



**SROC- The Red Rose Orienteers**  
**Part 2 of the Lake District November weekend**  
**Long Distance Race – Level B**  
**Sunday November 13<sup>th</sup> 2016**

**Torver High Common – Cumbria**

Welcome to a weekend of fantastic orienteering in the Lake District, In view of the excellent terrain the two events that make up the weekend are being used by the England Selection panel to help with selections for 2017 Interland Cup, held in Belgium.

**FINAL DETAILS**

**Travel Directions: OS Grid Reference GR SD256931 and Nearby Postcode LA21 8BU**

The event will be signed from the A593 at its Junction with Old Rake 1.5 kms west of Torver Village. Approach is strongly advisable from Torver village as from the other direction the turning is very sharp and almost impossible to make in one go. Please only approach the event car parking for the event from this point to minimise the effect on local houses **Please do not approach through Broughton Mills Village.**

**Parking:-**

Parking will be on forest tracks in Broughton Moor plantation and will open at 8.30am. **The area available for parking is limited and Due to the Large volume of entries for this event it is imperative that competitors share transport wherever possible.** The parking fee is £2.00 per vehicle – please have your money ready. All vehicles must arrive by 12.00pm and no vehicles will be able to exit prior to this.

Competitors with children competing on course 11 (W/M 10A&B), and more senior competitors on courses 7 & 8 will be prioritised to park nearest to the assembly area on the forest tracks. If these competitors wish to take advantage of this it is imperative to make themselves known to the Organiser prior to Friday 11th November.

**Motorhomes**

The parking area is unsuitable for motorhomes larger than a normal van. There are suitable parking areas for these vehicles in Torver Village itself but it will be up to the competitors to get a lift to the assembly area.

**Walk to Assembly :-** It could be up to 2.0Kms **maximum** walk from the back of the parking area to assembly however, as is normal with linear parking it could be considerably less depending upon your arrival time.

**Assembly:-** Assembly is situated at GR SD242941. Facilities will include enquiries, EOD registration (Limited maps), download, Toilets, first aid services, Compass-point, O Nosh, Green Canteen and the NW Junior squad cake stall. The terrain is **unsuitable for club tents**

**EOD:-** There will be Limited EOD depending on map availability.

EOD fees are:- Senior£15.00 (less £2 BO member Discount) Juniors £6.00

**SI card Hire:-** Pre entered competitors should collect their hired SI cards from registration. Lost cards will be charged at £35 ea.

**Dogs:-** Dogs are allowed in the parking area and assembly but not on courses please.

### **Planners notes:-**

#### **Terrain**

Torver High Common is a typical open Lake District fell side, with areas of complex contours and many rock features. It is steep in places. The area is remote and little visited apart from near to the finish. It offers interesting navigation although less agile competitors may find the going rough in places. White Maiden and Brown Pike tower above, but are not on the map. In good weather there are fine views.

Only the most significant rock features are shown. Following a wet season some marshes are more extensive than shown. The bracken is starting to die down now but in any case the bracken screen is there as an aid to route choice and should not be relied on for detailed navigation.

There are few tracks and paths on the map and paths can be indistinct in places. Unmarked sheep trods and quad bike tracks come and go.

#### **Junior Courses**

Competitors on the yellow and orange courses follow red and white tapes to the first control. On the yellow course some of the most indistinct paths will be taped. **Maps for the yellow course will be issued at registration** so that parents can talk through the course with their children.

#### **Map:-**

Surveyed and drawn by Peel Land Surveys based on photogrammetry by Stirling Surveys. Updated 2016. There is no legend on the map. Torver High Common was used for an event on 02/11/2008 and the map used then can be viewed at <http://www.sroc.routegadget.co.uk/rq2/#42>

Courses 1 – 4 Scale 1:10000. All other courses 1:7500

#### **Control Descriptions:-**

Control descriptions will be pictorial for courses 1-9 and written for 10 & 11. They will be available in the start lanes and will be printed on the map.

#### **Start Times:-**

Start times are from 10.30am and courses close at 14.30.

#### **Start:-**

A punching start will operate although if you are late for your start you could have a long wait for a slot. Call up will be from -4 minutes. There will be a late start lane for competitors who miss their start time and for helpers.

The start is a 1400m and 50m climb (35 minute walk) from assembly. Once you leave the main track the route follows paths and crosses some rough ground. We apologise for the walk which is necessitated by the shape of the area and the lack of near-by parking. The terrain en route to the start is not typical of the competition area (you'll be pleased to note).

Start Lists will be displayed at assembly and pre start area.

There will be a clothing dump at Assembly. Please make sure that bags are clearly labelled.

All items are left at your own risk.

#### **Safety:-**

It is November and the terrain is high and exposed. Competitors should dress appropriately and consider carrying extra clothing if it is cold, wet or windy. Note it is not possible for the organisers to bring competitors' clothing back from the start so you are advised to arrange to carry any extra clothing you need.

A fence separates the competition area near the start from a large quarry. This is out of bounds and the fence should on no account be crossed.

There are ponds and at least one water-filled pit which should not be entered or crossed. The yellow and orange courses go along the edge of a pond at one point

The carrying of whistles is compulsory whilst on the course. Cagoules, hat and gloves may be made mandatory at the discretion of the organiser in the event of poor weather conditions. If these items are required you will be notified on your entry to the car park and also reminded with signs at the entrance to assembly.

**Full leg cover must be worn on the courses at all times.**

**Do not forget to download your SI card even if you retire. It is our safety check that you have returned from the terrain safely**

### Courses

| Course             | No of controls | Length  | Climb | Classes  | Map        |
|--------------------|----------------|---------|-------|--|------------|
| 1 Black            | 26             | 10.8 km | 480 m | M21  | 1:10000 A3 |
| 2 Brown            | 22             | 9.5 km  | 365 m | M35 M40  | 1:10000 A3 |
| 3 Short Brown      | 22             | 7.9 km  | 270 m | M18 M20<br>M45 M50<br>W21 M21S   | 1:10000 A3 |
| 4 Blue             | 20             | 6.9 km  | 200 m | M16 M55<br>M60 W35<br>W40 M35S<br>M40S                                 | 1:10000 A3 |
| 5 Short Blue       | 15             | 5.2 km  | 200 m | M65 W18<br>W20 W45<br>W50 M18S<br>M20S M45S<br>M50S W21S               | 1:7500 A3  |
| 6 Green            | 14             | 4.1 km  | 190 m | M70 W16<br>W55 W60<br>M55S M60S<br>W35S W40S                           | 1:7500 A3  |
| 7 Short Green      | 12             | 3.4 km  | 105 m | M75 M80<br>M85 M90<br>W65 W70<br>M65S W18S<br>W20S W45S<br>W50S        | 1:7500 A3  |
| 8 Very Short Green | 12             | 3.0 km  | 105 m | W75 W89<br>W85 W90<br>M70S M75S<br>M80S M85S<br>W55S W60S<br>W65S W70S | 1:7500 A3  |
| 9 Light Green      | 12             | 3.9 km  | 120 m | M14 W14<br>M16B W16B   | 1:7500 A3  |
| 10 Orange          | 14             | 2.0 km  | 60 m  | M12 W12<br>M14B W14B   | 1:7500 A4  |
| 11 Yellow          | 10             | 1.3 km  | 25 m  | M10 W10  | 1:7500 A4  |

|  |  |  |  |           |  |
|--|--|--|--|-----------|--|
|  |  |  |  | M12B W12B |  |
|--|--|--|--|-----------|--|

**String Course:-**

This will be open from 10.30 to 13.00 We were determined to put on a String course and have found the ONLY place that is suitable! This is a 10 minute (slightly uphill) walk (at, say, an 8 year olds pace) from Assembly, and just before the main Finish. The walk to the start diverges from the way to the String course. The route is on the forest road and is suitable for all terrain push chairs. The terrain for the String course is just like the real event – open fell and wet underfoot (wear wellies or accept that trainers are going to get wet). In good weather it's lovely, in poor weather it will be very exposed – should we have to cancel the String course because of this we will display notices as prominently as possible. Hopefully, the weather will be great!

Entry to the String Course is free and all finishers will get a small edible prize!

**Drinks:-** There are no drinks either on the course or at the finish.

**Finish:-**

There is one finish about 700m from assembly. Please don't forget to download after finishing. There will be no map collection

**SI:-** SportIdent punching will be used for all courses. Hired SI-cards should be collected at enquiries. Please return it at Download after your run. You must use the SI-card that you entered with, or that which has been allocated to you. Any changes must be reported before you run. An SI-card must not be used by more than one competitor during the day. Hired SI cards will be available from enquiries from 9.30am (A charge of £30.00 will be made for any dibber that is not returned). If the SPORTident unit fails to operate you must use the pin punch on the control stake to punch the edge of your map.

**First Aid:-**

There will be a first aid point at the assembly area within the Enquiries tent.

**Results:-** Results will be displayed periodically throughout the event. Full results will be posted on [www.sroc.org](http://www.sroc.org) as soon as possible after the event.

**Traders:-** Catering will be provided by The Green Canteen, O Nosh and the North West Junior Squad cake stall and they will all be based in assembly. Compass-Point will be present for all things orienteering.

**Complaints and Protests:-**

Complaints should be made to the organiser via enquiries and should be made as soon as possible after the problem is identified. The Organiser is the adjudicator  
A protest can only be made against the Organiser's decision using a form available at Enquiries.

**Cancellation:-** SROC reserve the right to cancel or postpone the event at short notice in extreme circumstances. In the unlikely event of cancellation/postponement, information will be posted on the event website [www.sroc.org](http://www.sroc.org). SROC reserve the right to retain all or part of the entry fee to cover costs already incurred.

**Officials:-** Organiser: Tony Marlow [antonymarlow@gmail.com](mailto:antonymarlow@gmail.com) 07736-939856  
On The Day Organiser: Mark Edwards 07989-389193  
Planners : David and Miriam Rosen (SROC)  
Controller: Roger Smith (LOC)

**COMPETITORS ARE REMINDED THAT THEY TAKE PART IN THIS EVENT  
AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY  
AT ALL TIMES**

