



SROC invite you to the next
Tim Watkins Blodslitet
Sunday 7th February 2010

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 Farleton Knott. Limestone plateau with scattered woodland

Parking Will be on either side of a stony track at SD 549787

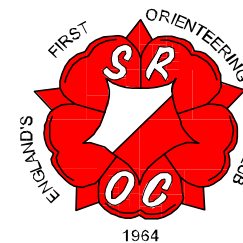
Mass starts Will be from 10:30am



Tim Watkins Blodslitet

Sunday 7th February 2010

Entry Form



Internet entries preferred on: www.oentries.com

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	



Course	Map Scale	Length	TD	Estimated winning Time	Prizes for
A	1:7500	18-21k	5	2 hours 15 minutes	Men
B	1:7500	11-14k	5	2 hours	Women
C	1:7500	11-14k	5	1 hour 45 minutes	M45+ M18-
D	1:7500	8-10k	5	1 hour 30 minutes	W45+ W18-
E	1:7500	7-8k	5	1 hour 15 minutes	
F	1:7500	4-5k	5	1 hour	
G	1:7500	12-13k	3	1 hour 15 minutes	

A 1:7500 scale is being used because of the intricate detail of the area. The longer courses will use double sided maps

Junior entry requirements: Juniors M/W14- are restricted to courses E & F and it is expected that they will have achieved Green standard in at least 3 events, preferably in similar terrain. **These are TD5 courses**

Electronic Punching – SportIdent will be used. SI cards are available for hire.

Closing Date 31st January 2010. 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	31st Jan	By Event
Seniors	£13.50	£16.50
Juniors & Students (M/W20-)	£ 5.50	£ 6.50
Courses E to G		
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.

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

TOTAL

Entries : Preferred method of entry by credit/debit card at: www.oentries.com

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

Organisers: Karen & Bob Nash 01772 721573 nash.family@talktalk.net
 Planners: Liz and Malcolm Campbell (WAROC)
 Controller: Karen & Dan Parker (MDOC)
 Entries Sec: David Johnstone 01772 783745 david@dsjvj.freeserve.co.uk

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