



South Ribble Orienteering Club

Tim Watkins Blodslitet

01/03/08

Final Details

Venue: Whitbarrow Scar, Kendal.

Travel: From junction 36 of M6 allow 10-15mins to parking. Follow the A590 in the direction of Newby Bridge and Barrow. After 7.5 miles turn right as directed and follow marshals' directions to parking.

Parking: GR 452 839. Will be on minor road.

Toilets: Portaloo type and they will be situated at Assembly which is adjacent to assembly and parking.

First Aid: First Aid will be available.

Safety:

- Due to the remoteness of the area and the nature of the terrain it may be some time before we can reach you in the event of an injury. You are, therefore, strongly advised to carry a cagoule, whistle, any food and drink you may need and a basic hypothermia kit e.g. foil blanket, hat etc. We also strongly recommend the carrying of a mobile phone and we will print the number of a dedicated mobile phone on the map. Lower leg cover e.g. gaiters or similar is recommended*. (See Planner's comments) Lone competitors-please leave a set of car keys at enquiries.
- Due to the remoteness of the area there will be no refreshment point on the course. Please carry any food and drink you may need during the race. Water will be available at the finish.
- Due to the remote finish warm clothing and post-race refreshment may be left at assembly. These will be transported to the finish. Please provide a labelled carrier bag.
- Courses will close at 14.30 with controls being progressively collected from 14.00
- Please report to the Finish AND Download even if you retire.

Registration: 09.30 – 11.00. It will be situated at assembly. They will help with enquiries, entry on the day and SI card hire.

SI Cards: The event uses the Sportident system of electronic control checking. Courses A, B & C have more than 30 controls. SI 5 cards only record 30 split times, but will record having visited up to 6 more controls (and the order visited) as well as the finish time. Sportident UK have kindly loaned SI 6 cards for this event. We will have enough for all competitors on Courses A and B who do not have their own SI 6 card. They have been allocated one of these loaned e-cards which must be collected from registration. Competitors who use SI 5 cards on Course C won't get splits after control 30. We may have a number of SI 6 cards available for Course C competitors on the day. Competitors without their own card who have requested an SI hire card may collect theirs from registration.

Entry on the day: Courses E, F and G only whilst map stocks last. Please complete a registration form available from the car park officials before visiting registration.

Fees: Seniors £13.50. Juniors £5.50. **Juniors are reminded that the entry requirements are M/WJ3 Gold for Course F and M/W J4 Gold for Course E**

Late Entries: We will accept late entries whilst map stocks allow. Please e-mail David Johnstone at david@dsjvj.freeserve.co.uk or telephone 01772 783745 with your entry details to reserve a map. Once David has replied saying there are maps available please send payment to David Johnstone, 120 Hacking Drive, Longridge, Preston, PR3 3PF. Fees: Courses A – D £16.50/ £6.50 Courses E, F & G £13.50/ £5.50 Cheques made payable to 'SROC' please.

Dogs: Allowed in car parking area only, on a lead. This is lambing time.

Map: ALL courses will use a A3 size map at 1:10,000 that has been fully updated in the last month. Course A will have a small portion of the map printed on the reverse. Preliminary event details on the website suggested that maps for Courses A & B would be 1:15,000 – this is no longer the case. Maps will be printed using an ink-based process and should not suffer from 'flaky laser toner' after repeated folding and unfolding!

Terrain: Whitbarrow is an unusual orienteering area for the UK in that its special appeal is a huge area of wooded limestone pavement. True, there is also a lot of high, rocky limestone fell with only scattered trees that is very exposed to bad weather from the SW quarter, but this area is technically fairly straightforward, and is fast running for those able to cope with a lot of sharp rocks and stones underfoot. This open fell has some clean exposed limestone pavement, but this is always fairly visible, is generally not slippery and doesn't really affect running speed for confident people with good footwear. All courses use the southern part of the scar that wasn't used at the National Event last year. This new area is mainly open but the western slope has scattered tree cover with numerous juniper bushes.

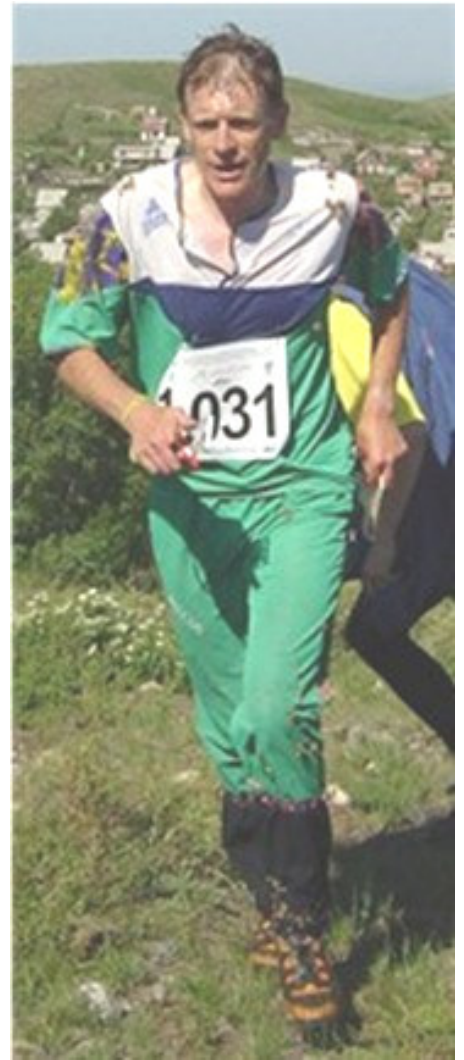
The main forest is a different matter. The trees have allowed ground cover to develop which has masked the limestone pavement. This wonderful rock structure is never very far below the surface, and the holes may be concealed by a thin unresponsive layer of grass. In winter and early spring, the grass dies back showing more clearly what's a clint (ridge) and what's a grike (hole), but it's still easy when tired, or when running looking at the map, or when just not concentrating, to step into a concealed hole and potentially disappear up to your groin! Careful and concentrated running, picking out the 'high points', will stop this happening!

The **small boulder field black triangle** has been used to indicate areas where this vegetated limestone pavement is particularly prevalent. The grey 'bare rock' screen is reserved for unvegetated limestone pavement with few, if any, scattered small trees. The rocky pits shown on the map are generally deep, obvious and naturally occurring cleavages in the limestone pavement. In places the small gully symbol (line of brown dots) has been used to show longer linear cleavages.

The area is a bit like a 'liquorice allsorts' of limestone layers that has been tilted and the layers truncated around the edges. These truncations are **lines of cliffs**, up to 20m in height. In places they are uncrossable (except by rock climbers!) for significant distances. Crossable gaps are shown, but careful scrutiny of the map and precise navigation is required to find them. In the forest, these gaps often involve steep stony approaches in relatively low visibility wood, and the gaps, often used by animals, may be quite tiny!

All courses have long legs across this sort of unusual terrain - so do be careful! If it's wet, you should really have dob-spiked 'O' shoes as it's all too easy to slip into one of the holes if you only have rubber studs.

Recent selective felling (ongoing at the time of the event) means that you may come across new brashings that you didn't expect. Forest Enterprise policy is now to remove all traces of non-native conifer (the nicest running bits!), and so you'll find a lot of pockets of recently felled trees - red cedar in particular.



Courses have been planned to avoid the most active felling, but there are still some isolated pockets that may not be obvious from the map.

There are many yew trees in the forest, and their (spiky!) low branches make straight line compass work rather difficult.

*There are also areas with a lot of small isolated thorn bushes, and some areas of light brambles that will need to be crossed (and areas of serious brambles that can't, and shouldn't need to be crossed!), so gaiters are definitely a good idea.

Some very small animal tracks in the wood have been shown on the map as indistinct paths - however, once located, they are always far quicker options than much of the surrounding terrain as they usually follows lines of weakness through the pavement where soil has built up to provide a stable base.

Gates and Fences: All crossing points (stiles and gates) are marked with the purple 'double brackets' overprint. When a line goes to, and is broken at a crossing point, it must be used. Where there is a route choice via different crossing points, there is a broken straight line directly between controls, and the boundary wall/fence between the crossing points is marked with a thick purple overprinted line to denote "uncrossability". Please close all gates you may use and report any damage to walls and fences to the Enquiries.

Course details: (subject to final controlling)

Course Length

A: 18.0km
B: 13.7km
C: 14.4km
D: 10.6km
E: 8.4km
F: 5.3km
G: 16.8km

Control descriptions: Pictorial control descriptions will be used for all courses except the fell runners' course which will have text descriptions. These will be on the front of the map where possible. Please note that the control descriptions will not include the lines indicating crossing points.

Control sites: Control boxes will all be on the ground. Some of the control kites will also be on the ground held down with rocks.

Clothing Dump: See notes on Safety.

Start: 1600 m from Assembly with 130m of climb.

Course Time:

A 10.30
B 10.40
G 10.50
C 11.00
D 11.10
E 11.20
F 11.30

Spectator Area: On a nice day, spectators are encouraged to walk up to Lord's Seat (the highest point on the map and about 45-60 minutes walk/jog along a good track) where they will see runners on most of the courses, and which is visited twice by course G.

Course G (fell-runners) is almost all on tracks and paths and will be shown unconventionally as a 'highlighted' route with arrows, and with dashed highlights to indicate a small number of possible short cuts. Controls on this route will not be joined by straight lines as is normal for orienteering courses.

All courses apart from F & G will have one section where controls may be taken in any order. These controls are defined by an enclosing purple dashed-line 'oval'. All controls within the oval must be visited, but runners may choose their own routes and their own order of visit.

Finish: As this is a mass start event the first to cross the line is the winner. Please follow the marshals' instructions and stay in order until you have punched the finish control. Drinks and clothing reclaim will be available 750m after the finish.

Download: This will be situated at Assembly Please follow direction signs.

Prizegiving: The prizegiving will take place at 1.30pm in assembly

Organiser: Sue Denmark, SROC Tel: 01772 700327 or 07740 099869 or e-mail sue@denmark.demon.co.uk

Planners: Malcolm and Liz Campbell WAROC

Controller: Derek Allison LOC

In the case of severe weather and possible cancellation please try the above numbers or visit www.sroc.org

Acknowledgements:

Crossthwaite and Lyth Commoners' Association

The Forestry Commission

The Cumbria Wildlife Trust

Ken Park, Low Fell End Farm

Jean Manninson, Ravens Lodge

Mark Willacy, Rawsons

Martin Stone, Sport-ident UK

Members of Fredrikstad SK, Norway, for prizes.



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