



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

**Important Notes:** The area surrounding Parking and Registration is out of bounds. Do not stray from the road and hardstandings, and keep away from the River Kent. There are no toilets.

**Fees:** £6.00/£2.00 (£2 discount for adult BOF members). **Electronic Punching:** SportIdent. SI-card hire if required 50p (£30 charge if lost or damaged).

**Registration, Download, Start & Finish:** Registration (open 5.30 to 6.30pm) & Download are in a vehicle by the buildings at the north end of parking. Start times are from 6.00pm to 7.00pm. Punching start, 50m from Registration. Finish close to Registration/Download.

**Map & Courses:** Map scale 1:5000 2.5m contours printed on waterproof paper. Courses close at 8.30pm. Blue Course map is doubled sided: part 1 and part 2, turn over at control 11.

Course	Distance	Height Gain	Number of controls
<i>Orange</i>	1.7 km	40m	10
<i>Green</i>	3.3 km	70m	14
<i>Blue</i>	4.5 km	120m	21

**Terrain notes:** Compact area of undulating wooded terrain, with clear boundaries and some paths. Runnability varies. There are brashings, dense undergrowth and brambles in places. Open areas in particular may contain thick vegetation. In some places the trees have low (and sometimes very spiky) branches - watch out for your eyes. Courses have been designed to try to avoid the worst of the vegetation. Paths vary in their visibility on the ground.

- The eastern edge of the map is 'Out of Bounds' on the instructions of the National Trust (wildflower areas and archaeological remains of a 19<sup>th</sup> century gunpowder mill). Take care not to enter the area hatched with red lines.
- There is a (dry) deep water channel (associated with the old gunpowder works) on the border of the out of bounds area. Do not attempt to cross it! Use bridges as you go to the Start and on the run in to the Finish (highlighted with a crossing point on your map).
- The eastern part of the competition area contains hardstandings for caravans.
- The stream shown as 'crossable' on the map is easier to cross in some places than others. It is particularly steep-sided and deep at its northern end. If in doubt, divert to another spot or use the crossing points on the paths.
- Note and avoid the uncrossable marsh near the centre of the map.

**Safety:** Ensure you are adequately clothed for the current and anticipated weather conditions. Whistles and cagoules are advised. Report to the Download point, even if you retire. There are ticks in the wood. Even though it is winter, it is worth checking yourself. **ALL COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY.**

**After the event:** Provisional results displayed on the night. Full results, splits and RouteGadget will be posted on [www.sroc.org](http://www.sroc.org) as soon as possible after the event.

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

**Controller:** Quentin Harding (SROC).