



Tim Watkins Blodslitet Silver How Sunday March 3rd 2019

FINAL DETAILS

Safety – This is very important. Do not approach this event as a routine orienteering event. This is a long and exposed event that will be very challenging if the weather is poor and difficult even if the weather is good . Come prepared for all eventualities. Regardless of the weather conditions, **Compulsory kit** will be a Waterproof jacket and trousers, hat, gloves, food, compass and whistle as a minimum plus highly recommended an extra warm top and a mobile phone. You must have either a mobile phone, or alternatively, the means of calling from a phone box. Kit will be checked for everyone on leaving assembly. Wrong kit, no run.

Special Note for Mens Open – Control 113 is a manned control. Please ensure that you're checked off by giving your name to the marshall. If you retire before reaching this control you must report to the manned control at the start of the loop or phone the emergency number.

If conditions are poor we may decide to shorten the courses or put everyone on the short Course E or even cancel the event. If the event is cancelled we will put this on the SROC website on the day before the event.

The emergency number is 07821105928 which you may wish to key in beforehand.

Car Park & Assembly.

Approach Elterwater Common at GR 329051 from Ambleside along the B5343. Parking will be free on the National Trust Car Park and around the common itself. There won't be any parking marshalls so park yourself in a considerate manner.

All competitors must report to registration in the car park. Competitors who have entered on Fabian4 can then pick up their personal rolled up map. If you go direct to the start you won't have a map. EOD will register and pay before picking up their maps. Take your rolled up map with you to the start before opening when the starter gives you the go ahead.

Registration

Opens 9am and **closes at 10am.**

EOD fees are £14 less £2 for BOF or FRA members and £5 for students dependant on map availability.

Facilities

There will be portaloos on the NT Car Park. There won't be any traders.

Start

There will be no late starts due to safety concerns. All courses will be mass starts apart from Course E. If you arrive with insufficient time to get to your start, you will be switched to Course E at registration. Equally if you are late for your start, you will also have to do Course E (maps provided at start) until 11am latest. After that sorry no run.

All competitors will use the same start. The start is approx 1km and 200m climb from registration. This is a minimum of 25 mins brisk walking. Allow 45mins. There is no clothing transfer. Competitors will be held in the pre-start area until called class by class at 5 min intervals before the mass start.

There won't be any loose descriptions.

Mass start times are

Mens Open Course A 10.30am

Womens Open Course B 10.35am

Mens Vet + Juniors Course C 10.40am

Womens Vets + Juniors Course D 10.45am

Others Course E 10.30am onwards at 1min intervals.

Map

Map by Martin Bagness by kind permission of Warrior OC. All courses will use A3 maps. Courses A,B,C,D will have part of their courses printed on the back.

Scale 10,000. Printed Courses. Waterproof Paper. Control Descriptions on the front of the map. White on the map is runnable open fell – not woodland! The map has been partially updated in 2018. However, please note – some of the smaller and intermittent paths are still not mapped. There is a lot of rock but only the most significant rock features are mapped. Bracken is not mapped and is not a problem at this time of year. The most significant areas of Juniper bushes are mapped but are unreliable navigation features as the coverage hasn't been updated for 20 years. Courses have been planned to avoid the main Juniper areas. The large area of steep ground and high crags to the SW of Easedale Tarn is Out of Bounds and is marked as such on the map.

Terrain

Most of the competition is on high Lakeland fells between 250 & 400m although the longer courses go up to 550m The terrain is typical Lakeland fell rough grass, marsh, bracken, juniper and gorse. Only isolated trees. A few small ruins. No fences or walls except on the boundary of the competition area.

Plenty of rock – large and small crags, boulders and some stony ground. Mostly runnable but areas of dying bracken may be slower although recent snowfall has flattened most of it. The edges of Blind

Tarn Moss can be crossed. There may be deeper patches in the centre so crossing this part is best avoided.

Event Format

Course Lengths are as follows. Height climb will be considerable although the high start means it won't be excessive.

Mens Open Course A 15.1km
Womens Open Course B 11.8km
Mens Vets + Juniors Course C 10.6km
Womens Vets + Juniors Course D 7.4km
Others Course E 5.1km

SIAC is not being used. Controls will be on the ground using rocks to secure them with the control box attached.

Courses A,B,C,D will use butterfly loops to split up competitors. Take particular care with control numbers on the map as some controls will be visited more than once, and some short legs will also be repeated.

Retiring in Emergency

There is no one safe bearing off the hill. Escape to Langdale is only possible via the path down from Stickle Tarn, or via one of the possible routes from the car park to the start. The 'ring garth' wall (separating 'in bye' farmland from open fell) running the length of Langdale and forming the southern boundary of the map, is **uncrossable**. Apart from the section to the east of the start, the safest, and best 'way off' from controls on the north side of the main ridge is down to Grasmere. If you need to get off the hill in emergency, either go:

- a. back through the start, or
- b. down to Grasmere, or
- c. down to the Old Dungeon Ghyll from Stickle Tarn

Entries

Entries are on Fabian 4. We will keep this open until the Wednesday before the event. Please enter via Fabian4 as this will take pressure off Registration and help with map printing. There will be EOD but this is dependant on demand and map availability. Fees on Fabian4 are £12 less £2 for BOF and FRA members. Students are £5. EOD will have a £2 supplement.

Finish

You must download regardless of whether you finished your course or not. Failure to do so may result in the Mountain Rescue being called out.

Planner Malcolm Campbell

Organiser Dave Hargreaves (SROC) 07821105928

Controller Chris Roberts (SROC)