



SROC- The Red Rose Orienteers present as a celebration of the clubs 50th anniversary

The Northern Championships 2014 – Level A

Sunday 4th May 2014

Blakeholme and Gummers How - Cumbria

FINAL DETAILS

Travel Directions: OS Grid Reference GR SD381851 and Nearby Postcode LA12 8NG
(Lat./Long: 54.258554, -2.950618)

The event will be signed from the A590 at the turn off to Staveley in Cartmel. Please only approach the event car parking for the event from this point to minimise the effect on local houses. The car park entrance is at GR SD387852. **If you come from the North you must not approach through Staveley in Cartmel village but continue via Newby Bridge and the A590.** There are road works on the A590 south of the event so please allow extra time for your journey.

Parking:-

Parking will be on forest tracks in Chapel House plantation. **The area available for parking is very limited and further away than we would have liked due to over running forestry works. Due to the Large volume of entries for this event it is imperative that competitors share transport wherever possible.** There will be no toilet facilities at the car park. The parking fee is £2.00 per vehicle – please have your money ready. Competitors with children competing on courses 17 & 18 (W/M 10A&B), and more senior competitors on courses 12&13 will be prioritised to park nearest to the assembly area on the forest tracks. If these competitors wish to take advantage of the it is imperative to make themselves known to the Organiser prior to Friday 2nd May.

Motorhomes and Minibuses

The parking area is unsuitable for motorhomes larger than a normal van, or minibuses. There is an alternative parking area for these vehicles. Please contact the organiser if you are bringing one of these vehicles.

Walk to Assembly :-

It is between a 2.5km (30 min) and 3.7km (40 min) walk from the parking area. Due to the nature of linear parking there is more than one marked walking route to assembly. On reaching the road at Sow How lane it is imperative that you walk in single file and follow all instructions from marshals. Although they are minor roads cars travel at speed along them. Please carry all you need with you from the car park – it's a long way back!

Assembly:-

Assembly is situated at GR SD395882. Facilities will include enquiries, EOD registration (CC courses only), download, Toilets, first aid and rescue services, Compass-Point, Podium catering, the NW Junior squad cake stall. The terrain is **unsuitable for club tents** however there is plenty of room adjacent to assembly and overlooking the finish to sit and enjoy a

picnic or the wonderful surroundings!

EOD:- There will be **No EOD** for the Northern Championships Age Class courses. EOD will however be available for colour coded courses. Please see course matrix for details.
EOD fees are:- Senior£10.00 (less £2 BO member Discount) Juniors £5.00

SI card Hire:-

Pre entered competitors should collect their hired SI cards from enquiries. Lost cards will be charged at £30 ea.

Dogs:- Dogs are allowed in the parking area but not in assembly or on courses please.

Planners notes:-

Blake Holme and Gummer's How together have some of the finest Lake District terrain. Much of it is both technically and physically challenging. There are very few brambles and at this time of year the bracken will not be a problem.

There are three main terrain types.

1. Most courses will start and finish in coniferous plantation. This varies in density which is shown by the shade of green. The lower branches are very spiky but are usually dead and often break off as you push past. Be careful to avoid eye damage - **eye protection is recommended, particularly for faster runners (not needed for courses 17 & 18)**. In some parts, so little light reaches the forest floor that it can even be difficult to read the map. The forest floor is generally clean but there are a considerable number of windblown trees; some of them have fallen quite recently. Where they cover a large area, they are shown on the map. Where one or two trees have fallen, they can generally be avoided by a small diversion. There are some ruined fences shown and they are in varying states of decay - in places all that remains is the fence posts and it can be easy to miss seeing them.

2. The northern part of the map (Blake Holme plantation) is mature deciduous woodland with some marshy areas and a number of fallen trees. We have tried to let as many of the technical courses as possible visit this beautiful area. Courses 11-13 and 15-18 do not get as far as Blake Holme.

3. Gummer's How itself is open fell and can be very exposed in wet and windy conditions. There are a few cows which seem to take little notice of runners and walkers. They have churned up much of the area. On the steeper slopes, their paths (not marked on the map) can be useful.

There are a number of walls and fences crossing the area that, to some extent, constrain the planning. Uncrossable walls and fences have a purple line along them. You must only cross them at the marked crossing points; the lines between controls are bent to show this and the compulsory crossings are also shown in the control descriptions. Other fences can be crossed anywhere but we have provided a few stiles which are shown on the map and which you may prefer to use.

There is plenty of interesting rock and contour detail throughout the area and only a few paths. In order to make best use of the area, most courses feature quite a lot of climb. There are some very large cliffs; do take care when running downhill if you can't see far ahead. The White and Yellow courses use a variety of line features including walls, distinct vegetation boundaries and some rather vague paths. At the end, there is a taped route to the last control.

Map:-

Surveyed and drawn by Martin Bagness based on photogrammetry by Stirling Surveys.

Updated 2013. There is no legend on the map.

Courses 1-3 Scale 1:10000

Other courses Scale 1:7500

Control Descriptions:-

Control descriptions will be pictorial for courses 1-16 and written for 17 & 18. They will be available in the start lanes and will be printed on the map.

Start Times:-

Start times are from 10.30am and courses close at 15.30.

Start:-

A timed start will operate. Call up will be from -4 minutes. If you are late for your start the officials will allow you to start from the Helpers start lane at a 30 second interval. Start times will not be adjusted. The start is 400m and 35m climb along a track from assembly. Allow 10 minutes. Please ensure that you select the correct start lane as there are two different start triangles. The notices will tell you which lane to choose and you will find your descriptions and map boxes in the correct lane. Course 13 (W85 and W90) have their own starting point near to the main start. A start official will personally accompany them to their start.

Finish:-

The finish is in the assembly area. Please don't forget to download after finishing. There will be no map collection. You must not show your map to competitors who have not started.

Safety:-

The carrying of whistles is compulsory whilst on the course. Cagoules may be made mandatory at the discretion of the organiser in the event of poor weather conditions. If cagoules are required you will be notified on your entry to the car park and also reminded with signs at the start of the walk from the car park to assembly. Eye protection is recommended, particularly for faster runners (Not required for courses 17 & 18).

Full leg cover must be worn on the courses at all times. You must finish with full leg cover.

Please also note that on parts of the area rare breed cattle are grazed. Although they are not a danger please exercise a sensible amount of caution if you are running near them.

Shadowing:-

The age class courses are competitive with no following or post start coaching. Shadowing is permissible on colour coded courses only as long as the shadower has completed his/her run.

Drinks:-

There is a refreshment point for courses 2-5, 7-10 and 14 about 2/3rds of the way round the course at a crossing point. Pure water will be available in plastic cups. For course 1, water bottles will be deposited at a control (shown on the descriptions) just over half way round. Please leave cups and bottles at the refreshment point. There will be no drinks at the finish.

Prize Giving:-

Will take place in assembly at 2.15. Could all trophy holders ensure they return their trophy to enquiries before their run in good order

SI:-

SportIdent punching will be used for all courses. Hired SI-cards should be collected at enquiries. Please return it at Download after your run. You must use the SI-card that you entered with, or that which has been allocated to you. Any changes must be reported before you run. An SI-card must not be used by more than one competitor during the day. Hired SI cards will be available from enquiries from 9.30am (A charge of £30.00 will be made for any dibber that is not returned). If the SPORTident unit fails to operate you must use the pin punch on the control stake to punch the edge of your map.

First Aid:-

First aid will be provided by Mountain Trauma Services. They will be based in the assembly area.

Results:-

Results will be displayed periodically throughout the event. Full results will be posted on www.sroc.org as soon as possible after the event.

Traders:-

Catering will be provided by Podium Catering and the North West Junior Squad and they will both be based in assembly. Compass-Point will be present for all things orienteering.

Complaints and Protests:-

Complaints should be made to the organiser via enquiries and should be made as soon as possible after the problem is identified. The Organiser is the adjudicator
A protest can only be made against the Organiser's decision. Protests will be considered by the Jury. Forms for complaints and protests will be available at enquires.

Feedback and Comments:-

We are using the NWOA Assessor Scheme to obtain feedback on the Northern Championships and to help improve event quality.

If you have any comments (good or bad) please return them to the assessor for this event, Ray Barnes ray@6prog.org by Tuesday 6th May.

Ray will review and moderate the comments received and will write a short report which will be published on the SROC website. On Sunday evening following the event an email reminder will be sent via Fabian4 to all entrants

Acknowledgements:-

UPM Tilhill Forestry – Landowner Gummings How

The Sir John Fisher Foundation – Landowner Blakeholme Plantation

The Forestry Commission – Landowner Chapel House Plantaton.

Cancellation:- SROC reserve the right to cancel or postpone the event at short notice in extreme circumstances. In the unlikely event of cancellation/postponement, information will be posted on the event website www.sroc.org. SROC reserve the right to retain all or part of the entry fee to cover costs already incurred.

Officials:- Organiser: Tony Marlow antonymarlow@gmail.com

Planners : David and Miriam Rosen (SROC)

Controller: Ray Collins (WCH & SPLOT)

Courses

Course	Class	No of controls	Length (km)	Ascent (m)	Map Scale
1	M21L	30	9.6	450	10000
2	M35L M40L	23	7.5	375	10000
3	M45L M50L M20L	22	6.5	320	10000
	M18L W21L				
4	M55L M21S	19	6.1	260	7500
5	M60L M16A W35L	17	5.1	250	7500
	W40L M35S M40S				
6	Long Orange	11	4.6	225	7500
7	M65L M45S M21V	15	4.7	245	7500
	W45L W50L W20L				
	W18L				

8	M70L M50S M55S	14	3.9	200	7500
	M20S M18S W55L				
	W21S W16A				
9	M75L M60S W60L	15	3.8	190	7500
	W35S				
10	M65S W65L W70L	15	3.6	150	7500
	W40S W45S W50S				
11	M80 M70S W75 W20S W18S W21V W55S W60S	13	2.9	125	7500
12	M85 M90 M75S W80 W65S W70S	11	2.2	100	7500
13	W85 W90	8	1.2	45	7500
14	M14A M16B	16	4.2	200	7500
15	W14A W16B	13	2.7	130	7500
	Lt Green				
16	M12A M14B W12A	9	2.4	130	7500
	W14B Orange				
17	M10A M12B W10A	10	2.1	130	7500
	W12B Yellow				
18	M10B W10B White	10	1.5	45	7500

COMPETITORS ARE REMINDED THAT THEY TAKE PART IN THIS EVENT AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY AT ALL TIMES INCLUDING WHEN CROSSING ROADS

