



**South Ribble  
Orienteering Club  
Present**

**A Regional Event at Whitbarrow Scar**

**Part of the Cumbria Gallopen 2009**

**Date:-** Sunday 29<sup>th</sup> November 2009

**Location :-** Whitbarrow Scar, W of Levens, SE Lakeland  
Car parking signed from SD 452839 on the A590

**Terrain:-** Runable open fell with some complex dense woodland and some tricky limestone pavement.

**Support:-** Help and instruction available - Novices welcome

**Entry:-** Entry Via Oentries at [www.oentries.com](http://www.oentries.com). Otherwise postal entries to David Johnstone, 120 Hacking Drive Longridge PR3 3FP. Limited EOD available subject to map availability. Closing date 23/11/2009

**Map:-** 1:10000 contours at 5m

**Timing:-** S I Electronic timing - dibber hire available.

**Courses:-** Suitable for all levels. All colours White through to Black (Except Long Orange)

<b>Times:-</b> Registration	9.30 onwards
Starts	10.30 -12.30
Courses Close	15.00

**Fees:-** Adult Pre-entry courses  
Short green and above £11.00 (+£2.00 EOD)  
White, Yellow, Orange and L/green £7.00  
(Both above Less £2.00 BOF Discount)  
All Juniors £4.00

**Dogs:-** On a lead in Car Park and Assembly. No Dogs Allowed on courses.

**Officials:-** Planner Dave Hargreaves (SROC)  
Organiser Tony Marlow (SROC)  
Controller Ray Barnes

Orienteering is an outdoor adventure sport. Competitors take part at their own risk and are responsible for their own safety

"SROC reserve the right to retain all or part of the entry fee in case of cancellation"