

Tim Watkins Blodslitet

Sunday 7th February 2010

FINAL DETAILS:

Parking: Signed from SD 532776 on A6070.
Parking is on land farmed by Mr. Burrows and we are very grateful for his permission to use the area. The parking is quite restricted and we have been asked to keep the number of vehicles to a minimum in order to minimize damage to the grass. So we are asking you to share where ever possible, to encourage this the parking charge has been agreed at **£1 for multiple occupancy** vehicles and **£2 for single occupancy**. The proceeds of the parking are to be donated to the local branch of RSPB. Please feel free to give more to this charity if you wish.
As this is a mass start event and the runners will pass through the entrance to parking gate you are advised to arrive before 10.30 for all courses.

Directions: Take A6070 from the South through Burton-in-Kendal and just after the village turn R to Clawthorpe follow the minor road to the parking. From the North follow the A6070 towards Burton-in-Kendal, just before the village turn L to Clawthorpe follow the minor road to the parking. Please have the appropriate parking fee ready and park as directed.

Terrain: Farleton Knott is an area of limestone fell and woodland. It can broadly be divided into three areas. The flanks of the fell to each side are generally open, with varying amounts of short cropped grazing, gorse thickets and scattered trees, and numerous paths. Runnability is generally very fast. It is recommended that you read the additional information which can be found by going to the SROC website (www.sroc.org) and following the link from the Tim Watkins Blodslitet tab.

Map: Update of survey and cartography by Malcolm Campbell (WAROC) 2009, it is an extension of the map used for the North West Round of the Compass Sport Cup in 2009
For ALL Courses the map scale will be 1:7500 and A3 size. Courses A, B, C, D and G will have a double sided map.
Maps will be on waterproof paper, but given the amount of time for which the map will be required (potentially up to 3 hours in some cases) and the fact that both sides will need to be used, you may wish to bring an A3 plastic bag to protect it further.
Please note that the road at the far south of the map CANNOT be run along – it is marked with X's
There is useful information on the SROC website (www.sroc.org), again following the link from the Tim Watkins Blodslitet tab, regarding the vegetation screens and symbols used on the map.

Courses:

Course	Length (km)	Climb (m)	TD	No. of Controls	Mass Start @
A	18.6	590	5	40	10:30
B	13.9	475	5	35	10:40
C	14.5	460	5	35	10:50
D	9.7	290	5	25	11:00
E	7.7	250	5	17	11:20
F	5.1	150	5	14	11:30
G *	~13	~440	3	~20	11:10

*Subject to final controlling

As with previous years there is a section on some of the courses where **ALL** the controls **MUST** be visited but they may be taken in **ANY** order. This is shown clearly both on the map and the descriptions

G Course extra: Maps for the G course will be overprinted in an unconventional way. Instead of a straight line between controls there will be a wide pale purple line along the recommended path route. Controls are on or very close to this. The intention is to make it easier for runners not accustomed to orienteering maps.

Control Descriptions: Will be on the map. There will be no loose descriptions.

Starts: **Please note this is a MASS START event.** Course A will be the first to start at 10.30am the other courses will start at 10 minute intervals. The start is only a short walk (approx. 200m from registration and parking). Each course will have a timed mass start.

Entries: The only EOD is for courses E, F & G and is subject to map availability. To avoid disappointment you are advised to either let the organizers know of your intention to run one of these courses or better still pre-enter.

Punching: All courses will use Sportident Electronic punching.
Course A (40 controls) will definitely need to use an SI6 or SI9 card
Courses B & C (35 controls) can use an SI5 card but whilst it will allow a result they will have no split times recorded for the last few controls. SI5 cards record full data for the first 30 controls, then only control number (not time) up to control 36. Additionally if one of the course B or C competitors makes an error and has to end up punching more than 36 controls in total they could be disqualified because they won't be able to prove visiting all controls.
Lack of split times means RouteGadget, Splitsbrowser etc won't work properly.
It is therefore recommended that all Class B and C competitors use either a SI6 or SI9 card.

SI9 cards will be available for hire on the day at £1.55 (Please remember that a lost hired card will be charged at £30)

For other courses SI5 cards will be available for hire.

Safety: Whistles should be carried at this event, and in very bad weather a mobile phone may be a good idea (if you take one make sure you have the organisers number saved)
The Controllers may make the carrying /wearing of a windproof/waterproof jacket compulsory. A notice to this effect will be displayed in the parking / Assembly area.
Because of the nature of the terrain, the time of year and the length of the courses FULL BODY cover will be compulsory (short sleeve O-tops are acceptable but NOT shorts).
Courses A – F will all have to cross limestone pavement, which particularly in the wooded area south of the central road, may well be very slippery with some deep holes and competitors are advised to either wear spiked shoes or be very careful.
Competitors who are travelling alone are advised to leave car keys etc, suitably labeled with name, car registration number, and home telephone number, at Registration.
You are reminded that

ALL COMPETITORS TAKE PART IN THIS EVENT AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

On Course Refreshments:

Carrying spare food and liquids on the longer courses should be considered. If you do not want to carry all your requirements there will be an opportunity to put food and drink at a Drinks/Feeding station beside the RUN THROUGH.

The RUN THROUGH applies to courses A, B, C, D and G, it comes at between 40% and 60% of these course lengths and is at the top of the car parking area when the courses come back through this area.

It is your responsibility to ensure that your items are clearly identifiable for you.

There will be plain water available here for those who do not wish to leave their own liquids.

Toilets Yes

- Walls:** **ALL MARKED CROSSING POINTS ARE MANDATORY. DO NOT CLIMB WALLS.**
The National Trust has recently finished a programme to refurbish the walls on the area, at very significant expense. Our use of this area is very much dependent upon their goodwill, and we have undertaken that walls will NOT be climbed except at crossing points. Courses have been planned so that there should be no advantage from doing so.
The only exception to this is the partially ruined wall which crosses the woodland from East to West. For some of its length it is broken with gaps. This is marked as a broken wall on the map. Courses A, B, C and G cross it. The wall may be crossed at any pre-existing gap
- There is one stile at the end of the taped route from the start for Courses A, B, C, D & G.
You **MUST** use it.
Courses E & F do not have a taped route from the Start.
- Gates:** All courses will use a number of gates in the area. All but one (there is a sign on it) need to be closed when you have passed through.
- No Dogs:** Sorry, there are sheep in the area including the car parks and the farmer has stipulated that **NO** dogs are permitted.
- Traders:** **Wilf's** will be present providing their usual sumptuous range of fayre.
- Cancellation:** In the event of cancellation for any reason, SROC reserve the right to retain all or part of fees received to defray expenses incurred.
- Officials:**
- Organiser:** Bob & Karen Nash (SROC) nash.family@talktalk.net or mobile 07526571470
- Planners:** Malcolm & Liz Campbell (WAROC)
- Controller:** Dan & Karen Parker (BL)