start 12.10 - 12.30. Start 1km along road.

**Courses** – Middle. W21E and M21E 5.0km. Club runners – ask at start if you would like to run a shorter 3.5km course.

**Terrain** – wooded slopes with holly thickets in places and a flatter area with mixed-vis mixed forest. New to almost everyone. About 75% of area used for local events – see LOC Routegadget – Bell Wood 2021 – Park and Stocks Woods 2018.

**Map** – 1:7,500 lidar 2021. Laser-printed.

**Road Crossing** You will cross a minor road - stop and look first!

## Sat 4<sup>th</sup> Dec night CANCELLED!!!

Sadly, this excellent area was decimated by Storm Arwen, along with many other woods close to Lake Windermere.

In its place, night training will be organised elsewhere for elite runners – those who entered the Lakeside race will be automatically pencilled-in for this. Don't unpack your headtorch! It will be mass-start 17.30, gaffled, 1:4000 sprint spec, mostly wooded (o-shoes). Not counting towards Sunday chasing start. 30 mins drive from race 1. Details at race 1.

## Sun 5<sup>th</sup> Dec am High Dam (confirmed)

**Parking** YMCA Lakeside North Camp (road may still be closed to north) GRSD373898. Do not enter the woods around North Camp, which are in a dangerous state.

**Assembly / Start / Finish** –20 min uphill jog from parking. **Follow tapes carefully.**  
**Cross main road with care.**

**Format** – chasing start from 11.00, based on Sat time, with loops. You will be called-up at about -2 and then enter a taped corridor where you should stay in order at 2m spacing. Cut-off for chasing start will be approx. 15-20 minutes – mini-mass-start at about 11.20.

**Courses** – Women 4 loops total 8.5km, Men 4 loops total 11.0km. First 3 loops about 10 mins each. Winning time 70 minutes. Run in order given on the map, ABCD. The controls on each loop are numbered 1,2,3 etc, ie numbering reverts back to 1 at the start of each loop. Each loop will be on a separate map section, all 4 map sections will be printed on the same side of an A3 sheet. There will be a control (165) at the end of loops ABC, at the run-through point, which must be punched each time, except when you finish.

Club runners have the option of running M21E 11km, W21E 8.5km or W21E final loop (5km). Courses close 13.30

**Terrain** – wooded, semi-wooded, lots of contour detail, slope areas and knolly / marshy plateau. Only the best area in England?!

**Map notes** – 1:7,500. Since BOC and last years N Champs, a release of lidar data has enabled the plateau area to be re-mapped for this race. Laser-printed. Old map see Northern Champs 2021 MDOC Routegadget.