

SOUTH RIBBLE ORIENTEERING CLUB

Regional Event Hampsfell Sunday 13th April 2008

FINAL DETAILS

Travel Directions: The event will be sign posted from the A590 at the Cartmel turnoff at the top of Lindale Hill. There are currently major roadworks here, so care will be needed in reading the road signs and in looking for the orienteering signs.

Parking and Fees: The car park is in the field used for previous events including the last Lakes 5 Days, at Hampsfield Hall farm. Do have £1.00 ready for parking as you enter the car park field.

Assembly: On the day entry, Enquiries, Registration, Download, Toilets, Traders (Compass Point, Wilfs,) St. Johns will all be in the car park field.

Entry Fee: Senior £10.50 -£2.00 discount for senior BOF members. Junior £ 3.00.
Limited EOD (provided sufficient spare maps are available)
Colour coded- Senior £6.50-£2.00 discount for senior BOF members.
Junior £1.50
Sportident hire-£1.00

Times: Registration: 9.30 - 12.00
Starts: 10.30-13:00
Courses close: 15.30

Electronic Punching: All courses will use Sport Ident, hire charge is £1.00Control flags will be hung from bamboo canes; SI boxes will be mounted on plastic boards laid on the ground.

Route to the Start: There is one start, with a walk of approximately 35mins (2 Km) and a climb of 140m, which becomes steeper in the final 500m. There is no public right of way and the farming landowners were very reluctant to let us walk to the start across their fields. They have given us a concession on the day to waymark a route across their fields. PLEASE FOLLOW THIS ROUTE CLOSELY, closing gates securely where requested to do so. Do not climb walls or take short cuts, if you do so, you could put future events on the area in jeopardy.

Start: Runners who miss their start time will be started when possible. Because some courses are very full, they may have to wait some time for a vacant slot

Terrain: Hampsfell is predominantly a limestone area, but it is very varied in terrain. There is a mixture of very fast running on sheep-grazed fell, intricate contour detail on sloping ground in mature deciduous woodland,

and tougher going in complex terrain where there has been some felling of coniferous woodland in recent years. The courses have been planned so that only the longer courses visit the more physically challenging areas.

Hampsfell is not a large area, and is divided into discrete subdivisions by substantial limestone walls. These walls are vitally important to the area's sheep and cattle farmers and therefore they **MUST NOT BE CROSSED** except at the designated crossing points shown on the map. Anyone seen crossing the walls at any other point will be threatening the future use of the area, and will therefore be subject to disqualification.

The area is extensively used by walkers, on the open areas by farmers on quadbikes, and in the felled area there are extraction tracks that are not precisely mapped. The technically difficult courses may therefore encounter paths which are not reliably shown on the map.

Crossing Points: *Walls and fences must only be crossed at marked crossing points*, which will be drawn on the map and indicated on the ground with red and white tape. Crossing points are not indicated on the control description sheets. On the maps, where there is a choice of crossing points, the relevant connection line between controls is broken; where only one crossing point is appropriate, the connection line is bent through the crossing point.

Safety: Competitors are strongly advised to carry whistles. Depending on the conditions the Controller may require cagoules to be carried. If so, a sign will be displayed at the entrance to the car park field. Please come prepared.

Remember that all competitors must report to download on their return to the car park field, even if you retire.

Competitors travelling alone to the event are advised to leave their car keys at Enquiries with details of their name and phone no. etc., in order that we can ensure you have returned.

Finish: There is a remote finish, with a walk of approximately 30 mins return to the car park field. Again follow the taped route and do not take any short cuts. Water will not be provided, there will not be a clothing transfer.

Control Descriptions: These will be displayed on the SROC website, www.sroc.org and some copies will be available at Registration. Control description sheets are pictorial, except for courses 12 to 14 and colour-coded courses orange, yellow and white, which have written descriptions'

Map: Map scale 1:10,000 for all courses

Due to lack of space there will be **no control descriptions on the map**. Loose control descriptions will be available at Enquires in Assembly or can be downloaded from the website.

Maps will be on waterproof paper

The area is small in size, courses 1 and 2 will have two parts which will be shown, back to back, in the same bag.

Courses -

	Length	Climb	
Course 1	9.6 km	385m	M21L
Course 2	8.1 km	340m	M35L, M40L
Course 3	6.6 km	260m	M45L, M50L, W21L, JM5L, M21S
Course 4	5.1 km	230m	M55L, M60L, W35L, W40L, JW5L, JM5M, M35S, M40S
Course 5	4.0 km	220m	M65L, W45L, W50L, M45S, M50S, W21S, M21V
Course 6	3.5 km	160m	M70L, W55L, W60L, M55S, W35S, W40S, JM5S, JW5S
Course 7	2.8 km	140m	M75L, W65L, W70L, M60S, M65S, W45S, W21V
Course 8	2.5 km	110m	M70S, M75S, W50S, W55S, W60S, W65S, W70S, W75
Course 9	4.6 km	145m	M21N
Course 10	3.6 km	130m	W21N
Course 11	2.8 km	110m	JM4, JW4
Course 12	3.1 km	95m	JM3, JW3
Course 13	2.8 km	65m	JM2, JW2
Course 14	1.7 km	45m	JM1, JW1

There will also be Red, Light Green, Orange, Yellow and White Colour coded courses available on the day.

There is a **dangerous crag** that affects some of the shorter courses. This will be indicated on the ground by black and yellow tape to warn competitors to keep away from the hazard.

String Course: There will be a string course (free to participants) located in the first field on the walk to the start.

Results: Results will be available at www.sroc.org Anyone requiring a paper copy should leave a self addressed envelope and 50p at Enquiries. On the day results will be displayed near to the barn.

Dogs: The farmer has given permission for dogs on leads, to be allowed in the car park field. Please keep them under control and remember that it is lambing time. Please **do not** walk dogs across the concessionary route to the start.

Traders: Compass point

Wilfs

NWJS cake stall

St Johns will be in attendance, 1st Aid kits will be placed at the start and finish.

Toilet units in the car park field

Officials: Controller: Dick Towler (LOC)

Planner: Bill Cook (SROC)

Organisers: Mary and Mike Ormerod (SROC)

Entry Queries: Dave Johnstone (SROC)

Competitors take part at their own risk.