



**SOUTH RIBBLE ORIENTEERING CLUB
HELSEINGTON BARROWS DISTRICT EVENT
28 OCTOBER 2007**



Directions: Car parking and assembly are in a large field off the Kendal – Brigsteer road at SD500911. The event will be signed from the A6 on the Northbound side of the one way system in Kendal at SD516922. After crossing the bridge over the A591, the car park is 1km on the right. The turn into the car park is on a bend, please take care. Parking £1 per car which will go to charity.

Please do not approach from the A591 crossroads at SD504889. The road is steep, narrow and twisty and unsuitable for event traffic.

Registration: 10-00 until 12-00
Starts: 10-30 until 12-30.

Fees: £6-50 Adults (£2 discount for BOF members)
£2-00 Juniors

Courses available: A range of seven courses from WHITE (short and easy – suitable for inexperienced juniors) through to BROWN (long and technically challenging for experienced orienteers), or RED (a long course, of medium technical difficulty, suitable for runners who are new to orienteering). There will be a free string course.

The area is open and exposed moorland with limestone features and scattered woodland. Please dress appropriately for whatever the Lake District weather may deliver in late October. It will be compulsory to carry a whistle; cagoules may also be compulsory depending on the weather. This will be signed in assembly.

Compass Point will have their orienteering shop at assembly.
North West Junior Squad will have a cake and hot drinks stall.

Organiser: Roy McGregor 01772 760515

Course distances, technical difficulty and climbs:

White (very easy)	1.8 km	45 m
Yellow (easy)	2.9 km	85 m
Orange (moderate)	3.6 km	105 m
Red (moderate)	6.1 km	170 m
Light Green (difficult)	4.2 km	130 m
Green (very difficult)	4.7 km	140 m
Blue (very difficult)	7.0 km	220 m
Brown (very difficult)	8.9 km	295 m

The start is about 400m level walk from assembly.

The path back from the finish to assembly passes the start, so competitors may leave clothing at the start if they wish. Please provide your own clearly marked plastic bags.