



Compass Sport Cup Heat Simpsons Ground Level B Event Sunday Mar 12th 2017 Final Details

Travel Directions:

The event will be signed from the Junction of the A590 and the minor road to Staveley at Chapel House. If approaching from the East the minor road is approximately 400m after the newish dual carriageway. When approaching from the West the minor road is approx 1 mile to the east of the Newby Bridge Roundabout. The entrance to Simpson Ground is about 200m along this minor road on your right. There will be signage from the A590 through to the event. **Parking Fee £1.**

Parking will be on Forestry Tracks within Simpson Ground Forestry itself. No Coaches, but Camper Vans with good traction can make it.

Very Important – Some courses cross the forest tracks where cars could be moving which could result in mishaps. To prevent this cars need to arrive by 10.45am at the latest. Equally to prevent similar problems when cars leave the earliest departures are 1.30pm with the following exceptions. If you need to depart before 1.30pm or arrive later than 10.45am then we have set aside a separate parking area ‘PARKING B’. Otherwise use ‘PARKING A’. Please consult the layout of the event on the next page to decide which area to park in. You need to decide now so that when you reach the Junction on the map you know which way to go.

When you park please note that all the woods are **OOB**.

Dogs

Dogs will be allowed at the event as long as they are on leads.

Risk

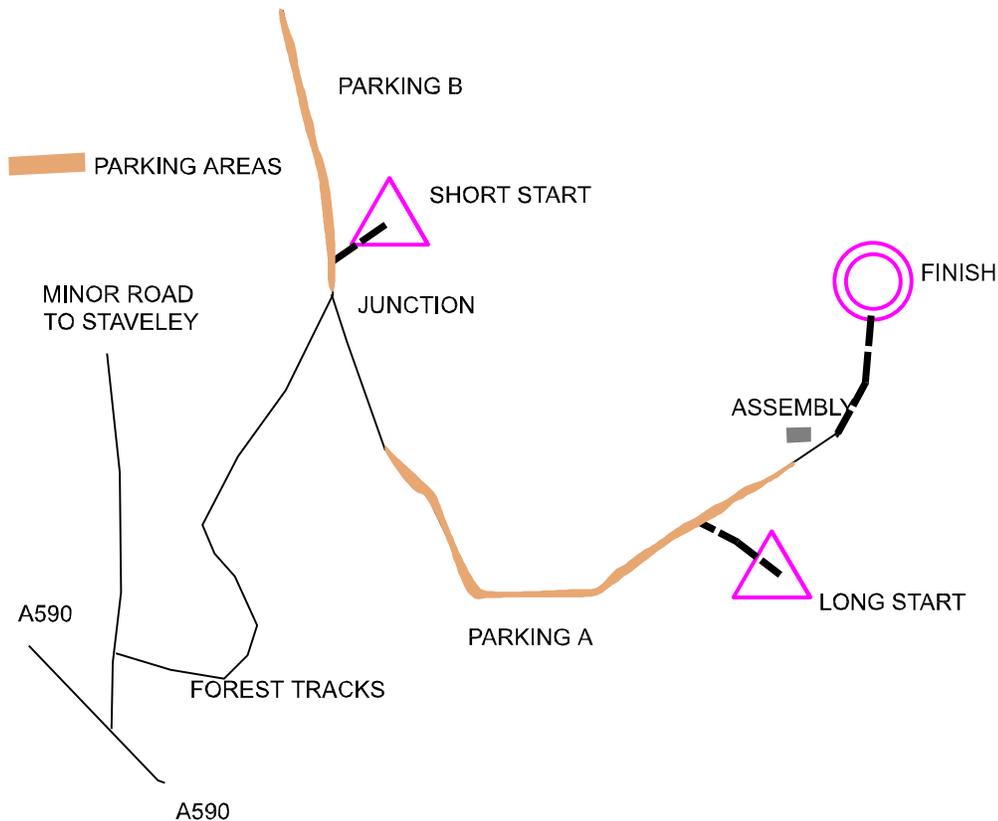
Competitors compete at their own risk. There will be basic first aid available at Assembly. The nearest hospital is **Furness General Hospital, Dalton Lane, LA14 4LF Tel No 01229491043**
The hospital is clearly signed red H from the A590 going into Barrow.

There will be a comprehensive risk assessment at enquiries. For sole competitors car keys should be left at Enquiries.

Whistles Compulsory. Full Body Cover. Cags could be compulsory dependant on the conditions.

Layout of the Event

You will be parked on Forestry Tracks and late arrivals and 'Early Leave Parkers' could be up to 2km from the Long Start and Assembly. You could be parked much closer to the Short Course Start. Assembly will be at the end of the forest tracks used for parking. Note that all competitors will use the same finish and they will then be directed back along footpaths through to assembly and download..



Entries

There are no entries on the day for all the courses in the Compass Sport Cup. Entries have already been made through club captains. There will be EOD available for courses Light Green, Yellow and White only. If entering these courses please go to Enquiries/ Registration which is at Assembly to pay £10 per adult £5 per junior and Hire Dibbers will be available at £1 each but if you lose it that will cost you £30. Registration is open from 10am to 12am.

CSC Start times and courses will be communicated to you by your club captain.

Assembly and Finish

Assembly is situated at the end of the forestry tracks on which you park. It is approx 0.5 km from the long courses start and 1.5km from the Short Start. At Assembly, there will be Download, Toilets, First Aid, Enquiries, Registration, hire SI collection, Clothing Dump, Compass Point, NWJS Cakes & Bacon Butties, and the Green Canteen. Note that there are also toilets at the junction, close to the Short Start. It may be an idea to take money with you for your after run needs as your car may be quite some distance away. All courses have the same finish and all competitors will then walk back through Assembly and Download. There is no water at the Finish.

Courses and Map

CS Class	CompassSport Course	BOF Age Classes	Class Size	Length	Climb	Start	Lane/Map Name	Scale
1	Brown	Men Open	Large	7.3	290	Long	Brown	1:10,000
2	Short Brown	M20-M40+	Large	6.1	250	Long	Short Brown	1:10,000
3	Blue Women	Women Open	Large	5.4	150	Long	Blue Women	1:10,000
4	Blue Men	M50+	Large	5.4	150	Long	Blue Men	1:10,000
5	Green Women	W20-W45+	Large	4.1	100	Long	Green Women	1:10,000
6	Green Men	M60+	Large	4.1	85	Long	Green Men	1:10,000
7	Veterans Short Green	M70+ W60+	Large	3.1	100	Short	Short Green	1:7,500
8A	Junior Men (Green)	Men 18-	Small	4.1	85	Long	Green Men	1:10,000
8B	Junior Women (Short Green)	Women 18-	Small	3.1	100	Short	Short Green	1:7,500
9A	Orange Men	Men 14-	Small	2.6	50	Short	Orange	1:7,500
9B	Orange Women	Women 14-	Small	2.6	50	Short	Orange	1:7,500
Light Green				2.9	90	Short	Light Green	1:7,500
Yellow				2.0	40	Short	Yellow	1:7,500
White				1.3	10	Short	White	1:7,500

Please note that compass sport classes 6 and 8A are running the same course, the map will be labelled "(6,8A) Green Men", similarly course 7 and 8B are combined and will be labelled "(7,8B) Short Green". Courses 9A and 9B are on a single Orange course. All maps have 5m contours. Maps printed on waterproof paper. No String Course. 1:10,000 maps is A3 sized, 1:7,500 map is A4.

Courses close at 2.30 pm. All competitors must go to download after finishing. We don't want to have to call out the Mountain Rescue

Starts

Start times are 10.30 – 12.30 and your individual start time will be published on the website www.sroc.org a few days before the event, once any final adjustments have been made. Once published there will be no changes to start times allowed. Please check your time as published since some small changes have had to be made to a few times requested by club captains who had inadvertently used times already allocated to different clubs' runners.

Make a careful note of which start you need to go to depending on your course. The long course start is ½ km from assembly and the short course start is 1.5km from assembly. If you are using the Short Course Start it may be easier to go directly there from your car rather than go to Assembly first. There are toilets at the junction, close to the Short Start.

The starts are Punching Starts but you are expected to arrive for your official start time. There will be loose descriptions, blank maps and legends in the start lanes. Start lanes and map boxes will be labelled as indicated in the penultimate column of the above table. If you are late then you will be fitted in when an appropriate time arises which could be quite some time off. Please note that the start times have been carefully devised to comply with Compass Sport Cup rules.

Terrain

Courses starting at the Long Course Start will have a combination of complex open fell and typical lakeland woodland to contend with. Simpson Ground has had a lot of felling recently but the courses have been planned to avoid the worst of this. The Short Course Starts will stay within the forested areas.

There are significant crags particularly to the west side of the open fell. A safety bearing from the open fell is North and whilst in the woods any direction other than north will find a forest track and back to the car parking tracks.

Mappers Notes

Simpson Ground is a working forest with some complex contour features. The rough open screen has been used for both the open fell area outside the plantation and for recently felled areas within the forest. In general the felled areas will be harder going than the open area as they include many tree stumps and brashings. A number of extraction lanes are mapped on the recent felled areas and competitors may prefer to use those. In addition to felled areas there are extensive areas of windblow in the forest. These are mapped using the vertical green screen "undergrowth difficult to run". Some smaller patches of windblow are not shown.

Dibbers

Are sport ident. We won't be using contactless controls. Hire charge £1. If lost then £30. Anyone who is pre-entered but needs to collect a hire SI card should go to Registration/Enquiries before walking to the start.

Enquiries

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Controllers: - Tony Richardson (LOC) and Mike Atherton (LOC)

Acknowledgements: - Forestry Commission Grizedale Geoff Whiteman Farmer