

SROC Club Handicap – Dalton Craggs

Saturday 21<sup>st</sup> January 2017. Mass start 1pm.



Directions:

Parking is at Plain Quarry SD551761.

At the southern end of Burton-in-Kendal turn off the A6070 Main Street eastwards into Dalton Lane. This is signed for Hutton Roof/Kirby Lonsdale.

Follow this road for 1.5miles. The entrance to the car park is on the left.

Parking is on hard standing, but is limited. Please share cars where possible. You may leave cars at the village hall used for the social and share a lift from there.

Courses:

Courses are all cross country type. Length and technical difficulty will vary and be allocated by the handicapper and planner. Estimated winning time 30-40 minutes. There is a butterfly on all courses to break up trains of runners.

There will be one mass start at 1pm. The start is 200m walk from the car park. Please arrive in time to be registered and changed, ready to walk to the start by 12.50.

Terrain:

The area is limestone woodland which varies from open and runnable to low visibility and rough underfoot. Courses have been planned to maximise time in the nice bits.

There are currently Forestry Commission felling works in the wood. These are due to be completed before the event. Some updates have been made to the map to reflect these, but as the work is ongoing there may be patches of felled or brushings which are not marked. These should not affect any control sites, but straight line routes which look good on the map may require a detour.

Safety:

Whistles compulsory.

Please dress appropriately for whatever the weather may be doing in January.

All courses will have limestone underfoot in places which is slippery when wet and does not offer a soft landing if you do slip. Please therefore take due care according to your abilities and footwear.

Social:

Social and prize giving afterwards at Burton Village hall [www.bmh.burtonweb.org.uk](http://www.bmh.burtonweb.org.uk)

Organiser / Planner:

Roy McGregor 01772 760515