



South Ribble Orienteering Club

Invite You To **A Regional Level 2 Event at Whitbarrow Scar on Sunday 29th November 2009**

FINAL DETAILS

Location	Whitbarrow Scar, W of Levens, SE Lakeland Car parking signed from SD 452839 on the A590																																				
Parking	Parking will be on the minor road adjacent to the A590 and will be free of charge. Please follow instructions from the Marshalls and note that this road will be <u>one way for orienteer's vehicles</u>																																				
Terrain	Excellent intricate limestone terrain of Whitbarrow Scar as used for the National Event in 2007																																				
Registration Start Times	9.30-12.00 10.30-12.30 No individual start times will be allocated Sealed Map issue will be at registration																																				
Map	The Map Scale is 1:10000 for courses Orange to Black with 5m contours. Maps will be issued, sealed at registration. Any competitors arriving at the start with their map opened or tampered with will be disqualified. The Map scale is 1:7500 for White and Yellow courses with 5 metre contours White and yellow course competitors and their coaches may examine their maps before boarding the bus. There is no legend on either map. Loose legends are available from registration. Control descriptions are on the map, will be available at registration and will be published on www.sroc.org beforehand.																																				
Starts	The main Start is a 1.0 km (25 min) walk along a minor road and up a 150metre climb up a steep embankment on paths. The start for White and yellow courses is 1.5km from assembly and a bus will be provided for all competitors to within 500 metres This bus will also be available for transport from the finish for the young and infirm!!																																				
Courses	<table border="1"> <thead> <tr> <th>Dist.</th> <th>Climb</th> <th>Recommended for age class</th> </tr> </thead> <tbody> <tr> <td>Black</td> <td>9.9km 365m</td> <td>M21L</td> </tr> <tr> <td>Brown</td> <td>8.4km 240m</td> <td>M35L,M40L</td> </tr> <tr> <td>Short Brown</td> <td>7.7km 235m</td> <td>M18L,M20L,M45L,M50L,M21S,W21L</td> </tr> <tr> <td>Blue</td> <td>6.1km 190m</td> <td>M16,M55L,M60L,M35S,M40S,W35L,W40L</td> </tr> <tr> <td>Short Blue</td> <td>5.5km 190m</td> <td>M65L,M18S,M20S,M45S,M50S,W18L,W20L,W45L,W50L,W21S</td> </tr> <tr> <td>Green</td> <td>4.4km 110m</td> <td>M70L,M55S,M60S,W16,W55L,W60L,W35S,W40S</td> </tr> <tr> <td>Short Green</td> <td>3.0km 85m</td> <td>M75L,M80,M65S,M70S,W65L,W70L,W75L,W80,W45S,W50S,W55S,W60S</td> </tr> <tr> <td>Lt Green</td> <td>3.1km 75m</td> <td>M14,W14</td> </tr> <tr> <td>Orange</td> <td>2.6km 65m</td> <td>M12,W12</td> </tr> <tr> <td>Yellow</td> <td>1.6km 100m</td> <td>M10,W10</td> </tr> <tr> <td>White</td> <td>1.2km 75m</td> <td></td> </tr> </tbody> </table> <p>Sorry – no string course</p>	Dist.	Climb	Recommended for age class	Black	9.9km 365m	M21L	Brown	8.4km 240m	M35L,M40L	Short Brown	7.7km 235m	M18L,M20L,M45L,M50L,M21S,W21L	Blue	6.1km 190m	M16,M55L,M60L,M35S,M40S,W35L,W40L	Short Blue	5.5km 190m	M65L,M18S,M20S,M45S,M50S,W18L,W20L,W45L,W50L,W21S	Green	4.4km 110m	M70L,M55S,M60S,W16,W55L,W60L,W35S,W40S	Short Green	3.0km 85m	M75L,M80,M65S,M70S,W65L,W70L,W75L,W80,W45S,W50S,W55S,W60S	Lt Green	3.1km 75m	M14,W14	Orange	2.6km 65m	M12,W12	Yellow	1.6km 100m	M10,W10	White	1.2km 75m	
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Prices	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. SI card hire available
Important Safety Notes From the Planner and Organiser	<p>The terrain is very rocky over a wide area. Competitors should look out for grykes - slits in the rock surface where it is easy to step into. The area is limestone and therefore can be slippery especially if conditions are wet. Also look out for some low vegetation which can hide the rock and slits below. Another hazard is old tree stumps. Due to the rocky nature of the terrain it will be impossible to hang kites from canes or stakes. Kites in the main will be laid on the ground with the SI boxes and control numbers attached by a cord. Bracken has been marked on the map as wide green lines but should not be used to accurately navigate from.</p> <p>There are very steep and very high cliffs to the West and South of the area. Courses have been designed to take competitors away from these areas. If a competitor should become completely lost head in a generally eastern direction keeping to the open land. The major wooded areas to the NE of the map should also be avoided. There are also many smaller cliffs and steep scree slopes on the courses from the main start. Control connecting lines have not been diverted to avoid these obstacles.</p> <p>For courses from the main start, there may be cows in the area – please exercise due caution, and do not run close to them.</p> <p>The Yellow course unusually has a crossover and a short taped route. Please ensure that this is explained younger competitors.</p> <p>Courses have also been designed to avoid any dubious wall crossings. The connection lines between controls have been bent to indicate the wall crossings which are in the main stiles and gates. There is a wall crossing near the end of most longer courses where the crossing is through a broken wall. This will be taped around the gap in the wall. Damage must be reported upon finishing.</p> <p>Whistles Must be carried and will be checked Full Leg cover is Compulsory Cagoules may be compulsory if weather is inclement</p> <p>These checks could take place at any point between assembly and the start</p>
Miscellaneous	Toilets will be situated in the assembly area There is no clothing deposit St John Ambulance will be in attendance
Officials	Planner Dave Hargreaves (SROC) Controller Ray Barnes (NOC) Organiser Tony Marlow (SROC) 01772 698918 tonymarlow@sky.com
	Orienteering is an outdoor adventure sport- competitors are responsible for their own safety, and take part at their own risk.