



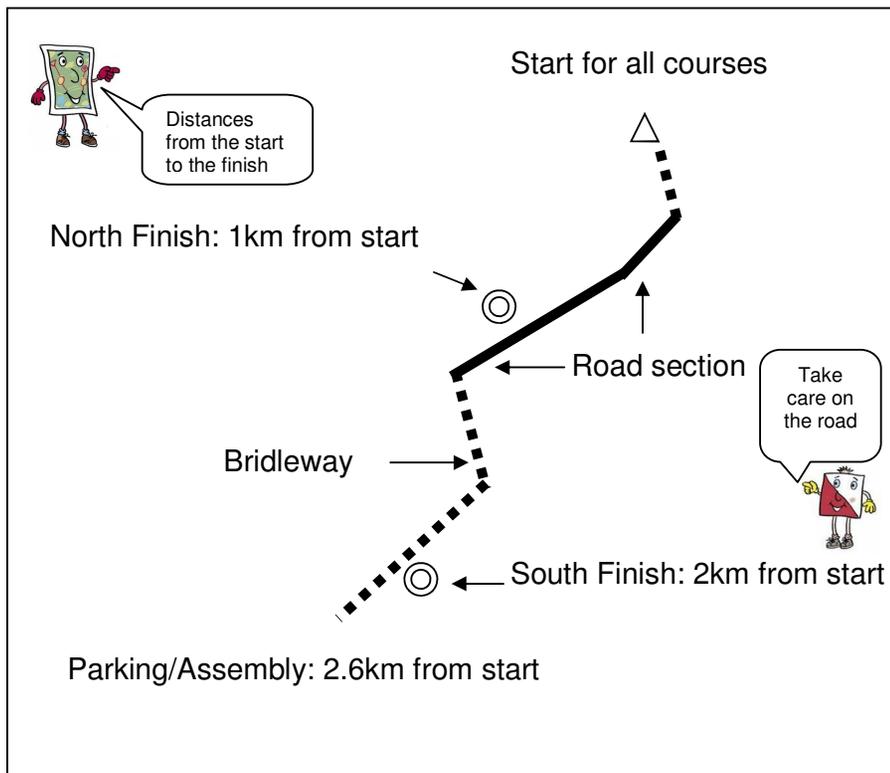
Dogs: On leads in parking field. Please keep them under control and remember that it is lambing time. **No dogs on the courses.**

Toilets: In car park field only

Traders: Compass point
Wilf's
NWJS cake stall

Officials: Controller: John Bettinson (LOC)
Planner: Roy McGregor (SROC)
Organiser: Mark Edwards (SROC) Tel. 01524841130
Entry Queries: Sarah Watkins (SROC) cscentries@sroc.org

Competitors take part at their own risk.



SOUTH RIBBLE ORIENTEERING CLUB

Compass Sport Cup/Trophy 1st Round/ Regional Event
Farleton Knott Sunday 15th March

FINAL DETAILS

Travel Directions:

From North: Exit junction 36, A590 to Kirkby Lonsdale, follow A6070 to Burton in Kendal. Parking signed from Burton-in-Kendal (Vicarage Lane) SD531768
From South: Exit junction 35, A601 (M) to Carnforth/A6. Follow A6 north, A6070 to Burton-in-Kendal. Parking signed from Burton-in-Kendal (Vicarage Lane) SD531768

Parking and Fees: £1 per car. Not Suitable for coaches. Please share transport where possible.

Assembly: On the day entry, Enquiries, Registration, Download, Toilets, Traders (Compass Point, Wilf's, NWJS) St. Johns will all be in the car park field.

Entry Fee: Senior £9 – with a £2.00 discount for senior BOF members. Junior £3.00. Entry for non CS cup/trophy competitors is on the day only. We cannot guarantee we will run out of maps, but have printed what we believe should more than suffice.
Sportident hire-£1.00 (£25 if lost)

Times: Registration: 9.30 – 12.00 Starts: 10.30-12.30 Courses close: 15.00

Electronic Punching: All courses will use Sportident; e card hire is £1. Control codes will be on the SI boxes, which will be mounted on plastic boards laid on the ground and attached to the cane base.

Route to the Start: There is one start for all courses. It is 2.5km from assembly along easy paths/bridleway and a road. There is 100m of climb, but nowhere is this steep. Allow 30-40 minutes. The walk to the start and the walk back from the North finish follow a minor road for part of the way (this area will be manned). Traffic along this road is infrequent, but may be moving at speed - **take care**. These walks also follow the same route as the taped leg of the long courses for approx 500m. If necessary, please give way to competitors who are on their course. Please close gates securely where requested to do so. Do not climb walls or take short cuts, if you do so, you could put future events on the area in jeopardy.

Start: Runners who miss their start time will be started when possible. Because some courses are very full, they may have to wait some time for a vacant slot

Terrain: Farleton Knott is an area of limestone fell and woodland. It can broadly be divided into three areas. The flanks of the fell to each side are generally open, with varying amounts of short cropped grazing, gorse thickets and scattered trees, and numerous paths. Runnability is generally very fast. All courses use these areas.

The high ground in the centre of the map, known as Holmepark Fell and Newbiggin Crags is characterised by gently sloping open limestone terrain, with a few scattered trees and lots of boulders. There are few line features; relocation is very tricky if you happen to misplace yourself. Runnability varies enormously over short distances, if you find the going difficult, then a parallel route a few metres away may be much easier going. All courses from Light Green up visit this area.

Finally, the area to the South of the road, is visited by all courses going to the South finish. This is mixed woodland and scrub over limestone. There are more line features, but visibility is much lower, requiring detailed contact. Runnability again varies enormously over short distances, varying from fast open areas of grass amongst the scrub, to moss covered limestone under the trees which requires due care.

All marked crossing points are mandatory. Do not climb walls.

The National Trust has recently finished a programme to refurbish the walls on the area, at very significant expense. Our use of this area is very much dependent upon their goodwill, and we have undertaken that walls will NOT be climbed except at crossing points. Courses have been planned so that there should be no advantage from doing so. The area will be patrolled, both by ourselves and by the NT. Anyone crossing a wall will be disqualified. Please report any damage.

There is a wall which crosses Lancelot Clark Storth from east to west. For part of its length it is broken with gaps. This is marked as broken wall on the map. All courses going to the South finish will cross this broken wall at least twice. The wall may be crossed at any pre-existing gap.

Close all gates behind you.

The area is used for grazing. All courses pass through gates through the walls. Unless a gate is fastened in the open position, it is essential to close it behind you.

Road crossing: All courses going to the southern finish have a taped leg of approx 500m, which is along the same road and footpath as the walk to the start. Approx 200m of this is along the road, take due care.

Safety: Competitors are strongly advised to carry whistles. Depending on the conditions the Controller may require cagoules to be carried. If so, a sign will be displayed at the entrance to the car park field. Please come prepared. Remember that all competitors must report to download on their return to the car park field, even if you retire.

Competitors travelling alone to the event are advised to leave their car keys at Enquiries with details of their name and phone no etc., in order that we can ensure you have returned.

Finish: The North finish is 1.8km from assembly, slightly downhill for most of the way. The South finish is 700m from assembly, again, slightly downhill. A map on the back page shows the distances between the start and the 2 finishes.

Control Descriptions: These will be displayed on the SROC website, www.sroc.org and some copies will be available at Registration. Control description sheets are pictorial, except for yellow and white, which have written descriptions. Control descriptions are also printed on the front of each map.

Map: Map scale 1:7500 orange to brown, 1:5000 white and yellow

Maps will be on waterproof paper

Courses

Course	CSC classes	Distance	Climb	Controls	Finish	Map	Scale
White	N/A	1.8	15	9	North	A4	5000
Yellow	N/A	2.5	60	8	North	A4	5000
Orange	M14- W14-	2.9	70	9	North	A4	7500
Light Green	M18- W18- M75+	4.1	75	13	North	A4	7500
Green Vets	W60+ W45+	3.8	95	12	North	A3	7500
Green Women	W20-	5.0	145	14	South	A3	7500
Green Men	M60+	5.0	165	15	South	A3	7500
Blue Women	W open	6.6	210	20	South	A3	7500
Blue Men	M45+ M20-	6.6	185	16	South	A3	7500
Brown	M open	9.4	350	26	South	A3	7500

Non CS competitors can enter any of the above, providing there are maps available

String Course: Sorry there will be no string course as there is no suitable area.

Results: Results will be available at www.sroc.org anyone requiring a paper copy should leave a self addressed envelope and 50p at Enquiries. On the day results will be displayed at the results caravan.