

**British Orienteering Federation**  
**2014 World Orienteering Championships Selection Races**  
**Friday 28th March – Sunday 30th March 2014**

These test races would not be possible without the support of the planners and controllers and the local orienteering clubs. Many thanks to South Ribble Orienteering Club for allowing us to use the maps of two of their areas, for supporting me in getting access and of course in allowing us to use their website for event information. Thanks also to West Cumbria Orienteering Club for their support with organising the test race in Keswick and allowing us to use the map of their area.

**General Information**

- There is a room for registration on each day. There are no road signs to these buildings just an O kite at the entrance. The rooms will be used for registration, to display any last minute information, a place to change and the site for download and preliminary results.
- All maps are printed on waterproof (Pretex) paper
- If the weather is wet, you may wish to use an additional poly bag. These will not be provided, so bring your own (see notes on map sizes for each race). Inserting map in poly bag will be done in race time.
- There is no quarantine for the middle and long races. "Quarantine" instructions for the Sprint race are detailed below.
- There will be race number bibs for the sprint ONLY. These will be collected at registration. Please bring safety pins.
- All days will have a **timed and punching start**. To be allowed to start you must arrive at the start within a few seconds of your allocated start. Your race time will be calculated from the time of your punching start.
- The kites used may have spurious codes on them. Please ignore these. The code on the box is the correct one

General Information for Middle and Long Races:

- **Bears, Bees and Poison Ivy:** The forest areas have been chosen because of their similarity to WOC 2014 terrain. They are both limestone areas and as such you need to be careful with your foot placement. The rock has many deep fissures (capable of swallowing a whole leg) and can of course be slippery, but when covered with wet moss or disguised under a thin layer of grass, these holes can be lethal. The courses have been planned to avoid the worst areas but careful map reading and micro route choice will be important. (to the best of my knowledge there are no bears, bees or poison ivy on the area I just wanted to encourage you to read about the holes and very big cliffs!)
- **Cows:** Both the middle and long areas are grazed by cattle in the winter and sheep in the summer. At the time of writing there are cattle on both areas. They are small, friendly mountain cows and can be expected to be unconcerned if your route passes close to them
- Un-crossable walls are marked with a solid purple line. All crossing points for such walls will be marked on the map by a crossing point symbol. Of these, gated crossing points will not be taped but stiles and other relevant holes in walls will be. Smaller walls (no purple line) may be crossed at any point, some of these smaller walls have mapped gaps
- Whistles are compulsory and will be checked at the start: Additional clothing may be required in bad weather, if this is the case a notice will be displayed in registration.

## FRIDAY 28<sup>th</sup> March: MIDDLE – GRANGE-OVER-SANDS - Hampsfell and Eggerslack

Please note that athletes who compete in this race should declare themselves non-competitive for Day 5 of the Lakes 5 Day 2014.

**Registration and Assembly:** Grange Fell Golf Club. Opens 1030

**First Start** 1200, the start is 2.6km and 92m from registration/assembly. The start and finish are close together.

**Directions:** Car Parking and registration is at Grange Fell Golf Club.

Grid Reference SD394778. Grange Fell Golf Club is situated west of Grange over Sands and south east of Cartmel. From the A.590 (Kendal and M.6) follow signs for Grange over Sands. As you go into Grange you pass the station on the left and then reach a mini-roundabout. Bear left and continue to a second mini-roundabout where you bear right. At the crossroads, continue straight ahead going steeply uphill on Fell Road. The Golf Club is located on your right at the top of Fell Road. From Cartmel follow signs for Grange over Sands uphill out of Cartmel village, at the top of the hill turn left onto Fell Road. The Golf Club is almost immediately on your left.

**The Room we are using is a smart, carpeted function room suitable for a wedding reception or similar. Obviously we have to leave it as we found it and this means NO MUDDY clothing or footwear inside. Change footwear whatever the weather, and if it's a wet day you will be asked to change clothing in your cars before coming inside to download/have a meal.**

**Car park fee:** included in the entry fee

**Safety Concerns:** See general notes about limestone areas

**First Aid** at the start, finish and registration.

**Course lengths:** Men: 4.83km 250m 20 controls. Women: 4.34km 190m 16 controls

**Planner:** Martin Bagness (WAROC)

**Controller:** Richard Wilson (LOC)

**Organiser:** Liz Campbell (WAROC) **Enquiries:** [lcampbell@britishorienteering.org.uk](mailto:lcampbell@britishorienteering.org.uk)

**Food/ Refreshments:** Elizabeth Rocke and Anne Smith. Wilfs Chilli, tea and cake available in aid of the Squad Athletes fund. We have catered according to numbers in the entries so if you said you would like a meal then please buy one as there are unlikely to be many extra people on the day!

**Warm-up map:** There is no warm up map

**Clothing Dump:** There is a clothing dump close to the start. Your clothing will be transferred from the clothing dump to the finish. There will be water available at the finish.

**Start:** The starts will be 2.6km and 92m from assembly

- The first start will be at 1200 it is a timed and punching start
- The start interval will be 2 minutes
- Call up in pre start will be at -4
- Loose control descriptions will be available at -3
- At -2 you will be held for 30 seconds before being allowed to run to the start line which is 150m away. (taped)

**Timing system:** SportIdent. The units will be mounted on small pieces of yellow card and placed on the ground close to the kite (the ground is too rocky to use stakes).

**The terrain:** Open, semi-open and wooded terrain with limestone contour and rock detail with a network of paths. Some faint paths - probably caused by badgers or deer - are not shown. All fast running apart from the very rocky areas and the steepest slopes

**The map:** 1:10000 / 5 m contours (see <http://www.sroc.routegadget.co.uk/kartat/30.jpg>) A4 on waterproof paper printed by Martin Bagness. Small powerlines are not shown. Continuous limestone pavement is mapped with the grey bare rock symbol, even when it is wooded and mossy (on the Long Race map, only open pavement is shown as grey - wooded pavement is shown with the rocky ground symbol). The north lines are shown in blue

## SATURDAY 29th MARCH: LONG RACE – WHITBARROW

**Registration and Assembly:** Witherslack Parish Centre

**Registration opens** 0830

**First Start** 1030, the start is 2.7 km and 160 m from registration and assembly. The men's finish is a similar distance the women's finish is 3.2km

**Directions:** Car Parking and Registration at Witherslack Parish Centre: Grid Ref: SD44058373. Turn off the A 590 (signed Bowland Bridge 5; Witherslack 1; Halecat 1 (brown sign). Continue straight across the cross roads (Derby Arms pub on left). Continue on this road ignoring turns to left and right (including the one to Halecat). The Parish Centre is on the right at the north end of the village.

**The Room we are using has a wooden floor please do not wear spikes or muddy footwear inside. Please leave it clean and tidy.**

**Car park fee:** This is included in your entry fee

**Food:** Elizabeth and Mairead Rocke. Pasta bake, tea and cake available in aid of the Squad Athletes fund. We have catered according to numbers in the entries so if you said you would like a meal then please buy one as there are unlikely to be many extra people on the day!

**Safety concerns:** See general notes about limestone areas.

**First Aid** points

- at the start
- part way round the men's course (refreshment point 2)
- at the finish.

**Course Lengths**

- **Men** 14.2km 650m 19 controls (**water** points at 5.3km, 7.1km and 12.3km)
- **Women** 9.0km 450m 13 controls (**water** point at 4.6km).

(Distances planned to be approx. 85% of WOC winning times)

**Planner:** Malcolm Campbell (WAROC)

**Controller:** Derek Allison (LOC) assisted by Richard Wilson (LOC)

**Organiser:** Liz Campbell (WAROC)

**Enquiries:** [lcampbell@britishorienteering.org.uk](mailto:lcampbell@britishorienteering.org.uk)

**Warm-up map:** There is no warm up map. You will be given a small piece of OS map to navigate to the start. Please put it in the bag provided do not drop it on the ground.

**Clothing Dump:** There is a clothing dump near the start.

The men's finish is close to this clothing dump. Please bring your own bags if it is wet. There is NO WATER at the men's finish. If you would like a drink please bring your own and leave it with your clothes

Women: The women's finish is not very close to the start. Your clothing will be transferred to your finish. Please don't bring more than you need! There will be water available at your finish and you will be given a map of how to get back to the Parish Centre (3km).

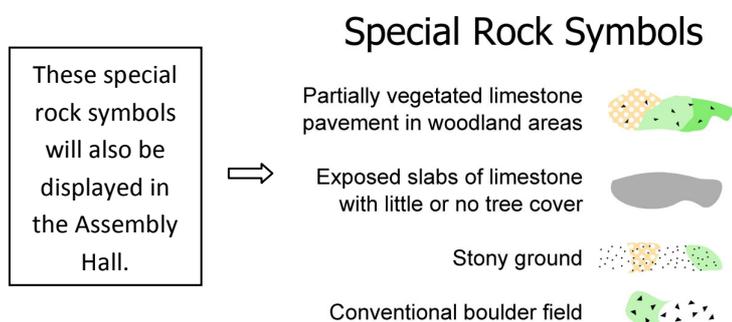
**Start** is 2.7 km and 160 m from the Parish Centre

- The first start will be 1030
- The start interval will be 4 minutes
- Timed **and** punching start.
- Call up at pre-start and entry into the start area will be at -4
- The pre start area is 100m from the actual start
- At the start there will be two (-2 and -1) taped start boxes.
- Loose control descriptions available in -2
- Inform starter of your map choice in -2 (see below)

**Timing system:** SportIdent.

The units will be mounted on small pieces of yellow card and placed on the ground close to the kite (the ground is too rocky to use stakes).

**The terrain:** A typical technical South Lakes limestone area with numerous outcrops of terraced rock and some very big cliffs. Much of the bedrock in the forest is vegetated although some is bare rock slabs criss-crossed by clints and grikes, which can be very deep.



There are areas of loose small rocks (mostly on the open fell) as well as solid pavement. The vegetation is a mixture of open / semi open fell and woodland. The woodland is mainly deciduous and the trees are on the small side with plenty of small blackthorn, ash and hazel. There are isolated pockets of beech, oak and conifers. Whitbarrow is covered in small spikey bushes and, in places, some brambles. Once you get used to it, it doesn't impede progress too much, but gaiters are recommended. The map shows the most significant areas of undergrowth, and courses have been planned so you can avoid the worst of these with careful map reading and micro route choice. There is a well-developed network of tracks. This is a working 'environmental' forest with very recent forestry work and coppicing. Current work is aimed at creating wide, open paths and tracks (for butterflies) with brushings piled into lines alongside. These lines of brushings are not mapped. You may find some tracks in the north of the wood have been 'widened' since the map was updated. There are some small low patches of unmapped gorse and juniper on the open areas particularly in the northwest. It is generally easy to run around and so does not affect runnability the larger/ higher gorse and juniper bushes are marked as thickets on the map.

### The map:

The map was originally produced by Malcolm Campbell (OmapZ) for the cancelled/re-scheduled (Snow!) National Event in 2005. It has been partially updated by OmapZ for events over the years, and most recently by Martin Bagness in February.

At the start, **both** 1:150000 and 1:10000 maps will be available and you may choose which scale you use. There are sufficient maps of each type to accommodate the whole start list. Some runners may wish to take both, in which case they will probably need to bring an A3 poly bag.

Both scale maps are digitally printed on waterproof paper. The 1:15000 map is A4 and the 1:10000 map is A3. The 1:10000 map is simply an enlargement of the 1:15000 map, so control circles (9mm) and descriptions are therefore also enlarged. North lines are at 500m on both maps. The 1:15000 map is clear (but not as sharp as a litho printed map). The planner and controllers are happy that it is a fair map to run on but there are some concerns that it might be hard to read in the forest if the weather is dull or if it is raining. As it was not economically possible (£15 per map) to print litho maps this rather unusual solution was deemed to be best.

Blank maps (old version) at both scales will be on display at registration, or look on <http://www.sroc.routegadget.co.uk/kartat/148.jpg>. The old maps on display have been printed using the same colours and printer as the race maps to help inform athletes when choosing a suitable scale of map at the start.

Note also that North lines are blue.

## SUNDAY 30th MARCH: SPRINT RACE – Keswick

Please note that the clocks go forward by one hour on Saturday night.

Please read the following instructions carefully. They have been designed to ensure fairness, and simulate international race conditions. If anyone feels they cannot comply with them, please speak to the organisers before the weekend of the races. If anyone feels any aspect of the sprint race has been unfair, again please speak to the organiser after you run.

**Registration and Quarantine:** opens 0800.

### **ATHLETES MUST SIGN IN AT QUARANTINE BY 0815 (BST)**

**Directions:** Registration and Quarantine will be in the "Theatre by the Lake", Keswick CA12 5DJ. The theatre is off Lake Road and there are brown tourist signs throughout Keswick directing you there. We have an indoor room, on the 2<sup>nd</sup> floor where there are tables, chairs, and toilets available. The parking is in a pay and display council car park. Please park at the far side of the car park as indicated by the O Kites. Please buy your own parking ticket (£3.70 for 3 hours). PLEASE PARK WITHIN THE MARKED PARKING BAYS - YOU WILL BE FINED IF YOUR WHEEL TOUCHES A WHITE LINE! Keswick has very limited free parking, and what there is, is on the far side of town and is only valid for two hours. Parking fees will be refunded at the end of the race. Please take your ticket to registration/quarantine/results just before you leave.

**First Start 0900**

**Planner:** Pippa Archer (CLOK)

**Controller:** Duncan Archer (CLOK). Assistant controller: Helen Winskill

**Organiser:** Liz Campbell (WAROC)

**Enquiries:** [lcampbell@britishorienteering.org.uk](mailto:lcampbell@britishorienteering.org.uk)

**The map:** 1:4000 / 5m contours. Printed by Martin Bagness on waterproof paper. A4.

**Quarantine:**

- **ATHLETES MUST SIGN IN AT QUARANTINE BY 0815 (BST). At sign in you will receive a label for your bag. Please attach it so that we can easily identify who it belongs to.**
- Once signed in you are not allowed to leave the quarantine area (please see map displayed in where you sign in to quarantine) You must not return to your car until after your race
- When you are ready to go to your start pack all your belongings in to a bag, turn right out of the quarantine building and walk down the road towards the exit of the car park where there is a bag dump. When you sign out of quarantine you will receive a map of how to get to the start.
- There is no warm up map. You can warm up in either of the following places:
  - if you turn left as you come out of the quarantine building, leading down to the lake, there is a 600m stretch of dead end road.
  - If you cross the road as you come out of the quarantine building there is a small gate in the fence and a very obvious straight path across the park. You may warm up on this path and on the grass on the lake side of the path. The area on the other side of the path is strictly out of bounds.

**Pre-start / start**

- The start is 1km along tarmac roads / pavements from the quarantine.
- It is indicated on the map provided on the exit from quarantine. It will not be taped.
- Clothing may be left at the start, and will be transported to the car park, but may not be back there until after the last start, and the start officials have returned.
- There are no drinks or toilets at the start. Moreover it is in an urban area where you may struggle to find a bush nearby. You have been warned. Please do not risk offending any locals!
- Call up will be at -3 minutes.
- Loose control descriptions will be available at call-up. They are also on the map.

- Between the -1 line, and the start line, it is 150m along a very quiet road. It is your responsibility to make sure you cover this distance in the sufficient time for your start. However, it is perfectly possible, even at a gentle jog (if you can't, you probably shouldn't be doing the test race).
- It is a timed and punching start. Start interval is 1 minute.
- Anyone arriving more than a few seconds late for their start will be started at the very end, and start times will not be changed, although late starts may be noted by the start official.

#### **On the course**

- Men 2.9km, Women 2.7km (subject to final controlling). No significant climb.
- The course covers a variety of parkland, town centre with narrow alleyways and pedestrian areas, and quiet residential streets.
- Approximately 90% hard surface, 10% grass.
- You will encounter members of the general public, parked and slowly moving cars, other hazards typical of urban orienteering on your course, and if it has rained the streets may be slippery.
- We have organised the race to take place at the time of day when it will hopefully be quietest (without making it a night sprint), but please take care, and be courteous.

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#### **After the finish**

- You will be directed back to the car park . Please follow directions from Marshalls.
- Maps will be collected until after the last start (at which point collected maps will be available for reclaim in the car park).
- After the finish, and before the last start, you must not talk to an athlete who is still to start. This means you may not re-enter the quarantine building (which includes the café in the Theatre by the Lake) or the warm up areas.
- Bags left at quarantine check out will be available for collection from a car in the car park.
- You may warm down around the car park, and also on the gravel trails in the woods behind the Theatre by the Lake building.
- There are public toilets in the corner of the car park which are accessible at all times after you finish.

Liz Campbell March 22<sup>nd</sup> 2014