



SOUTH RIBBLE ORIENTEERING CLUB  
North West Night League Event  
Low Park Wood, Sedgwick near Kendal  
Saturday 5 December 2009

Compact area of undulating wooded terrain, with clear boundaries and some paths.

**Directions:** At the roundabout at the junction of the A590 and A591, take the minor exit to the east. (About 4 miles from M6 junction 36, heading towards Kendal.) Take first road on the left, after 250m. At the next junction (about 400 metres) continue straight on, with the River Kent on your right. The access to the Caravan Site is about 400m along this road. (Grid ref. SD509878, Post code LA8 0JZ)

**Courses:** Usual NW Night League courses, i.e. Orange – suitable for beginners to night orienteering. Green and Blue – for more experienced competitors. **Registration:** Open from 5.30pm. Note there are no toilets. **Starts:** 6.00pm to 7.00pm. **Fees:** £6.00/£2.00 (£2 discount for adult BOF members). SI-card hire if required 50p (but £25 charge if lost or damaged).

**Safety:** Ensure you are adequately clothed for the current and anticipated weather conditions. Whistles and cagoules are strongly advised. Do not forget to report to the Download point, even if you retire. COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY. Check the SROC website at [www.sroc.org](http://www.sroc.org) in the case of bad weather.

**Organiser & Planner:** Glenys Ferguson 01524 39477 (mobile on night 07887 846919).