

JK2004 Programme



WELCOME TO THE MIDLANDS



25th - 28th March 2005

Day 1 - Brown Clee, Ludlow

Day 2 - Cannock Chase, Rugeley

Relay - Hopwas, Lichfield

Event Centre and Campsite at Lichfield Rugby Club
Catering by Wilfs, bars, showers, meeting rooms

www.jk2005.org.uk

Accommodation via Lichfield Tourist Board

www.visitlichfield.com

Contents

Welcome to JK2004	2
Central Organisation	3
Acknowledgements	4
General Information	5
JK Trophy Winners 2003	12
The Elite Competition	14
Orienteering in the Lake District 4 th to 17 th April	18
Event Centre	20
Provisional Course Details	22
Trail O ROOKHOW CENTRE	23
Training Day SIMPSON GROUND April 9 th	26
Day 1 MIDDLEDALE April 10 th	28
Day 2 GRAYTHWAITE April 11 th	32
Relays BISHOP WOODS April 12 th	36

COTSWOLD
outdoor | action | travel

**For the biggest & best
choice of clothing &
equipment from all the
leading brands**

Call 01666 575575 for a FREE catalogue and
to find your nearest store, or see the full range
at www.cotswoldoutdoor.com



Photo: Melissa Robinson/The North Face



Welcome to JK 2004

An introduction to the Jan Kjellström International Festival of Orienteering 2004 from Bob Roach, the Chairman of the British Orienteering Federation.

Having been involved with the NWOA machine when Graythwaite was used for the World Cup in 98 & BOC in 99, I am very much looking forward to going back there. I am sure you will be if you know the area. On behalf of all BOF members I want to express thanks in advance to the NWOA and EMOA (a very welcome combination of resources) for staging the JK in 04 for us. Such is the nature of these big events, a great deal of work will already have been done by a small group of people and the numbers involved will be expanding all the time as Easter draws near. Many thanks to you all.

I recall being quite overawed on first getting involved in orienteering committee business. When I joined the NWOA committee as newsletter editor in 1991 (my motivation was to learn how to word process and look where that got me!!) the main topic was a bid to bring the World Championships to the region!! A key part of the plan was the option to map an area never before used for orienteering but its whereabouts was so shrouded in secrecy that it was known only to the bid team of three people. Months later, with the bid still live and the secrecy about the area continuing, someone from a local university came to an NWOA meeting to ask for support in staging the British Universities Champs. They were very pleased because they had found a stunning area with willing owners!! 'Where is it?' we all demanded in eager anticipation. When the answer was 'Graythwaite', panic set in amongst the bid team - the secret was out. In due course, local clubs sorted out a location for the university event that didn't threaten the hopes, the World Champs went to Scotland in 1999 and Graythwaite was a World Cup venue in 1998.

In addition to top quality orienteering terrain, the South Lakes is such a superb area with many attractions and opportunities for enjoying the outdoors. My après-orienteering favourites are the sail along Windermere, Tarn Hows, the sculptures dotted around Grizedale Forest (great area for biking) and the view from the top of Gummer's How. I am very much looking forward to the JK. I hope to see you at the BOF AGM - please remember that BOF is a members' organisation and I urge you to use the opportunity to participate and be informed.

Bob Roach

...and from John Woodall, former BOF Chairman and current Chairman of the East Midlands Orienteering Association.

Welcome to Day 2 of JK 2004 organised by the East Midlands Orienteering Association. We intend to bring our usual efficiency and panache to the day, but not the East Midlands brambles and stump banks.

We are grateful to the North West Orienteering Association for the use of their wonderful terrain; so different from our own. Our intention is to provide you with an excellent day of orienteering when we do the work and you do the running.

Have fun, see you in the woods.

John Woodall

...and from Stephen Richards, Chairman of the North West Orienteering Association.

On behalf of the North Western Orienteering Association, I would like to welcome you all to JK 2004.

The Event Co-ordinator, Sue Denmark, together with the Organisers and Planners, have put in place a superb series of events. The Graythwaite Estate is recognised as one of England's finest Orienteering areas.

I would like to thank the main officials, team leaders and all the willing Club members from both NWOA and EMOA, who have volunteered to make what I hope will be an enjoyable and successful weekend.

Stephen Richards



X SOCKS[®]
 ADVANCED FOOT PROTECTION
 World Sprint Champion Jamie Stevenson wins wearing X-Socks!!!

To find out more information or test these socks contact: Ian Latham
Ardblair Sports Importers Ltd
 Email: ilathamasi@aol.com
 Tel: 07949 207009

Central Organisation

Co-ordinator	Sue Denmark	SROC
Treasurer	Carole Pilling	PFO
Entries Individual	Sue Birkinshaw	MDOC
Entries Relay	Phil Janaway	DEE
Land Access	Mike Ormerod	SROC
Publicity	John Denmark	SROC
Website	Dave Higginson	SROC
Safety Officer	Ted Smith	MDOC
Computing Individual Competition	Ian Watson	MDOC
Computing Relay Competition	Mike Napier	NOC
SI Manager	Dave Mawdsley	MDOC
Equipment Officer	Graham Walkden	LOC
Event Centre Manager	Clare Evans	LOC
Merchandising	Sue Butterfield	LOC
Prizes	Angela Whitworth	BL
IOF Event Advisor	David Rosen	SROC
Commentary	Andy Monro	EBOR
Maps	Martin Bagness	WAROC
Printing	Roger Jackson	WCOC
Sponsorship	Sophie Furness	BOF
Mapping Advisor	Tony Pennick	WCOC

Acknowledgements

Myles Sandys	Graythwaite Estate
Adam and Peter Naylor	Bishop Woods (part of)
Richard Walker	Tenant Farmer Day 1 Car Park
David Walker	Tenant Farmer Relay Day Car Park
David Mallet	Tenant Farmer Day 2 Car Park
Dawn Yoxall	Forest Enterprise
Geoff Wightman	Tenant Farmer Training Day Car Park
Roger Mallet	Cumbria Police
Tony Hill	Lake District National Park Authority
Susan Benson	Ulverston Tourist Information Centre
Angela Knowles	Lake District Peninsulas Tourism Partnership
Karen Hanks	Head Teacher - Ulverston Victoria High School
Alan Parsons	Caretaker - Ulverston Victoria High School
Robert and Lesley Straughton	Rookhow Centre
M and C Dickinson	Trail O Car Park
Daniel Quiggin & Son	String Course
X Socks	Individual Prizes
Cotswold Outdoor	Relay Prizes
Aquarium of the Lakes	Junior Prizes

CompassSport is full of features to keep you up to date on technical, mapping and training developments as well as reports from the major competitions.

We cover all disciplines, as well as providing fixtures lists, product reviews and a letters page.

If you haven't already subscribed, why not give it a try?

Or if you haven't time to read a whole magazine, why not try our email news service?

Phone the order hotline on 01506 632728 or subscribe online at www.compassport.com



We look forward to seeing you at our stand, where we'll have a titivating selection of orienteering and outdoor books.

Good running and good reading!

Sue and John Coon

CompassSport is published by Pages Editorial & Publishing Services, Ballencrieff Cottage, Ballencrieff Toll, Bathgate, West Lothian EH48 4LD.

Tel: 01506 632728 Fax: 01506 632728 e-mail office@compassport.com

www.compassport.com

General Information

Entry Queries

With this Programme you should receive your start times, your parking permits and a split start permit (if appropriate). If there are any errors or problems, contact Sue Birkinshaw as soon as possible, preferably by e-mail to sbirkinshaw@cssystems.net or telephone 0161 980 5068 before 9.30 p.m. or by post to 221 Hale Road, Hale, Altrincham, Cheshire WA15 8DN.

Entry Enquiries

Friday	Event Centre	12.00 - 20.00
Saturday	Assembly	09.00 - 12.30
Sunday	Assembly	09.00 - 12.30

SI-card hire and changes

Collect hired SI-cards from Entry Enquiries. Loss of a hired SI-card will result in a charge of £18. Please check the SI-card number on your Start Time sheet. Inform Entry Enquiries if, for any reason, you will be using a different card at any of the weekend events. An SI-card cannot be used by more than one competitor during the JK weekend.

Late entries, Cancellation or Alteration

Late Entries: Late entries depend on the availability of maps and start-time slots. There may be some entries available at the discretion of the Entries Secretary, possibly up to the date of the event.

Cancellation: Refunds will be at the discretion of the Event Treasurer. Should the event be cancelled, the organisers reserve the right to retain all or part of the entry fee to cover committed costs.

Alteration of Entry or Transfer: Alterations to pre-entries (including transferring your entry to someone else) should be sent to the Entries Secretary. The fee will be £5. N.B. any competitor competing under another name will be disqualified.

For all of the above please contact the Entries Secretary by telephone or email. sbirkinshaw@cssystems.net or telephone 0161 980 5068 before 9.30 p.m.

Relay Entry Queries

Relay enquiries should be directed through your Club Captain.

Relay Registration Opening Times:

Saturday 10 April, 12.00-17.00 (Day 1 event assembly area)

Sunday 11 April, 12.00-17.00 (Day 2 event assembly area)

Team Registration: This will be open only in the assembly areas at the two individual event venues. There will be NO relay registration available at the event centre at Ulverston. UK clubs will have been sent team declaration forms and these completed forms should be brought to relay registration to be exchanged for competitors' numbered bibs and any additional information. The team declaration forms for overseas teams can be collected from relay registration, completed and returned. There is a large

quantity of data to be entered in a very short period of time so clubs' co-operation is sought in returning the forms as early as possible. Change of Declaration forms will be available to enable any subsequent team changes to be notified to the computer team. Any outstanding fees can also be paid at relay registration and a limited number of entries to classes, as available, at a £1 per competitor supplement, can be accepted.

Overseas Competitors: JK 2004 wishes to extend a warm welcome to our overseas visitors and competitors. We hope they enjoy the competitions we have organised and planned, as well as exploring the Lake District, one of England's most beautiful, scenic and varied areas.

Programmes and car park permits will be available for collection from the Event Centre between 12.00 and 20.00.












Embargoed Areas

The southern Lake District is a holiday area and orienteers will have arranged accommodation in the area. There is some of this holiday accommodation within or close to the competition area. Competitors who have taken up such accommodation to be close to the events are reminded that the following areas are embargoed until the competition has closed on each day:

All of the Graythwaite Estate, Grizedale East, Bishop Woods, Dale Park East.

This is essentially an area bounded by Lake Windermere in the east, the minor road between Force Mills and Hawkshead in the west, OS northing 89 in the south and OS northing 96 in the north. Please enter into the spirit of the competition and keep out of the forest if you are in the area.

Safety Statement

-  For your own safety it is strongly recommended that you carry a whistle.
-  You are required to wear full body cover.
-  Goggles may be compulsory depending on weather conditions on the day. Advisory signs will be displayed.
-  First Aid will be provided by St. John Ambulance on all four days.
-  "First Aiders" will be present at the Trail-O.
-  A doctor will be present and on call as required for all four days.
-  Hazardous areas will be marked with yellow/black tape.
-  The mountain rescue team will be standing by.
-  Remember, in the final analysis all competitors compete at their own individual risk.
-  Courses close at 16.30 on the individual days and 15.00 on the relay day. You are responsible for advising download if you retire.
-  Please will lone competitors use a buddy system or leave a set of car keys suitably labelled at Enquiries so that an alert can be raised if they are seriously overdue.

Travel Directions

Travel directions are only provided for competitors approaching from the south. The approach from the south is recommended for all competitors although it is possible to approach from the north. Route signing will be present for the southern approach only and will be signed from the turning off the A590 at Haverthwaite. This junction is at GR 340 843, 5km West of the junction with the A592 at Newby Bridge, and 3km East of the junction with the A5092 at Greenodd. Please take care; the A590 is a fast and busy road.

Each day is approximately the same distance from the Event Centre.

Training Day	22km
Day 1	20km
Day 2	19.5km
Relay Day	23km

The common approach from the Event Centre in Ulverston, along the A590 is 10km. On the competition days the remainder of the routes are along narrow roads. Traffic could be heavy on the major routes in the area. A minimum of 30-45 minutes journey time is envisaged for travel from the Event Centre to each of the venues. Please allow adequate time for your journey. Remember, start times cannot be altered.

Parking

Please park as directed by the marshals. To ensure the smooth flow of the large numbers of vehicles expected there will be no opportunity to "drop off" club tents or passengers. On Days 1 and 2 the car parking is adjacent to assembly and on the Relay Day there will be up to a 1km walk. Parking at the Relays can now accommodate minibuses and campervans.

Parking Permits

If you did not order a parking permit with your entry you may purchase one at the Event Centre or the Training day. Please display your permit in the upper right-hand corner of your windscreen. Those competitors arriving without a permit will be directed to a parking place and a fee of £2.00 for that day's parking will be collected by a marshal. This fee will NOT be collected at the entrance.

Start Lists

Start lists for the Elite Courses on Day 1 will be sent to all Elite competitors. Start lists for all classes will be displayed on the web-site, at the Event Centre, in the Assembly fields and at all starts.

Start Time Allocation

1. There have been many requests for starts close together. The allocation programme aims for close starts for those who enter together, and succeeds at first. But as the courses fill up, later entries may get split more. The 4-hour start period is divided into four 1-hour blocks and clubs are allocated to blocks for Day 1, so everyone from the same club should be starting within an hour. But even this doesn't always work as a 4-minute rule

is applied: so if a club has more than 15 runners on a course they spill over into another block. Sunday start times use the same club blocks but early starters on Day 1 go late on Day 2 and vice versa.

2. Elite start times. These are seeded and decided according to a pre-determined set of rules. Groups who have asked for similar start times when one of the parties is an elite competitor may have a problem. We can attempt to adjust their start times on Day 1 so that the times are reasonably close together but we cannot help with Day 2 at all as the elite starts depend totally on their performance on Day 1.

Those wanting split starts because of young families will get a Split Start permit for the non-elite runner and can probably manage. If there are difficulties we will try to help. Please ask at Enquiries.

In summary: We try our utmost to meet all requests. Elite times cannot be adjusted and we will try to help for Saturday. However we can't on Sunday.

Race Start and Closure Times

On both individual days the starts will be between 10.00 and 14.00. Courses will close at 16.30. On the relay day courses will close at 15.00.

Late Start Procedure

There will be a dedicated start lane for competitors who arrive after their allotted start time. They will be allowed to start at the discretion and on the direction of the Late Start Officer when a vacant start slot becomes available.

Please note that a "punching start" will NOT be available for late starters. "Punching starts" are for Colour Coded Courses and competitors with official permission by means of a permit.

Road Crossings

There are road crossings on each of the individual days. These will be marshalled but no time allowance will be given for any delay caused by traffic on these roads. Failure to obey the marshals may result in disqualification. For further information please refer to the sections for the individual days.

Shadowing of Junior Competitors

Adults may "shadow" junior competitors in certain classes. The junior competitor will be deemed "non-competitive. However, if the adult wishes to remain competitive in their own class, they must have completed their own course before "shadowing".

Junior competitors competing in Colour-coded classes will not be deemed "non-competitive" but the ruling for adult "shadowers" will remain as stated above.

The Maps

All maps have been updated in spring 2004 and are sealed in a polythene bag. Please note that a clean map will not be provided after the event. All classes will use a 1:10000 scale except the elite courses on Day 2 where a scale of 1:15000 will be used.

Control Descriptions

Control Descriptions will be printed on all maps. Text descriptions in English will also be provided on some junior and novice courses. Advance copies of control descriptions will not be provided with this programme booklet or on the internet. Loose control descriptions will be available in the start lanes at -3; this is current common practice at most orienteering events in Europe. Competitors are advised to provide their own holders or pins if they wish to carry these separate control descriptions. Loose control descriptions will not be available on Relay Day.

Punching

Competitors at events using electronic punching are advised to take care when they punch. As the SportIdent (SI) system is being used, the control unit will bleep and the light on the control unit will flash. If the competitor's punch produces either of these signals, the punch will have registered on their SI-card. If you are not absolutely sure that you have heard the bleep or seen the flash, go back and punch again. The responsibility to punch correctly is firmly the competitor's. The relevant parts of the BOF and IOF rules follow:

BOF Rule 6.5.2 states: *"The control card, electronic or otherwise, must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall be disqualified unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault and that the competitor visited the control."*

IOF Rule 20.7 states: *"If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number)."*

If you are unsure, or the unit has failed, you must use the backup pin punch attached to the metal stake to record your visit by punching the map unit. Any problems with punching should be reported at the download station.

Map Collection

There will be no collection of maps on the individual days. Please enter into the spirit of the competition by not discussing your map with other competitors on your course until after the last start.

Complaints and Protests

BOF Rule 9 applies - Complaints can be made only at the Enquiries at the Assembly area and only on the special form provided. The Day Organiser will respond with a decision as soon as practicable. There is no fee for a complaint.

If you wish to protest against that decision, you will need to lodge a fee of £5 at Enquiries and complete a form (under IOF rules a fee is not required from M/W 21E). This will be passed to the Day Controller who will, if necessary, convene the Jury. The fee is returnable if the protest is considered valid. You must lodge your protest before 17.00 hours on the day of the event.

Drinks Stations

Drinks stations will be marked on the map using the cup symbol and are situated close to the road crossings. Water only will be provided.

Water will be provided at the finish for all competitors on the Individual days and Relays.

First Aid Point

St. John Ambulance will be present on all four days.

Emergencies

The nearest hospitals with 24hr A & E Departments are: -

Furness General Hospital, Dalton Lane, Barrow in Furness. Tel. 01229 870870

Royal Lancaster Infirmary, Ashton Road, Lancaster. Tel. 01524 65944

Westmorland General Hospital, Burton Road, Kendal. Tel. 01539 732288 (Minor Injuries Only)

There will be a full list of doctors, dentists and pharmacies in the area available at Enquiries.

Colour Coded Courses

White, Yellow and Orange colour coded courses will be available on an "entry on the day" basis on Days 1 and 2 only.

Registration will be open from 9.00 to 12.30 in the Enquiries marquee. Fees will be:

Senior £5, Junior and students £2.50 per day. If you do not have your own SI-card they may be hired from registration at a fee of £1.00 per day. Loss of hired SI-cards will result in a charge of £18. The maps will be overprinted and available on the start line. Once registered, you will be given a 'punching start' permit to take to the start. As these courses are common to some of the badge classes you will be started at the start officials' direction. All colour-coded courses start from the White start and use the same finish as the JK courses.

"Shadowing" of juniors on colour coded courses is permitted only after your competitive JK run.

Dogs

Dogs will be allowed in the car parks and Assembly fields on a lead only. Please remember that this is "lambing" time in the Lake District.

Traders

The usual traders will be present on the individual days and relay. They are:

- Compass Point and Ultrasport - O gear and more.
- Wilf's and Fat Pigs - Catering. Hot and cold meals and snacks.
- Compass Sport - O Magazine.
- Sports Remedial Massage.
- Commemorative T-shirts and sweatshirts will be on sale. The BOF stand will be present on Day 1 at Middledale.

On Day 1 there will also be a cake stall raising funds for Satterthwaite and Rusland Primary School and Oxen Park Cinema Club, and a barbecue raising funds for St Peters Church in Finsthwaite. These institutions would appreciate your support. We are very aware that bringing an event of this size to an area as quiet and beautiful as the Rusland Valley may cause disruption for local residents and it is JK2004's pleasure to be able to offer fund-raising possibilities for their chosen projects.

On Day 2 and Relay Day there will be a North West Junior Squad barbecue and cake stall raising funds for Squad activities.

Return of JK Trophies

Trophies should be returned, in their boxes, BEFORE 3pm each day, to Enquiries at the Saturday or Sunday Event.

If this is not possible, contact Angela Whitworth, 23 Naworth Drive, Carlisle CA3 0DD. Tel 01228 535420. amw@naworth.fsnet.co.uk, suggesting alternative arrangements.

Individual Prizegiving

The individual prizegiving will be held at the Event Centre on Easter Sunday April 11th at 7pm.

There will be Trophies for most E/A/L Class Winners and some B/S winners and prizes for 1st, 2nd and 3rd places in all Individual classes (E/A/B/L/S/V/N).

There will be certificates awarded to the first 6 places in each of the junior classes. These will not be presented but may be collected at the prizegiving

If you cannot attend the prizegiving, you should send your apologies and a representative to collect your Prize/Trophy/Certificate at UVHS or collect it at the Relay Prizegiving Area on Monday. Prizes (not Trophies) can also be collected at some events in or near the North of England during the summer, on application to amw@naworth.fsnet.co.uk before 1st May.

Relay Prizegiving

1.30pm in the Assembly Area.

Prizes for members of the first three Teams in each Class. If you cannot attend the prizegiving, prizes (not Trophies) can be collected at some events in or near the North of England during the summer, on application to amw@naworth.fsnet.co.uk before 1st May.

Drug Testing

Elite competitors should be aware that this event is held in accordance with the BOF Rules of Competition, 2003. **Under these Rules entrants on Elite courses must make themselves available for drug testing if selected.** It is the responsibility of competitors to ensure that no prohibited substance enters their body tissues or fluids. They are warned that they are responsible for all and any substance(s) detected in samples given by them. Any participant using a prohibited substance or method commits a doping offence unless they have previously declared themselves to be non-competitive or obtained exemption from BOF. Information on prohibited substances or methods is available from BOF office (01629 734042).

String Course

A free string course will be available adjacent to the Assembly areas on Days 1 and 2. This will be open from 10.30 until 14.30.

Support for the string course has been kindly provided by Quiggins Kendal Mint Cake.

JK Trophy Winners 2003

Female Winners

W10A	Delyth Darlington	ERYRI
W10B	Florence Haines	AIRE
W12A	Catherine Bushnell	WCH
W14A	Catherine Taylor	CLOK
W16A	Jessica Halliday	OD
W18A	Mhairi Mackenzie	WCOC
W20E	Heather Gardner	EUOC
W21E	Heather Monro	SLOW
W21L	Katerina Heczakova	CROC
W35L	Jane Ackland	INT
W40L	Jane Morgan	SOC
W40S	Jo Kissling	JTB
W45L	Jackie Hallett	BOK
W45S	Deb Turnbull	HOC
W50L	Monika Bonafini	SLOW
W55L	Hilary Palmer	NOC
W60L	Ann Walder	INVOC
W65L	Celia Wells	EBOR
W70L	Anne Donnell	BOK
W75L	Pella Rye	WSX

Other Trophies

Best Female Performance	Anne Donnell	BOK
Best Male Performance	Ron Ley	SARUM
Event Organiser	Katy Stubbs	BKO

Male Winners

M10A	Peter Bray	SN
M12A	George Stevens	AIRE
M14A	Calum Coombs	MAROC
M16A	Duncan Coombs	MAROC
M18A	Scott Fraser	INT
M20E	Graham Gristwood	MV
M21E	Jonathan Duncan	GRAMP
M21L	Martin Stepanek	CROC
M35L	Martin Ward	SPOOK
M40L	Tim Tett	SYO
M45L	Colin Dickinson	BAOC
M50L	Alan Leakey	SLOW
M55L	Mike Murray	SLOW
M60L	Ivor Noot	EPOC
M65L	Colin Spears	HOC
M70L	Robert Strophair	WCH
M75L	Denis Hamment	BOK

Relay Winners

JK Trophy	WAROC
Women's Open	EBOR
Men's Short	CROC
Women's Short	DEE
Men's Total Age 120+	TVOC
Women's Total Age 120+	HH
Men's Total Age 165+	HOC
Women's Total Age 165+	DVO
Men's Total Age 48-	DEE
Women's Total Age 48-	AIRE
MIW Total 40-	WCH
Mini Relay MIW12	OD
Mixed Ad Hoc	BAOC



Aquarium of the Lakes

Set on the shore of Lake Windermere at Lakeside, the award-winning Aquarium of the Lakes is the UK's largest collection of freshwater fish.

*A journey of
discovery from the
mountains
to the sea.*



Over 30 naturally-themed habitats are home to everything from pike and mischievous otters to sharks and rays. Stroll along the re-created lakebed surrounded by carp and diving ducks in the giant walkthrough Windermere display.

Fun interactive features, dramatic audio visual displays and plasma screens offer an even greater insight into the aquatic world of the Lake District. The Aquarium's team of dedicated aquatic experts are on hand to answer all your questions, and help younger visitors enjoy our Lakeland Explorer Trail.

Open daily from 9am. Call 015395 30153
www.aquariumofthelakes.co.uk

Special Offer... One Child Free.

On presentation of this voucher one child will be admitted free of charge when accompanied by one full paying adult. Not to be used in conjunction with any other offer.

Valid for a maximum of 2 adults and 2 children until 30/04/2004

THE UK'S LEADING FRESHWATER AQUARIUM

B0F0404

The Elite Competition



The members of the two orienteering associations, North West and East Midlands, the Graythwaite Estate, the British Orienteering Federation and the members of the JK2004 organisation wish to welcome the Elite competitors to our festival of competitions.

JK2004 has been working hard for the last four years to provide the highest quality of event for all competitors with special efforts for the elite competitions. JK2004 is a World Ranking, UK Cup and Future Champions Cup event.

Watching the Action

Spectators should get a good view of the run-in on both individual days and be able to hear the commentary provided by Andy Monro. Unfortunately the topography of the area is not good for radio communications and mobile telephone signals are patchy, if non-existent. This has denied us getting information on the runners from the forest so a spectator control has been placed in full view of the arena on Day 2. This control is about 1km from the end of the elite courses and information will be fed to the commentary position from the control as the competitors punch.

The races for the Elite competitors on Day 1 are Middle Distance format (previously known as a Short Race). For them it is short; for most of us it would be long enough!

The results of these races will decide the starting order for the Classic length races on Day 2 at Graythwaite Hall. The fastest runner on Day 1 will start last on Day 2. This is not quite "a chasing start", the start intervals will still be 3 minutes. The aim of this is to produce an exciting finale to the Elite individual races. Also the times of the last starts on each Elite course are being arranged to provide the other competitors, spectators and visitors with an exciting finale lasting for about an hour in the middle of the afternoon. The climax will be between 2.30pm and 3.30pm when the leaders and winners of the Elite classes should be passing the spectator control and entering the arena.

The expected race finish times and last start times are detailed below.

Race numbers are being worn by the Elite runners in the four classes, blue by the men and red by the women.

Blue 1-100 for M21E Blue 101-199 for M20E

Red 1-100 for W21E Red 101-199 for W20E

The fastest runner on Day 1 will start last on Day 2 and will wear number 1 in the 21E classes and 101 in the 20E classes This should help spectators identify the runners as they pass through the control visible from the arena.

The two winners of the senior classes at JK2003 were Jon Duncan and Heather Monro.

Jon is a member of the Senior Performance GBR Squad along with Dan Marston and Jamie Stevenson. The three gained a Bronze medal in the relays at WOC in 2003 and Jamie is currently World Sprint O Champion and ranked 5th in the world. Heather, with a world ranking of 13th, is another member of the Senior Performance squad with Sarah Rollins and Hannah Wooton.

Watch out for them as they emerge from the forest towards the end of their runs! Hopefully they will all be here in a full field with an international flavour.

Elite Start Times on Day 2

Start times will be allocated for Day 2 to produce a "finish window" of about an hour for the four Elite races.

W20E last start at 13.30 leaders finish around 14.30

M20E last start at 13.30 leaders finish around 14.45

W21E last start at 14.00 leaders finish around 15.00

M21E last start at 14.00 leaders finish around 15.30

Race Numbers

Race numbers are being worn by Elite competitors on Day 2 ONLY. The wearing of race numbers is compulsory. Elite competitors may collect their numbers at their start on Day 2, the Green Start. Therefore, please allow enough time to collect your number and attach it. Remember - start times cannot be altered.

The race numbers will reflect the finish positions on Day 1.

and some thoughts by three of our elite runners

Mhairi Mackenzie WCOC/EUOC W20E

1) *Are you excited about racing on Graythwaite again? If so, why?*

I have never orienteered on Graythwaite before but I have seen the map and it looks great. I love racing in typical lakes forests so the JK should be cool.

2) *Who are your main individual rivals or club (relays) at the JK?*

I'll be watching out for Fiona, Alison and Liz and if any of the 18s run up it could be a good race.

3) *What are your main goals for this season 2004?*

I am aiming to really improve my orienteering. I have no specific aims for competitions but obviously I want to do as well as I can in everything.

4) *What do you consider your best result ever?*

15th place in the JWOC short race last year, and my run on the last day of O Ringen 2003.

5) *Is this good preparation for the World Cup 2005 in England?*

It is probably not the most relevant competition but all the races you compete in help you do better in the next one.



Jamie Stevenson

Nick Barrable FVO M21E

1) *Are you excited about racing on Graythwaite again? If so, why?*

Nice technical Lake District terrain and it will definitely be sunny!?!

2) *Who are your main individual rivals or club (relays) at the JK?*

Lots of people could run well either day. I hope FVO can beat SYO and INT in the relays!!!

3) *What are your main goals for this season 2004?*

European and World champs success.

4) *What do you consider your best result ever?*

21st place in WOC 2003 sprint distance.

5) *Is this good preparation for the world cup 2005 in England?*

Best preparation for these races is in the south, like National Event 1.

Helen Winskill

1) *Are you excited about racing on Graythwaite again? If so, why?*

Yes! Graythwaite is a fantastic area, great for testing all your skills.

2) *Who are your main individual rivals or club (relays) at the JK?*

There are a lot of good girls in the elite group at the moment which is wonderful for competition. Obviously Heather Monro would be the one to beat but I'll be concentrating on my own race.

As for the relays, SYO 2nd team are our main rivals. Only kidding! Edinburgh and Sheffield uni's both have good womens teams but I think SYO's new recruits should be putting up a formidable performance.

3) *What are your main goals for this season 2004?*

My main aim this year is a top 20 at WOC in Sweden. I'm gearing my year around this competition in September.

4) *What do you consider your best result ever?*

World Cup 1998, Slovakia: 17th in middle race, World Cup 2000, Australia: 22nd in middle race



Heather Monro

5) *Is this good preparation for the World Cup 2005 in England?*

The terrain is very different but there are definitely positive things to take away for the 2005 races. Any racing in front of 'home crowds' is good experience. It's easy to become complacent about racing in GB so competing against the best of British talent is good.

Orienteering in the Lake District 4th to 17th April

For those competitors at the JK who are extending their holiday, why not have some fun, exercise, training and competition at one, several or all of the events on in the Lake District in the week before and the week after the JK. If you wish to really have an "orienteering holiday" there are ten events in the two weeks of the Easter holiday.

There should be something to suit all tastes, ages and abilities, from a "normal" District (formerly colour-coded) event, through informal navigational fell runs, technical south lakes woodland informal events and the "eyeballs out" mass start Blodslitet.

Sunday 4th April

Lakeland Orienteering Club (LOC) - District Event and Cumbria Galoppen at Great Tower, Bowness-on-Windermere.

Ulverston Victoria High School, the venue for the JK Event Centre, is raising funds at this event for their trip to the World Schools Championships. Great Tower is a superb area of mature broadleaf woodland with complex contour detail. Ideal for honing up those skills needed for the JK. You can choose the course most suitable for you.

The Car park is at GR 395 915

Start times 10.30 - 12.30

Entry fees are £4.50 seniors, £2.50 juniors

SI punching and pre-marked maps

Organiser: Clare Evans 01229 463034

Usual courses Yellow to Brown

LOC website www.lakeland-orienteeing.org.uk



Wednesday 7th April

Warrior Orienteering Club (WAROC) - Springtime in the Lakes 2.

This event is one of a series of short(ish), informal, technical events in fine terrain. 3-4.5 km woodland courses with pre-marked maps and SI punching. Starts between 5.30 and 6.00 pm. For further details visit the Warrior website www.waroc.org.uk



Thursday, April 8th 2004

West Cumberland Orienteering Club (WCOC) - The "Melbreak Hellraiser" This is one of a series of Thursday night informal

navigational fell challenges. Lots of climb on, usually, two courses. These take you to the tops of the fells in scenic Lakeland terrain where you can enjoy the views on a fine evening. There is usually a mass start. Parking is very limited at these events so try to share transport wherever possible. Shorts are usually allowed. An average time for these events will be around 60 minutes but they are not really suitable for younger juniors as the shorter course is usually about 4.5km with prodigious amounts of climb (and descent!). For further details visit the WCOC website www.seaville.freeserve.co.uk/wcoc.htm



Wednesday 14th April

Warrior Orienteering Club (WAROC) - Springtime in the Lakes 3.

Another in the series of short(ish), technical events in fine terrain. 3-4.5

km woodland courses with pre-marked maps and SI punching. Starts between 5.30 and 6.00 pm. For further details visit the Warrior website www.waroc.org.uk



Thursday, April 15th 2004

West Cumberland Orienteering Club (WCOC) - The Coledale Lottery Another in the series of Thursday night informal navigational fell challenges. Lots of climb

on, usually, two courses. These take you to the tops of the fells in scenic Lakeland terrain where you can enjoy the views on a

fine evening. There is usually a mass start. Parking is very limited at these events so try to share transport wherever possible. Shorts are usually allowed. An average time for these events will be around 60 minutes but they are not really suitable for younger juniors as the shorter course is usually about 4.5km with prodigious amounts of climb (and descent!).

This event has a slightly different format to the previous one. There are interval starts and the control points can be visited in any order; more of a score event.

For further details visit the WCOC website www.seaville.freemove.co.uk/wcoc.htm



Saturday 17th April

South Ribble Orienteering Club (SROC) - British Blodslitet 2004 With support from SPORTident UK -

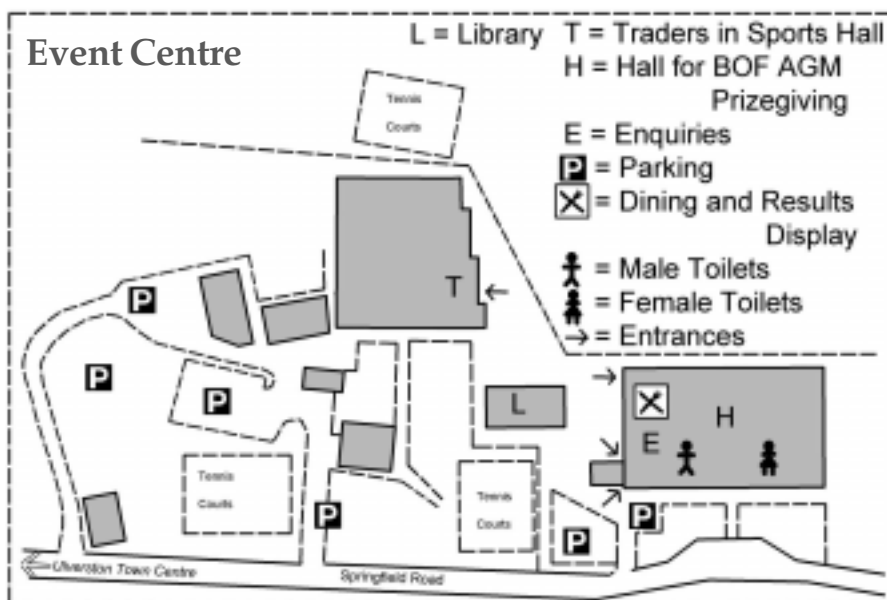
www.sportident.co.uk and the Sweat Shop.

This is a mass start long distance race that will challenge an individual's endurance and mental agility to the extreme over some of the Lake District's finest orienteering terrain. Since the early 1970's the Blodslitet race has been staged annually, each autumn, by the Norwegian club Fredrikstad Skiklubb. During this period it has been raised to an almost cult event attracting competitors from all over Scandinavia and elsewhere. The nearest literal translation to 'Blodslitet' is 'Blood Race'. This gives an idea of the thinking behind the event in the early 70's but thankfully it has been toned down a little to accommodate some of us lesser mortals!

Venue: Scout Scar, Near Kendal. Used for Junior Inter Regional Championships together with extensions new to orienteering.

Parking: Parking is within 2 miles of Kendal town centre and will be signposted from the one-way system. For more information and entry details visit the SROC website www.sroc.org and follow the link.





General Information

Ulverston Victoria High School has kindly offered its premises for use as our Event Centre for the duration of the competition.

Travel Directions

Ordnance Survey Sheet 97 Grid Reference 286 775

Exit the M6 at Junction 36 and follow the signs to Barrow (A590). Continue along the A590 until reaching Ulverston.

On entering Ulverston take the second exit at the roundabout at Booths Supermarket (this still the A590). At the next roundabout take the second exit (A590). Continue straight on at the first traffic lights and turn left at the second set of traffic lights. Continue past a Mercedes Garage situated on the right-hand side, crossing the railway line near the station and the parking will be signed after a further 200m. Please park as directed.

Opening Times

Friday:	12.00 to 20.00
Saturday	16.30 to 20.00
Sunday	16.30 to 20.00

Traders

Traders will be situated under cover in the Sports Hall. The exhibitors will be:

- Compass Point - O gear
- Ultrasport - O Gear
- Compass Sport - O Magazine
- British Orienteering Federation
- Ulverston Tourist Information Centre
- Scottish 6 Days - O Event 2005
- JK T-shirt sales
- Trail O

Toilets

Are situated in the main building (see schematic map).

Enquiries

Enquiries will be situated in the main building (E). Programmes and Car Park Permits will be on sale here.

Entry Enquiries

Entry enquiries will be situated in the main building (E).

SI Issue (hire)

SI-card issue and hire will be situated in the main building (E).

BOF AGM

This will take place in the Main Hall (H) on Saturday 10th April 2004, starting at 17.15, after the EOC AGM. All BOF members are invited to attend.

NB: BOF members only - so bring your membership card for fast track entry!
English Orienteering Council (EOC) AGM
This will take place at 16.30 in the same building as the main hall and dining area.

Catering

Wilf's will be providing a wide ranging menu on the FRIDAY ONLY in the main Dining Room.

Results Display

Results will be displayed in the main dining area as soon as is practicably possible. Hopefully this will be around 17.30 hours

Results Splits

Results Split Times may be ordered and paid for in advance in Assembly each day from Enquiries. These will be available for collection from 18.00 hours at the Event Centre.

Entertainment

The film "Touching the Void", the epic adventure of Joe Simpson and Simon Yates in the Andes, will be shown in the Main Hall after the BOF AGM. Please see the advertisement for more details.

Event Centre Manager

Clare Evans LOC

JK Entertainment - Support the Local Oxen Park Cinema Club

Thought you had missed it? Come and see this thrilling, nail biting drama documentary about Joe Simpson and Simon Yates

Touching the Void (15)

Saturday 10th April
7.30pm (after the AGM)
in
UVHS/Event Centre Main Hall

£4 (£3 OPCC members) £2 under 16

The reserve film is Whale Rider

Proceeds are in aid of Oxen Park Cinema Club, a new film society which shows films to the rural communities around the Rusland Valley. Planning permission has been given to convert an old barn in Oxen Park into a community cinema and DVD projection facility

Look out for the cake stall run by Satterthwaite and Rusland Primary School with Oxen Park Cinema Club
Support the local community

Provisional Course Details

These details are subject to final controlling.

Cse	Start	Classes	Day 1						Day 2		
			Length,	Climb	and No. of Controls			Length,	Climb	No. of Controls	
1	Green	M21E	5.7	320	17	12.7	710	29			
2	Green	M20E	5.7	320	17	11.1	550	23			
3	Green		4.1	195	11	9.4	470	20			
4	Green		4.1	195	11	7.5	450	20			
5	Red	M21L	9.4	435	25	10.8	560	24			
6	Red	M35L	9.0	435	24	10	510	21			
7	Red	M40L	8.3	390	24	8.9	480	20			
8	Red		7.3	355	20	7.8	400	18			
9	Red	M45L	7.3	330	17	7.6	400	20			
10	Red	M20L M50L	6.9	325	19	6.8	390	17			
11	Red	M18L	6.6	285	20	6.8	385	17			
12	Blue	M55L	5.9	325	14	5.7	310	19			
13	Blue	M60L	5.7	330	15	5.4	280	16			
14	Blue		5.4	300	14	5.2	240	13			
15	Blue	M16A	5.1	245	12	4.5	230	15			
16	Blue		4.8	260	14	4.4	215	13			
17	Blue	M65L	4.8	220	14	4.4	200	13			
18	Blue	M70L	4.1	205	13	3.9	175	11			
19	Blue		3.4	130	13	3.8	165	11			
20	Blue	M75L	3.3	140	10	3.4	175	11			
21	Blue		2.8	125	10	3.1	155	11			
22	Blue	M80	2.7	145	8	2.7	115	11			
23	Blue		2.2	80	9	2.2	115	10			
24	Green		3.8	140	19	4.7	205	15			
25	Green		3.4	115	17	3.9	150	13			
26	White	M14A	3.5	170	9	2.9	110	10			
27	White		3.2	150	9	2.6	110	11			
28	White	M12A	2.5	90	12	2.3	70	11			
29	White	M10A	2.3	80	11	1.8	55	10			
30	White		2.0	50	14	1.4	25	9			

Trail O ROOKHOW CENTRE

Event Rules

The Trail-O events are being organised in line with the IOF General Rules for Trail Orienteering. Copies of these will be available for viewing at registration and can be found on the IOF web site at: www.orienteering.org/publications/trailrul.htm - further information on Trail-O can be found at <http://www.trailo.org/>.

How to Reach the Trail Orienteering venue

You are asked to approach the Trail-O from the south via Haverthwaite cross-roads on the A590. After leaving the A590 the route is on narrow country roads with stone walls. Please allow plenty of time for your journey and drive carefully. From there head North, following the JK road signs until you reach Rusland Hall at Grid Reference SD 340 888. Here the Trail-O route turns left away from the Day 1 and Relay access route. It is marked by Orienteering/Trail-O signs all the way to the road junction at SD 332 895. Then please follow signs and marshals' instructions as you enter the parking area.

Parking

Car parking will be in the field immediately South of Rookhow at Grid Reference SD 332 894. Trail-O Car Park permits will cost £2 (valid for both days). You do not need to pay this if you have a JK2004 Foot-O Car Park Permit. Disabled persons with very limited mobility may request a SPECIAL CAR PARK PERMIT allowing them to park (or be dropped off) up at the assembly area - saving a walk of some 200 metres or so.

Map

The map has been specially surveyed and drawn for this event at a scale of 1:2,500 with a 5 metre contour interval. A Trail-O map differs from a Foot-O map in several respects. The vegetation is depicted in relation to its effect on visibility, not runnability. White areas are woods without any effect on visibility, green (40%) shows woodland with reduced visibility and dark green (100%) is woodland with restricted visibility. Vertical green stripes show where undergrowth interferes with the definition of the landforms.

Terrain

The events will take place at Rookhow in the Rusland valley by kind permission of the Quakers, The Rookhow Wardens and M and C Dickinson of Bark House Bank Farm. The terrain to be used is a hilly wood with varied vegetation, crags, rocks, paths and some man-made features. The area is crossed by a power line which is too far from the trail to affect your compass. The decision points are alongside an easy-access graded path into the wood. For all Elite Trail-O Competitors, access to this private woodland is forbidden until the JK2004 competition.

Decision Points

The decision point for each control will be indicated by a numbered stake. From some of the decision points it may be possible to see markers for other controls. If necessary, it will be made clear which control cluster they belong to by tapes separating the control clusters. Some side paths will be out of bounds to participants. This will be indicated by tapes laid across the path.

Trail-O Courses

On both the Saturday and the Sunday (Elite Course Day and Come-and-Try-it-Day) there is one course of 385 metres with 10 metres of climb (plus a return walk back down to the Assembly Area of another 385 metres). It is expected to use about 14 controls of which 2 will be timed. The Saturday and Sunday courses will not be the same.

Classes of Trail-O Competition

Saturday 10th April - ELITE level course only

There will be three different competitions using this one course.

1. Paralympic Class
2. Open Class
3. Come-and-Try-It Class: Entry to Come-and-Try-It Classes is open to all.

Entrants for Classes 1 & 2 must be members of BOF or of a National Orienteering Association from another IOF member country. Class 1 is for those who are unable to compete in Foot Orienteering on an equal basis because of disability (this does not exclude their participation in the Foot-O competition). Entrants into Class 1 will automatically be included in Class 2 and be eligible for prizes in both Classes. The performance of BOF members may rate for international selection purposes.

Sunday 11th April - INTRODUCTORY level course only

Come-and-Try-It Class: Entry to Come-and-Try-It Classes is open to all.

We hope that experienced Open and Paralympic competitors will stay on for Sunday to mutually coach each other or to advise newcomers.

"Come-and-Try-It" entrants will not be eligible for the prizes on the Saturday, but

will receive certificates on the Sunday. Event prizes will be awarded for 1st, 2nd and 3rd places on the Saturday. Junior Prizes will also be awarded if we have enough entries.

Saturday Event Organisation

Trail-O Start Times each day will be between 14.30 and 17.30 hrs. Courses will close at 18.30. A maximum of two hours is allowed for the Elite Course on Saturday (excluding "timed controls"). Note that any competitors starting after 16.30 on Saturday will have less than the maximum time allowed.

Competitors will make their way to the start from the car park in the field immediately South of Rookhow. They will walk 200 metres North up the public road and inclined access drive to the assembly area where a sample control site will be set up. The first timed control will be near Assembly.

At the Assembly area participants will be lent a pin-punch to carry round and use out on the course. Competitors may bring their own punch if they wish. You are strongly advised to bring a compass. When they are due to start, competitors will be called forward singly to the first timed decision point. Following completion of that exercise they will be issued with their map and have the start time recorded on their control card. Each multiple-choice control marked correctly onto the card will score one point.

Competitors have 2 hours to complete the course. One point will be deducted from their score for each 5 minutes - or part thereof - over the time limit.

At the timed controls competitors will be seated and asked to confirm that they can see all of the flags. A covered board will be placed before them, containing a small orientated piece of map with one circle, a control description (using IOF symbols) above the map and a clear North arrow.

Nearby a 'Pointing Board' will be held containing the letters A-B-C-D-E. As the map cover is removed the stopwatches will be started, then stopped again when one of the response letters is touched, to give your answer. You are asked not to answer verbally as other competitors may hear your call.

Before the final timed control, competitors will have their time of arrival at the Finish recorded on their card. They will wait in a designated area to be called forward to this control. All maps and control cards will then be collected, for later return at the assembly area, after the start has been closed.

After doing the second timed control, participants will walk back along the easy-access path - past any competitors still taking part - back to the assembly area. They must avoid discussing anything about the course with anyone still taking part, or waiting to start. They are asked to register their return to Assembly with an event official for safety reasons.

On arrival back at the Assembly area, participants will find water available to drink and a first aid point. It is also hoped to have Tea, Coffee, Squash and cakes available for a small charge.

Sunday Event Organisation

On Sunday at the Come-and-Try-it event the organisation will be less formal. Just come along and the format of the event will be explained.

Entry Fees

£9.00 payable by the pre-entry closing date for Senior competitors on the Saturday (Paralympic or Open classes)

£5.00 payable by the pre-entry closing date for Junior competitors on the Saturday (Paralympic or Open classes)

£3.50 payable on the day at Registration

for non-competitive "Come and Try It" participants - £2.50 if aged 20 or under (Saturday or Sunday)

Trail Orienteering Results

It is intended to make the Trail-O results available free of charge via the JK2004 website.

Event Officials

Organiser and Mapper:
Alan Goodall MEROC
Planner:
Beryl Blackhall SELOC
Controller:
Dave Gittus WREKIN

Training Day SIMPSON GROUND Friday April 9th

Venue

Simpson Ground, near High Newton, South Cumbria. Ordnance Survey Sheet 97 Grid Reference 400 853.

Travel Directions

Signed from A590 at High Newton (SD402825) -- then approximately 3km on narrow country roads

To High Newton from Ulverston - head East on the A590 for 14.5km.

To High Newton from M6 Junction 36 - head West on the A590 for 22.5km.

Directions and Parking

If staying locally you are welcome to walk or cycle to the assembly area by any legal route you choose. The forest is generally accessible to the public.

For vehicles however the first mile or so from High Newton is on narrow unclassified roads. Please keep speed down - for normal reasons and see also below.

The last kilometre is on a very narrow single lane tarmac track with no passing places. For normal events at Simpson ground we use a 'no arrivals after 12.00/ no departures before 12.00' and it has worked well in the past. However, this is not a normal event - our courses are open from 11.00 to 16.00. For this stretch then we will set up a "traffic light type" controlled one way system. This may mean a short wait inbound with traffic queued up along the unclassified road. Similarly there will be queuing outbound, hopefully on the tarmac lane.

Please be patient and courteous to other users, farmers, horses, cows and sheep.

Any gates needing to be kept closed along the route will be marshalled.

Please display your Parking permit - otherwise there will be a charge of £2. If you haven't already purchased your

Parking permit for the four days you may purchase one here at the Training Event. All Parking will be as directed by the officials. Generally cars will enter a gently sloping field through a gate off the tarmac at the top and will be directed to park facing downwards. Minibuses and campervans will be parked on direction of the marshals. We cannot accommodate coaches.

All to exit the car park, generally downhill through the gate then bear right to regain the tarmac road facing uphill. If "traffic lights" are in operation vehicles will pull up on this road just short of the entrance gate and await the 'green light'.

Assembly

The Assembly area will be adjacent to the parking field. Toilets will be available. It is understood that all the traders will be at the Event Centre.

First Aid will be provided by the St. John Ambulance.

Map

The map is based on previous Chapel House and Simpson Ground maps. It has been resurveyed in early 2004 by Martin Bagness. Scale 1:10,000, 5m Contour interval.

Terrain

Simpson Ground will be familiar to many orienteers. In order to keep the terrain relevant however, only the forest will be used. What used to be the notorious Chapel House is now one of Lakeland's most runnable forests, and will accurately reflect the nature of the Graythwaite terrain. Expect much intricate contour detail, many helpful marshes, and a small network of paths and tracks.

There are many extraction lanes and rides in the forest, some wide and very

obvious; they are not all on the map. Take care; there are many spiky trees and branches. There are also lots of brashings that are very slippery when wet.

Registration

You will be given an entry form when parking. Please complete it and bring it to Registration with the entry fee and your SI-card. Please use your own SI-card or the one you have hired for the weekend. If you do not have an SI-card you can hire one of ours but **MUST** return it on the day. SI-cards hired at the Training Event **MUST NOT BE USED FOR THE INDIVIDUAL DAYS OR RELAY DAY**. Travelling partners are responsible for alerting us about overdue competitors. If you have travelled alone please add details of your anticipated finishing time on your entry form. Fees are £4.00 Adults and £2.00 Juniors. Starts are available between 11.00 and 16.00. Courses close at 17.00.

Start and Finish

There is one start approximately 1.2km from Assembly - allow 15mins. Clothing can be left at a dump about 1.0km from Assembly, which is within 200m of the Finish.

The Start will be set out to replicate, as far as possible, the start layout that you will encounter on the individual days. There are differences:

This event has a punching start while the Individual days have a timed start.

You will already have your map complete with control descriptions.

Starts will be on a 'turn up and go' basis, allowing for a reasonable time interval between competitors.

The Finish is as standard with the clock stopping when you punch.

Please remember to download at the caravan, even if you have retired - this is the backstop safety check. You will receive an individual printout of your

times but we will not be compiling formal results.

Courses

This is a training event. We have put it on to allow you to get used to the type of terrain and the start and finish arrangements that you will encounter later in the weekend. It will also give you a chance to stretch your legs after your journey to JK2004.

The Planner has prepared a variety of good quality courses varying from 2km and 6km which will cover the full range of technical and physical standards. If you wish to design your own course you can have a map with just all the controls on. We are printing maps 'on demand'.

Choose which one you want and you can take your map with you from Registration to the Start - look at it or not - it is up to you.

SI electronic punching will be used. There will be no String Course.

There are areas shown as out of bounds - environmentally sensitive areas and "man-eating" marshes. Courses have been planned to avoid these, but competitors working out their own training must also avoid these areas. Similarly the crest of the dam is out of bounds.

Safety

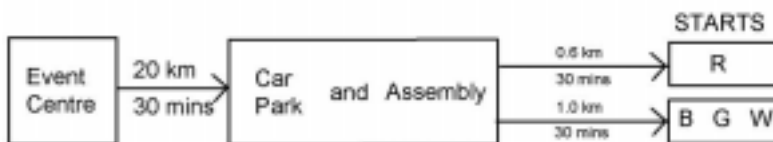
The area is generally forested and is not particularly exposed. Dress appropriately. Whistles are always advisable - gagoules may be compulsory.

Remember - travelling partners are responsible for alerting us to overdue competitors. If you have come alone please add details of expected finishing time on your form.

Officials

Planner: Andy Warner WCOG
 Controller: Derek Allison WAROC
 Organiser: David Downes WCOG

Day 1 MIDDLEDALE Saturday April 10th



Travel Directions

In order to ease congestion due to the narrow Lakeland roads and the expected heavy Easter Saturday traffic competitors are requested to follow the travel directions below. Competitors travelling from the north are requested not to travel south on the minor roads from Hawkshead/Near Sawrey, but to use the A592 and A590 to Haverthwaite and follow the directions given below.

Travelling from the Event Centre and the South West take the A590 to Haverthwaite, turn left at the junction with the B5278, signed to Bouth, and then follow the directions below.

Travelling from the North, West or South East; take the A592 or A590 to Newby Bridge and then the A590 to Haverthwaite. Turn right at the junction with the B5278, signed to Bouth, and then follow the directions below.

After about 0.5km turn right at a T junction. After another 1.25k, at Ealinghearth, take the left fork and continue northwards for 4k to Rusland Cross. Ignore the Trail O signs and continue northwards, keeping left at Crosslands, straight on at the crossroads at Thwaite Head and turn right at the next junction, then continue on to the car park entrance, a further 4.5k from Rusland Cross.

Please do not turn off the A590 at Newby Bridge in order to "short cut the instructions" above, as this will cause problems on a very narrow bridge.

Parking

Parking and Assembly are at OS Sheet 97 Grid Reference 353 927.

The parking is in a level field used previously for the Lakes 5 Days. Please arrive before 12.30. You should not leave before 1.30pm.

Please park tightly as directed, as space is limited.

As the Assembly Field is adjacent to the car park, there will be no priority parking for split starts etc.

Please note: the car park will not be accessible by coaches, caravans and trailers. You are advised not to attempt to bring vehicles of this type. There is nowhere to park them in the valley within reach of the assembly field.

Campervans are acceptable at this venue.

Assembly Area

The assembly area is at the northern end of the car park, where good views of the finish arena and run in can be had across the road. A specially designated viewing area will be indicated.

Enquiries, Entry Enquiries, SI Card hire and distribution, Registration for Colour Coded Courses and Relays will be found in a Marquee adjacent to the finish area. All information about the event and the area will be available here. Any competitor travelling alone will be able to leave car keys (suitably labelled). Lost property will also be held here. Start Lists, Traders, Toilets and a first aid post staffed by St John Ambulance personnel will also be in Assembly Area.

In addition the BOF stand will be present. Spectators will be able to view the Finish run in. Club tents will also be nearby.

Terrain

The area contains the finest Lake District forest terrain with mixed plantation and deciduous woodland; hilly in parts. Plenty of contour detail and rock features. Linear features include forest roads, tracks, extraction lanes and ruined stone walls.

Map

Scales 1:10,000 for all classes. Updated in 2004 by Martin Bagness WAROC.

IOF symbols are used. In addition the following non-IOF symbols have been added to represent significant features particular to the area:

Black crosses X = shooting hides.

Black circles O = platforms (man-made circular level areas about 5m in diameter).

Clear Stations

These will be situated at the starts. Please remember to clear your SI-card before entering the start lanes.

Starts

There are two starts:

The Red Start is 0.6km in distance and 100m ascent which is steep and rough. Allow 30 minutes from Assembly.

The Green, Blue and White Starts are all together; 1km in distance and 35 m ascent along an easy track. Allow 30 minutes from Assembly.

Road Crossings

There are two road crossings. These are on minor roads with light traffic usage. Please obey the marshals at these crossings. Failure to do so may result in disqualification.

Drinks Stations

Water only will be sited immediately before the road crossings.

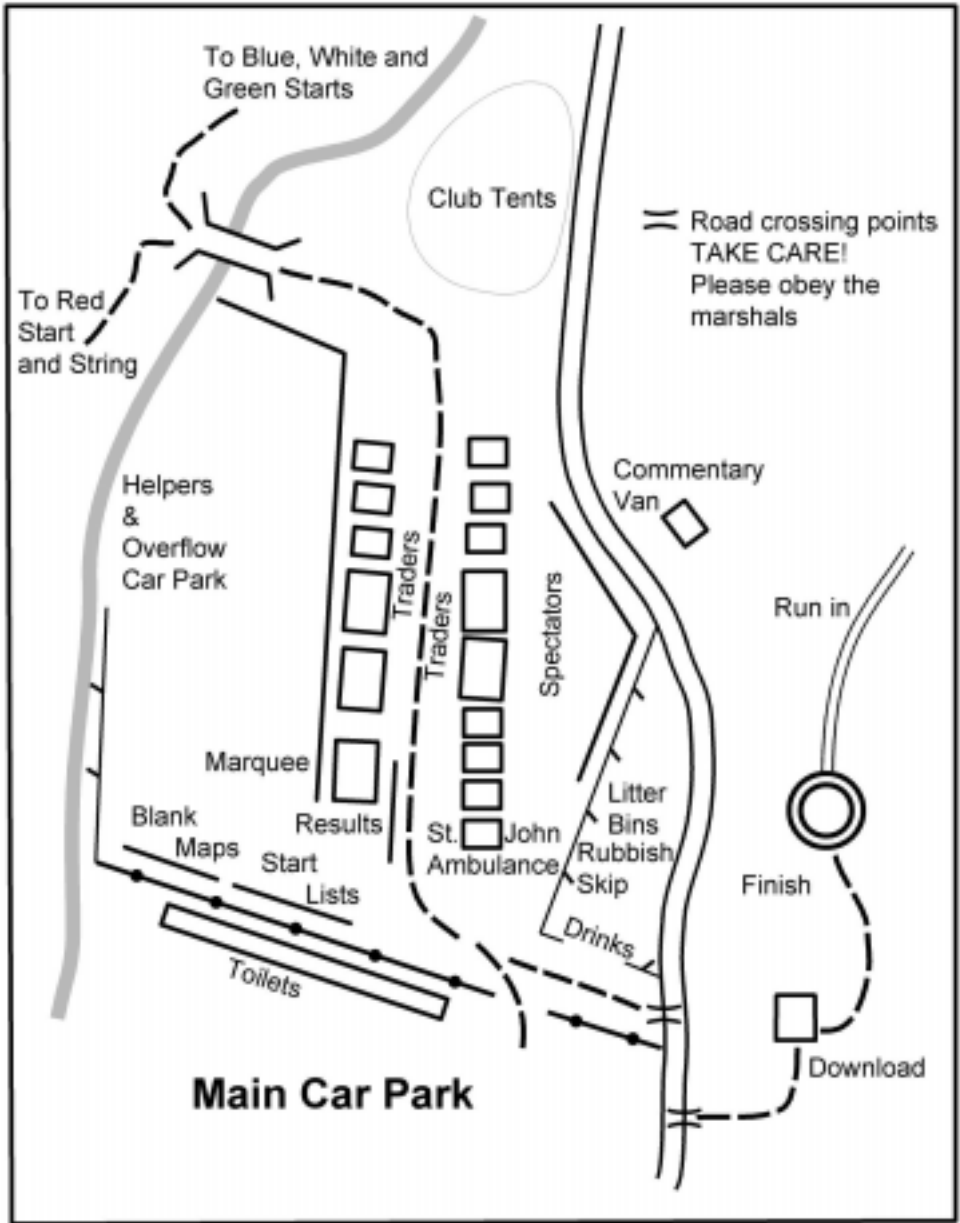
Out of Bounds

The only Out of Bounds areas are two large pheasant pens and a small area of woodland near the southern end of the map, you can't easily get in any of these, and for clarity the pheasant pens will not be hatched.

Planner's Notes

The Day 1 area can be divided into three distinct areas: Middle Dale Park, Esthwaite Intake and Graythwaite Estate. Only the courses from the Red Start will visit Middle Dale Park and Esthwaite Intake. The courses from the Red start will also cross a quiet minor road, this will be crossed just after a control, YOU MUST FOLLOW THE TAPED ROUTE to the crossing point which will be marshalled; there will be a drinks point here.

All three areas are varied containing a mixture of coniferous and deciduous woodland, most of this is mature and the forest floor is generally clear of brashings. The area is heavily contoured and there are large amounts of rock, mapped rock features are distinct and clearly recognisable (if you know where you are!). Courses in general have a high percentage of climb but the optimum route will often reduce this considerably. All courses from the Blue start have a fairly physical first few controls. Courses 1-17 will have a crossing point marked, this is not compulsory but it is the best route, the red line will be drawn through the crossing point. Most courses will also encounter a new(ish) fence towards the end of their runs; this can be crossed anywhere but please report any damage at the finish.



Course 30 (M/W10B and White classes)

This course will unfortunately have a separate finish to all the other courses. This finish will be very close to the Blue start. This means that parents will not need to move if they are waiting to collect their child on finishing. Organisationally it does present a problem with regards to downloading. At this finish competitors will be asked to hand in their SI-cards. These will be taken to the main download and can be collected from Enquiries in the assembly field with their splits within an hour of finishing. Apologies for this inconvenience but it is the only way that a course of the correct length and standard can be offered.

Colour Coded Registration (see general information):

Opening times: 9.00 to 12.30 hrs. SI-card hire will also be available. Colour Coded courses will start from the WHITE START.

String Course

There will be a free string course near to the Assembly Area (sign posted) available from 10.30hrs to 14.30hrs.


Officials

Organiser:	Mary Wheeler SROC
Assistant:	Mike Ormerod SROC
Planner:	Andrew Lewsley BL
Controller:	David Brook NN
Assistant	
Controller:	Steve Burge LOC

*Alan and Jan Goodall at
O-LOOK MAP SERVICES*

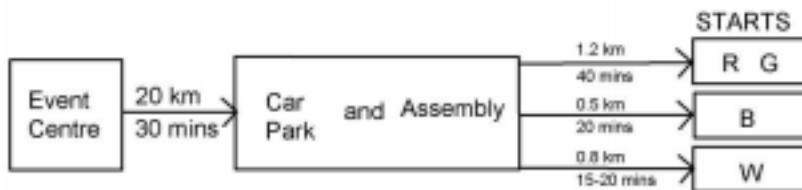


are pleased to support JK2004.

We made the TRAIL-O MAPS and
the junior CERTIFICATES. 

If we can assist you too, please send us an
E-mail to maps@goodall.ukfreedom.com or
ring us on 0771 248 0782. We specialise in
mapping parks, woods, schools and outdoor
centres and designing permanent courses.

Day 2 GRAYTHWAITE Sunday April 11th



The Assembly Area, Car Parking and Finish Area are all located in a natural bowl in the centre of the Graythwaite Estate, close to Graythwaite Hall. Car Park entrance OS Sheet 97 Grid Reference 372 911.

Travel Directions

In order to ease congestion due to the narrow Lakeland roads and the expected heavy Easter Sunday traffic competitors are requested to follow the travel directions below. Competitors travelling from the north are requested NOT to travel south on the minor roads from Hawkshead/Near Sawrey, as there will be no right turn into Graythwaite, but to use the A592 and A590 to Haverthwaite and follow the directions given below.

Travelling from the Event Centre and the South West take the A590 to Haverthwaite, turn left at the junction with the B5278, signed to Bouth, and then follow the directions below.

Travelling from the North, West or South East, take the A592 or A590 to Newby Bridge and then the A590 to Haverthwaite. Turn right at the junction with the B5278, signed to Bouth, and then follow the directions below.

After about 0.5km turn right at a T junction. After another 1.25km, at Ealinghearth, take the right fork and continue for a further 1.5km until a junction with a minor road signposted to

Town End and Finsthwaite. Turn right towards Newby Bridge. Take the next left towards the Swan Hotel. Continue on minor road past Lakeside and take the right fork at Low Stott Park. Continue north for approximately 3.25km until the left turn into Graythwaite.

Please do not turn off the A590 at Newby Bridge in order to "short cut the instructions" above, as this will cause problems on a very narrow bridge.

Parking

A one way system will be in operation, and except in emergency, vehicles will not be able to leave the site until 12.30hrs. Please display your car parking permit clearly in the top right corner of your windscreen. On entry to Graythwaite please follow the signs and the directions of the marshals. Please note there is no parking available for coaches, caravans or trailers. Campervans are acceptable. There will be a 10mph speed limit throughout the Graythwaite Estate.

Assembly Area

Enquiries, Entry Enquiries, SI Card collection, Registration for Colour Coded Courses and Relays will be found in a Marquee adjacent to the finish area. All information about the event and the area will be available here. Any competitor travelling alone will be able to leave car keys (suitably labelled). Lost property

will also be held here.

Start Lists, Traders, Toilets and a first aid post staffed by St John Ambulance personnel will also be in the Assembly Area.

Spectators will be able to view the Finish run in. A spectator control on the elite courses will be visible from the spectator area. Club tents will also be nearby.

Terrain

The area contains the finest Lake District forest terrain with mixed plantation and deciduous woodland; hilly in parts. Plenty of contour detail and rock features. Linear features include forest roads, tracks, extraction lanes and ruined stone walls.

Map

Scales 1:15000 for all Elite classes. 1:10000 for all other classes. Updated 2004 by Martin Bagness WAROC.

IOF symbols are used. In addition the following non-IOF symbols have been added to represent significant features particular to the area:

Black crosses X = shooting hides.

Black circles O = platforms (man-made circular level areas about 5m in diameter).

Clear Stations

These will be situated at the starts. Please remember to clear your SI-card before entering the start lanes.

Starts

There are three starts.

The Red/Green start is about 1.2km from the Assembly area. The route crosses a minor road. Allow 40 minutes.

The White start is about 0.8km. Allow 15 to 20 minutes.

The Blue Start is about 0.5km. As the route crosses a busy road it is suggested that competitors allow about 20 minutes.

Race Numbers (Elite only)

Race numbers are being worn by Elite competitors on Day 2 ONLY. The wearing of race numbers is compulsory. Elite competitors may collect their numbers at their start on Day 2, the Green Start.

Therefore, please allow enough time to collect your number and attach it.

Remember - start times cannot be altered.

Road Crossings

Mandatory crossing points are shown on the map with the usual symbol).

All courses from the Red and Green starts will have a minor road crossing after about 3km. Traffic on this road is very light so there will be minimal marshalling. However, care should be taken.

Courses starting from the Blue start (and the longer courses from Red and Green Course, namely 1, 2, 3, 5, 6, and 7) will experience an area of fast runnable oak woodland with steep slopes and few line features. All courses using this area will have to cross the road from Newby Bridge to Hawkshead (the courses from the Red and Green start cross the road twice). These crossings will be marshalled and their instructions must be followed. Other than at the crossing points this road is out of bounds and will be marked on the map as such.

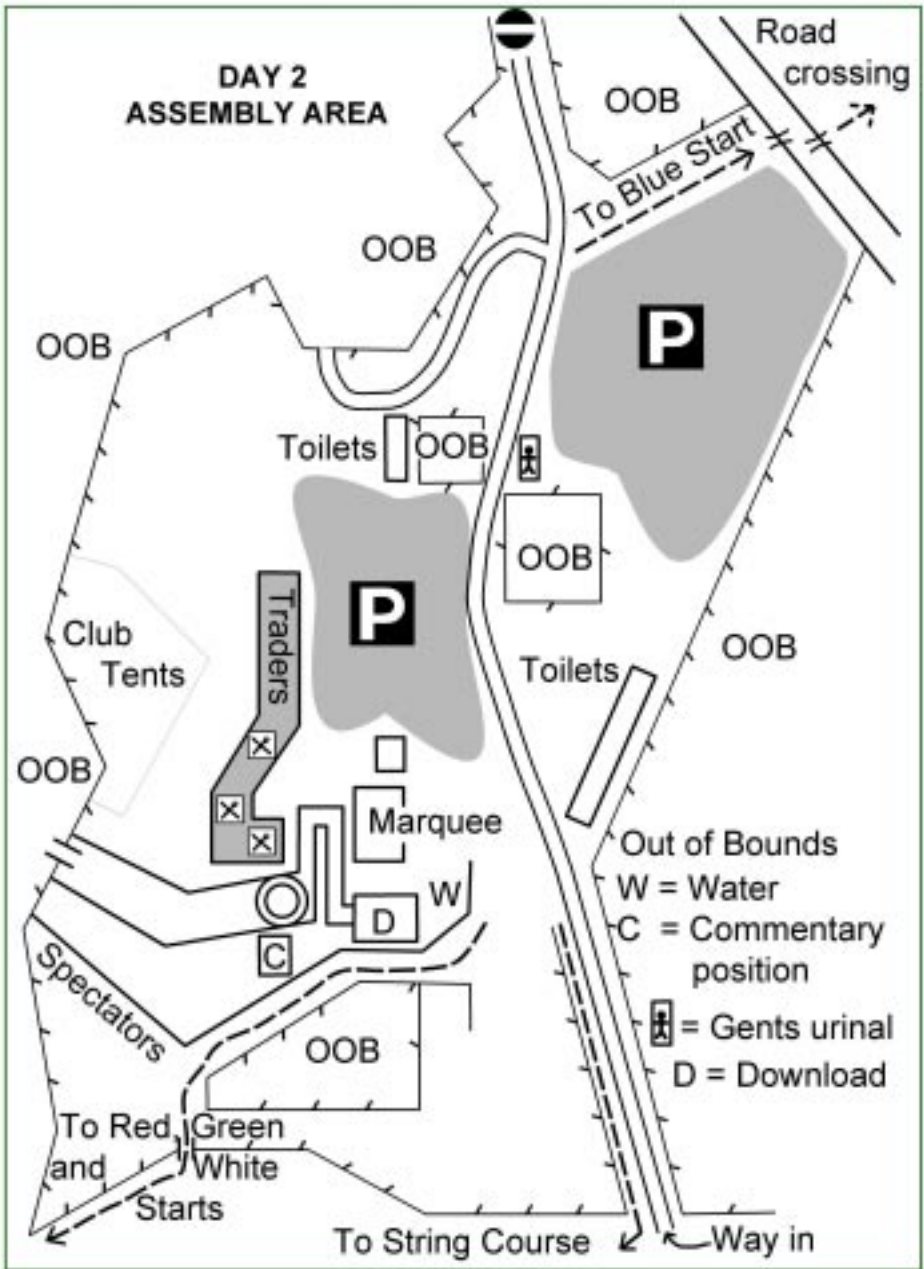
All road crossings have drinks points immediately before the crossing.

Drinks Stations

Water only will be sited immediately before the road crossings.

Out of Bounds

There is a small field out of bounds after one of the crossing points. This will be shown on the map.



Planners' Notes

The map comprises three areas divided by roads. All courses visit the area to the west of Graythwaite Hall. This area has a wealth of contour detail with many paths, rides and ruined walls. It is generally runnable with a mixture of coniferous and deciduous forest. There has been recent forestry work resulting in areas with brashings on the ground. Only major rides are shown.

Colour Coded Registration (see general information)

Opening times: 9.00 to 12.30 hrs. SI-card hire will also be available. Colour Coded courses will start from the WHITE START

String Course

There will be a free string course near to the Assembly Area (sign posted) available from 10.30hrs to 14.30hrs.

Officials

Day Organiser:
Chris Phillips LEI
Assistant: Ernie Williams LEI
Planners:
John Duckworth DVO
Steve Buckley DVO
Controller:
David Brook NN
Assistant Controller:
Steve Burge LOC

Kentdale

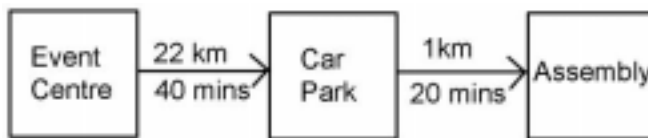


Kentdale Land Rover is pleased to be associated with and provide support for the Jan Kjellstrom Festival of Orienteering 2004



Telephone 01539 814444
www.kentdale-landrover.co.uk

Relays BISHOP WOODS Monday April 12th



Travel Directions

In order to ease congestion due to the narrow Lakeland roads and the expected heavy Easter Monday traffic competitors are requested to follow the travel directions below. Competitors travelling from the north are requested not to travel south on the minor roads from Hawkshead/Near Sawrey, but should use the A592 and A590 to Haverthwaite and follow the directions given below.

Travelling from the Event Centre and the South West take the A590 to Haverthwaite, turn left at the junction with the B5278, signed to Bouth, and then follow the directions below.

Travelling from the North, West or South East, take the A592 or A590 to Newby Bridge and then the A590 to Haverthwaite. Turn right at the junction with the B5278, signed to Bouth, and then follow the directions below.

After about 0.5km turn right at a T junction. After another 1.25km, at Ealinghearth, take the left fork and continue northwards for 4km to Rusland Cross. Continue northwards for 0.4km, taking the right fork at Crosslands.

From Crosslands continue northeast for 4km to the T junction at Graythwaite (EXERCISE CAUTION-this section of the route is very narrow but normal traffic usage is slight). Traffic should NOT return via this route before 11:00am.

At the T junction, turn left (north) onto the larger road past Graythwaite Hall

towards Hawkshead. Continue straight on for 3km where you will be directed to the parking area.

Please do not turn off the A590 at Newby Bridge in order to "short cut the instructions" above, as this will cause problems on a very narrow bridge.

Note: Coaches, trailers and caravans will NOT be able to access the car parking fields. There is no suitable alternative parking nearby. Please do not attempt to travel in or with any of these types of vehicles.

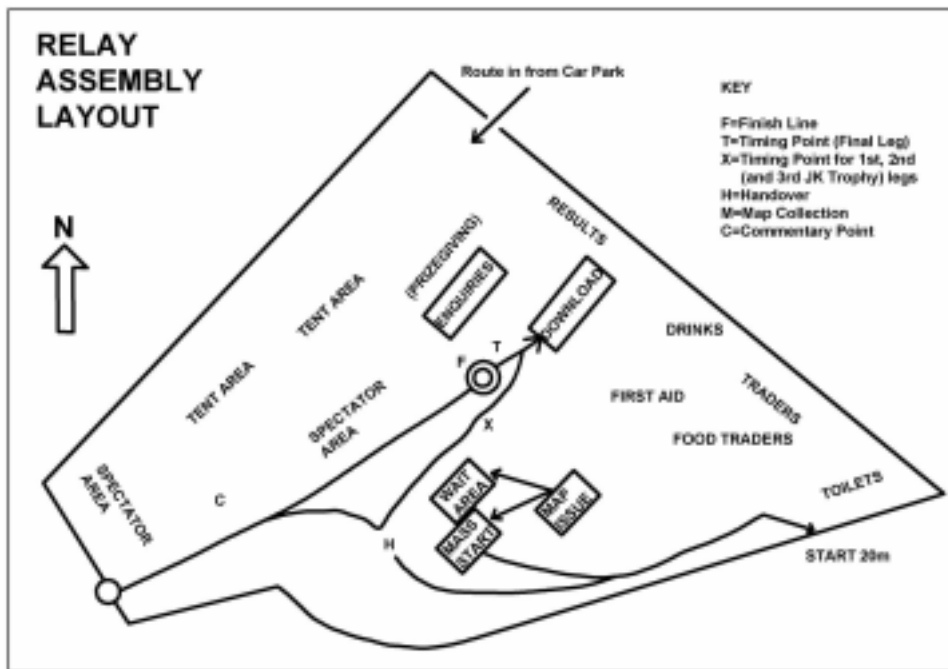
Parking

Parking for the majority of cars will be in a large flat field to the west of the competition area. A second field is being used on the north side of Cunsey Beck; campervans and minibuses should park in this field. Campervans and minibuses approaching from the South must continue past the first car parking field to the North car park (about 200m.). If you are directed to the North car park, please drive carefully as the last 50m is also the pedestrian route to assembly.

Please arrive early and follow the instructions of the marshals. Keep young children away from Cunsey Beck.

Assembly Area

The assembly area which includes the start and changeover / finish areas is in a field approximately 1 Km flat walk from



the car park. Access to this area is from the south east part of the main car park field and along a public track. The route passes a spectator control on the longer courses (please do not disturb runners). Traders, Refreshments, Toilets, Day 1 and 2 Results and Enquiries will be available. (There are no colour coded courses or string course on this day.)

There is plenty of space available for club tents on the west side of the assembly field. Please do not place tents in front of the tent line to ensure there is space for spectators in front of the tents.

Terrain

The area comprises mature, open, runnable forest with bluebells and dead bracken underfoot for the most part. There is one significant area of thicker plantation and another where brashings

and recent felling may impede progress. All courses cross fields at some point. There are few paths, some ruined walls and uncrossable fences. There is a lot of complex contour, rock and vegetation detail.

There is evidence of some forestry extraction work in places but this will not materially affect route choice or runnability.

Map

Scale 1:10000, size A4, updated 2004 by Martin Bagness.

IOF symbols are used. In addition the following non-IOF symbols have been added to represent significant features particular to the area:

Black crosses X = shooting hides.

Black circles O = platforms (man-made circular level areas about 5m in diameter).

Control Descriptions

All courses will have descriptions in the map unit.

Courses for the younger juniors will have English descriptions only, whilst the remainder will have pictorial descriptions.

Crossing Points

Fences marked as uncrossable or bordering fields **MUST ONLY** be crossed at marked crossing points.

River Crossing

Longer courses cross Cunsey Beck twice. This is a small river of varying depth. Temporary scaffolding bridges have been built to provide safe crossing of Cunsey Beck. One crossing point is adjacent to the car park and can be inspected on the way to assembly. Cunsey Beck **MUST ONLY** be crossed by these bridges. They are marked on the map as crossing points by the crossing point symbol.

Parents should advise their children not to cross the beck.

Taped Route

The shortest courses will have a taped route between two controls.

Spectator Controls

Longer courses will have two spectator controls, one adjacent to the car park and one adjacent to assembly.

Competitors cross the route between the car park and assembly close to the first spectator control. Competitors have right of way at all times.

SI System

All competitors must use their SI-cards as declared on the Team Declaration Sheet. Any change of runner or order must be notified using the Change of Declaration

Sheets and not by swapping SI-cards.

Under no circumstances should a competitor run using someone else's SI-card. A list of BOF numbers will be available at registration. Failure to follow this procedure will lead to disqualification.

Call up & Map issue

First lap runners will be called up at -15 minutes. They should clear their SI-cards (just before entering the map issue tent), pass through the map issue tent to collect their maps, check their SI-cards and proceed to the designated waiting area.

The maps will be folded and sealed with a label showing team number, class and lap number and must not be opened until after start or changeover. First lap runners will be called into the Start area at -5 minutes.

Second, third and fourth lap runners may clear their SI-cards, pass through the map issue tent, check their SI-cards and proceed to the waiting pen at any time after their previous lap runners have started.

Changeover and Finish

The numbers of incoming runners will **NOT** be announced. Runners may enter the changeover area when they see their incoming runner. It is the competitor's responsibility to be there on time. There will be an area at the front for 'shorter' runners. Changeover will be by touch, after which the outgoing runner may open the map. Incoming runners should then punch their SI-card (to record their time) and continue to the finish; then go into the download area. A separate finish lane will be used for last lap finishers.

Finish order shall be determined by the order in which runners cross the finish line, not by the order in which they punch at the finish box.

Call-up and Start Times

Call Up	Class	Title	Legs	Details	Start
09.25	J	Men's Total Age 48-	3	Green, Orange, Green	09.40
	K	Women's Total Age 48-	3	Green, Orange, Green	09.40
09.35	L	M/W Total Age 40-	3	Orange, Yellow, Orange	09.50
09.45	M	Mini Relay M/W12-	3	Yellow all laps	10.00
09.55	A	JK Trophy	4	Long, Short, Short, Long	10.10
10.05	C	Men's Short	3	Long, Short, Long	10.20
	G	Men's Total Age 165+	3	Long, Short, Long	10.20
10.15	B	Women's Trophy	3	Long, Short, Long	10.30
10.25	D	Women's Short	3	Long, Short, Long	10.40
	F	Women's Total Age 120+	3	Long, Short, Long	10.40
	H	Women's Total Age 165+	3	Long, Short, Long	10.40
10.40	E	Men's Total Age 120+	3	Long, Short, Long	10.55
10.55	N	Mixed Ad Hoc	3	Green, Light Green, Orange, mixed order	11.10

Courses

Relay Classes	Class	Lap	Approx Length	Spectator Controls	Beck Crossing	Descriptions Pictorial English Text	Taped Route
A	JK Trophy	1,4	8	2	2	Pictorial	
		2,3	5.8	2	2	Pictorial	
B	Women's Open	1,3	6.3	2	2	Pictorial	
		2	5.0	2	2	Pictorial	
C	Men's Short	1,3	5.8	2	2	Pictorial	
		2	4.0	2	2	Pictorial	
D	Women's Short	1,3	5.0	2	2	Pictorial	
		2	3.0	0	0	Pictorial	
E	M120+	1,3	6.3	2	2	Pictorial	
		2	4.0	2	2	Pictorial	
F	W120+	1,3	5.8	2	2	Pictorial	
		2	3.0	0	0	Pictorial	
G	M165+	1,3	5.8	2	2	Pictorial	
		2	3.0	0	0	Pictorial	
H	W165+	1,3	4.0	2	2	Pictorial	
		2	3.0	0	0	Pictorial	
J	M48-	1,3	5.0	2	2	Pictorial	
		2	3.0	0	0	English	Yes
K	W48-	1,3	4.0	2	2	Pictorial	
		2	3.0	0	0	English	Yes
L	M/W40-	1,3	3.0	0	0	English	Yes
		2	2.0	0	0	English	Yes
M	Mini	1,2,3	2.0	0	0	English	Yes
N	Ad Hoc	Long	5.0	2	2	Pictorial	
		Medium	3.7	2	2	Pictorial	
		Short	3.0	0	0	English	Yes

Notes on Classes and Courses:

For Classes A to H all laps are technically difficult.

For age-restricted relay classes E to L the total of the year 2004 age classes (not the actual ages) of the entrants counts. Added together these must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes J, K, L) the number stipulated for the class.

For Junior Relay classes J, K, and L no entrant must be above M/W 20.

For the Mini Relay, class M, all entrants must be M/W 12 or below.

To be competitive in classes A to M all runners must be in the same club (UK or overseas), except in classes A and B where the UK Relay League Neighbouring Clubs Alliances guideline applies.

Class N is open to teams (M and / or W) made up from members of different clubs.

Laps will be run in the order shown except for class N (Mixed Ad Hoc) which will have lap lengths jumbled up. The running order will be shown on the Team Declaration Form.

Race Numbers

The race numbers provided must be worn on the chest and not folded over.

Class A: 1st lap - Green; 2nd lap - Red; 3rd lap - White; 4th lap - Blue

Classes B-N: 1st lap - Red; 2nd lap - White; 3rd lap - Blue

Mini Mass Starts

Mini Mass Starts will be held as appropriate and will be announced on the PA system. They will use a punching start.

Course Closure

Courses will close at 15.00.

Map Collection

Maps will be collected from finishers until after competitors have started on the final Mini Mass Start. The club bags containing the maps may be collected (by one person per club) after the final mini mass start.

Prize Giving

The prize giving will take place at approximately 13.30 in the Assembly Arena.

Officials

Day Organiser:

Sara Campbell DEE

Planners:

Tim and Frances Watkins SROC

Controller:

Ted Finch FVO

royal deeside july 31st: august 6th 2005

scottish6days

orienteeing in
royal deeside
2005



A 93	
Banchory	3
Aboyne	17
Ballater	28
Braemar	45



Photo by Digisport

www.scottish6days.com

