



Blodslitet 2017

Tim Watkins Trophy

Whitbarrow

Sunday 19 Feb 2017

Final details (version 2 Feb 2017)

Safety and Risk:

Whitbarrow is a limestone plateau and presents a tough physical and technical challenge, even more so in mid-February on a long distance event like the Blodslitet. Although a comprehensive Risk Assessment (available at Assembly) has been carried out participants are reminded that they take part at their own risk and are responsible for their own safety during the event. You are encouraged to carry a mobile phone with you and pre-programme the organiser's number 07918710505.

Insurance:

Please note that if you have taken part in three orienteering events but have not yet joined an orienteering club that is a member of British Orienteering, you are not covered by our public liability insurance.

Medical Conditions:

Please advise the Organiser (Julian Lailey, 01524 845990/ kezi1@btinternet.com), in confidence, of any relevant medical conditions that might become an issue during the event.

Event Cancellation:

If the event is cancelled for reasons beyond our control SROC reserves the right to retain all or part of the entry fees to cover committed costs. Given the time of the year, if the weather is unpleasant please check the SROC website before setting off!

Entries:

There will be some EOD but we are not printing many extra maps so to ensure you are not disappointed please pre-enter via Fabian 4 (up to Saturday, 18th February). EOD will incur a £2.00/£1.00 surcharge.

Travel:

Signed from the junction of the A590 (T) and the road leading to Witherslack and Town End (by the speed camera!) at SD 452 839. **All competitors MUST approach from this junction** as a one-way system is in operation. Those coming from Grange will have a left hand turning and those from Kendal/Lancaster direction will have a right turn across the carriageway. The A590 is a very busy and very fast road, despite some roadworks, so take extreme care. Once off the A590 turn immediately right on to the old A590. Parking will be linear on this road at SD 462 851. **The Toilets will be located here.**

Assembly/Registration:

This will be near the Raven's Lodge Farm, on a single track path that you'll take on the way to the start. It will be 200m – 600m from parking. This is also Download, where the Clear and first Check will take place (there will be a second dibber Check at the start) and where the whistle and clothing check will be made.

Map:

The area was first mapped by Malcolm Campbell for the Nation Event in 2005 and has had minor updates since. Courses A B and C will be scaled at 1: 10,000 and courses D E and F at 1: 7,500. The map will have two red crosses marked, one at the finish and one on a track in the middle of the forest. These indicate the location of the First Aid kit, the one in the forest containing a mobile phone to use if necessary to contact the finish team. Walls must only be crossed at the designated crossing points, clearly shown on the map. Anyone seen crossing them at any other place will be disqualified. There is no legend on the map.

Control descriptions will only be on the map, so none provided loose.

Terrain:

The terrain is the Whitbarrow limestone plateau whose hundred metre cliffs are visible from the A590 near Levens. The area used is partly open fell and partly forest. Some parts of the area are short grass or mature woodland and provide very fast running. In other areas, especially in the forest, there is significant surface stone, exposed rock and/or limestone pavement. Here progress will be slow and great care will be needed. This will particularly be the case if the limestone is wet. In some places there are brambles, gorse and thorn trees. Last year's bracken has died down and is not an impediment to progress.

Start and finish: There is one start and one finish. There is a long uphill walk from parking to the start and finish on the plateau. Depending on where you are parked, it is between 2.0 and 3.0 km, with 150 metres of ascent. You will collect the sealed map at the start, to be opened only after the start whistle. Start and finish are 300 metres apart with a clothing dump located at the start. Please provide your own bags which will be transferred to the finish tent for you to pick up at the end of your run.

Clothing: Even though the maximum elevation of the fell is only 215 metres, it is very exposed and there is little protection from the elements. Please come prepared for all weathers. Full leg, torso and shoulder cover is compulsory, as is a whistle and a cagoule (worn or carried). Depending on the weather on the day, the controller may also require full waterproofs, hats and/or gloves to be worn or carried. Come prepared! The course may be longer and tougher than you are used to, so you may wish to carry food and drink with you. There are no drinks provided on the courses or at the finish.

Courses and start times: All courses have mass starts.

Course	Length	Climb	Controls	Mass start
A Men Open	14.6 km	575 m	27	10:00
B Women Open	11.3 km	445 m	22	10:15
C Vet M45+ Junior M18-	11.4 km	460 m	22	10:30
D Vet W45+ Junior W18-	7.6 km	325 m	17	10:45
E Men Others	6.4 km	280 m	12	11:00
F Women Others	4.6 km	205 m	11	11:15

All courses are planned with high navigational difficulty TD5 and are physically tough. On the Open courses there are multiple legs longer than one kilometre. Because of the nature of this event and the remoteness of the terrain there are no courses for beginners or younger children.

The Tim Watkins Trophy is a mass start event and no British Orienteering ranking points are awarded. Consequently the planner may use techniques such as butterflies and gaffling to discourage following, and control descriptions will be on the map only (none provided loose). Control flags are attached to stakes with the Sportident box mounted vertically near the top of the stake.

Retirements: If you retire you **MUST** report to download, not pass on a message to that effect to another competitor or helper. As this is a mass start after everyone has been sent on their way there will not be anyone at the start. The finish will be manned and have a First Aid kit in the tent.

All courses close at 14:00. Some controls used only at the start of courses may be collected earlier. Control flags are attached to stakes, with a SportIdent (SI) box mounted vertically near the top of the stake. The control code is displayed on the SI box.

Prize Giving:

Trophies will be awarded to the winners of the Men's Open, Women's Open, Vet M45+ and Vet W45+. The prize giving will be held at Assembly/Registration once the 4 winners are confirmed.

Officials:

Planner: Gavin Smith
Controller: Chris Roberts
Organiser: Julian Lailey