

# Sizergh Castle - SROC

## North West Night League Event 1 - 28/11/2015

### Assembly and Registration:

Sizergh Castle car park GR SD498 878 LA8 8DZ

M6 J36 - A590 towards Kendal/Barrow in Furness, left on A590 toward Barrow in Furness , First Right (filter) to Sizergh Castle (Brown tourist sign) past the Strickland Arms Pub, through the castle gate(kite) and follow drive 250 m to the National Trust car park.

**No toilets at venue.** Travel from south use Burton services between J35-J36 or from Lakes area use Kendal Bypass service station.

**Registration** from 5pm - 6.30pm **Starts** 5.30pm - 6.45pm **Courses close** 8.15pm  
Lone competitors are encouraged to leave car keys at registration/download.

Fees £5.00 adult £2.00 junior/student

**Map and Terrain:** 1:7500 Open fields, Woodland and Coppiced woodland with some undergrowth , path network. Uncrossable walls with gates. Livestock present in fields. Courses will cross vehicle access tracks and minor roads. Some slow traffic possible. The event will operate an all gates closed policy. It is a condition of use of the area.

**Courses:**

- Orange** 2.4km 70m climb 8 controls
- Green** 4.1km 130m climb 13 controls
- Blue** 5.5km 200m climb 17 controls

Due to open road crossings Blue course restricted to M/W 18 and older.

**Start/Finish** 400m along waymarked footpath. All competitors must report to download upon return to car park.

**Safety:** Whistle and working spare light compulsory, verbal check at registration and visual check at start. Waterproof cagoules with hood advisable but possibly compulsory in event of poor weather forecast. To be confirmed at registration. All competitors to be aware of and steer clear of livestock in open fields, to close all gates passed through securely and give way to local traffic on access roads. Organisers phone number on night **07884 261829**

Thanks to the National Trust at Sizergh for allowing us use of the car park after hours. The excellent cafe here closes at 4pm .