



SROC invite you to the
Tim Watkins Blodslitet
Saturday 1st March 2008

This mass start, long distance race is held in memory of Tim Watkins who died following a car accident in March 2005. Tim was instrumental in introducing this demanding race to the UK and had already organised the first two races.

In Norway, each autumn since 1977, Fredrikstad Skiklubb has staged the original Blodslitet. During this period it has been raised to an almost cult event, this year attracting 1700 competitors from all over Scandinavia and elsewhere. The nearest literal translation to 'Blodslitet' is 'Blood letter'. The Tim Watkins Blodslitet may not produce blood, but it is designed to challenge at each and every entry category.

As in previous years courses A-F will be planned to Technical Difficulty 5 and this year we are pleased to offer a long but technically easier course more suitable for fell-runners and occasional orienteers, Course G.

This event will test an individual's endurance and mental agility to the extreme over some of the Lake District's finest orienteering terrain.

Venue Whitbarrow Scar. Limestone plateau with scattered woodland
Parking Will be on a little used minor road GR 454 842
Mass starts Will be from 10:30am



Course	Map Scale	Length	TD	Estimated winning Time	Prizes for
A	1:10000	19-20k	5	2 hours 15 minutes	Men
B	1:10000	12-13k	5	2 hours	Women
C	1:10000	12-13k	5	1 hour 45 minutes	M45+ M18-
D	1:10000	9-10k	5	1 hour 30 minutes	W45+ W18-
E	1:10000	7-8k	5	1 hour 15 minutes	
F	1:10000	4-5k	5	1 hour	
G	1:10000	12-13k	3	1 hour 15 minutes	

Junior entry requirements Juniors M/W14- are restricted to courses E and F and are reminded that the entry requirements are M/WJ3 Gold for Course F and M/W J4 Gold for Course E.

Electronic Punching – SportIdent will be used. We are grateful for the continued support of SportIdent UK. SI cards are available for hire.

Closing Date 16th February 2008. Entries received after this date will be accepted at the Organiser's discretion and subject to map availability. EOD for E, F & G courses only - subject to map availability.

Courses A to D	16 Feb	By Event
Seniors	£14.50	£16.50
Juniors & Students (M/W20-)	£ 5.50	£ 6.50
Courses E to G	16 Feb	By Event
Seniors	£11.50	£13.50
Juniors & Students (M/W20-)	£ 4.50	£ 5.50

£2.00 discount for Senior BOF members through the normal entry systems. FRA members may claim a £2.00 refund on the day with valid FRA membership card.

Entries : Preferred method of entry by credit/debit card at: www.sroc.org/blodslitet.htm.
 Paper entries to: David Johnstone, 120 Hacking Drive, Longridge, Preston, PR3 3FP using the official entry form attached. Cheques should be made payable to "SROC". Final details and results will be posted on the event website. Copies can also be obtained by sending two stamped addressed envelopes with your entry.

Officials
 Organiser: Sue Denmark 01772 700327 Sue@denmark.demon.co.uk
 Planners: Liz and Malcolm Campbell (WAROC)
 Controller: Derek Allison (LOC)
 Entries Sec: David Johnstone 01772 783745 david@dsvjv.freeserve.co.uk

Tim Watkins Blodslitet

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Entry Form

Internet entries preferred on: www.sroc.org/blodslitet.htm
 Postal entries to:
 Tim Watkins Blodslitet
 120 Hacking Drive
 Longridge
 Preston PR3 3FP

Cheques payable to SROC in GB pounds only



Contact Name	
Contact Address	
Post Code	
Country	
Telephone/Mobile	
Email	

BOF No.	Course	Class	Fore-name	Surname	Club	Year of Birth	SI card No. or hire @£1	Fee

TOTAL	
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SPORT *ident*

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Competitors take part at their own risk. Entries will be processed by computer. Completion of this form implies your agreement to this.