

SROC Picnic Event: Saturday, 29th June, Eggerslack Woods.

Venue: Eggerslack Woods. Entry into the wood about 500m north of Grange central railway station, on the B5271 road out of the town to Lindale. Car parking will be at competitor's discretion, but the most convenient place will be the 'Windermere' Car Park (Post Code LA11 6EG) off this road. This is a Pay and Display CP, tariffs being £2.20 for 2 hours, £3.20 for 3 hours and £3.90 for 4 hours. Alternatively, free roadside parking is possible on local roads.

START: Enter the woodland at the first stile located immediately after the last house on the left as you walk from the 'Windermere' CP on the B5271. This is about 200m from the CP, then follow the tapes into the wood for 500m. Please allow enough time to gather at the start to be ready for the mass start at 1.00 pm.

Type of Event: This is a one-hour 'odds and evens' score event, with a changeover control to be visited before switching over. Each control visited will be worth 10 points, with 5 points deducted for every minute, or part thereof, over the hour.

Terrain: This is an ancient woodland on a limestone hillside, popular with walkers. It offers an excellent technical and physical challenge so it will be important to keep in close contact with the map. Many parts underfoot are covered in loose stones or the typically moss-covered limestone clints and grykes. Great care must be exercised, especially in wet conditions.

PLEASE REMEMBER:

- This is the annual Club picnic and free of charge to club members, so **please bring food for an alfresco Jacob's Join after your run.** There will be a safe place at the Start/Finish area where you can leave your food and any spare clothing whilst you are doing the event.
 - The area is popular with members of the general public, some of whom may have dogs, or possibly be on mountain bikes or horses. Please be courteous and give them a wide berth if necessary.
 - Orienteering is an outdoor adventure sport and whilst care has been taken in planning the event you are still responsible for your own safety.
 - Any queries, please contact Julian Lailey, phone 01524 845990, or email kezi1@btinternet.com
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