

SROC Spring Series Event 1 – Beacon Fell – 30 March 2019

Ideal for Newcomers whether families, walkers or runners.

Also for the experienced.

A warm welcome awaits you all on the 30 March at Beacon Fell Country Park for the 1st event in this year's Spring Series.

Competitors from beginners to the experienced are catered for with a beginners' (yellow) course as well as a 4.0km technical course. On hand will be experienced orienteers to help anyone who needs guidance.

Parking and registration are at Beacon Fell Visitor Centre (SD564426) nearest postcode PR3 2EW. Parking is Pay and Display with a charge of £1 for all day.

Please note the perimeter road around the fell is a one way system and runs in a clockwise direction so you may need to drive nearly all the way round to locate the visitor centre, depending on the direction you came from.

You can register between 12.15 and 13:15 and start anytime between 12.30-1.30 and courses close at 3:00. **Free coaching and help will be provided.** For your actual course, you will receive a map that shows the course and an electronic timing chip (dibber). You start when you are ready, at minute intervals (it is not a mass start!). Results will be available at the end of your course and later on the web, but for newcomers its more about learning and enjoying than the result.

Toilets and a cafe are available at the visitor centre.

Event fees £5 seniors, family groups (one dibber) £5, Juniors/Students £2

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Note that underfoot conditions at Beacon Fell can be quite rough away from the paths, with fallen trees and boggy areas. Appropriate footwear and clothing for the outdoors in March should be worn– do take reasonable care.

The perimeter road around Beacon Fell is out of bounds and should not be used or crossed on either of the courses.