

MDOC COUNTRYSIDE SCORE EVENT – CARTMEL - TUESDAY EVENING 5 AUGUST  
**FINAL DETAILS & RULES**

### **Score Event Format**

- The event is intended to be a just-for-fun informal event whilst still providing some interesting running and navigational challenges in a nice area of South Lakeland countryside
- There will be a mass start at 7:15pm from Cartmel Racecourse and you can choose to run for 60 or 90 minutes
- The objective is to visit as many “controls” as possible, in any order, in the time available
- At each control a treasure hunt type question must be answered to prove that you have visited the control
- Dibbers are not required

### **Venue**

- Parking, Registration, Start, & Finish are all at Cartmel Racecourse GR SD377787 postcode LA11 6QF
- Access to the parking field is from Cartmel Village Centre
- Toilets are available
- Please park as directed. The Cartmel Show is on at the Racecourse the following day so preparations will be underway.

### **Entries, Registration & Timings**

- Everyone needs to visit registration to “sign in” – this includes pre entries made via Fabian
- Late entries are available at enquiries on Days 1, 2 and 3 at assembly at the Lakes 5, and on the night but only up to the limit of map supplies. Entries on the night cannot be guaranteed.
- Registration will open at 6pm to 7pm. Please arrive in plenty of time.
- A pre-race brief will be held at 7:05pm with the mass start at 7:15pm

### **Map & Terrain**

- The A4 map is an extract of an (unmodified) Explorer Series Ordnance Survey Map enlarged to a scale of 1:15,000 with 10m contours
- You are required to use only the marked public rights of way on paths, bridleways, and the minor roads in the area. The going underfoot varies from tarmac through to vague rough paths. Most of the running is on good surfaces. Some of the controls are in the village of Cartmel, the remainder in surrounding countryside, hills, and woodland.
- The map and clue sheet (i.e. control descriptions) are printed on waterproof paper
- The map will be provided at the start – no peeking before “the off”!
- The OS map, though fit for purpose, is not an orienteering map! Some of the rights of way on the map are vague on the ground. Some paths on the ground aren’t marked on the map. Some walls / fences are not well represented. The map is not always as detailed as one might wish. Remember it is just for fun! ☺

## The Rules

- Print your name, and write your answers on the clue (i.e. description) sheet
- You will need to carry a pen/pencil to record the answer to the question posed at each control point
- There are 56 controls marked on the map, which you can visit **in any order**; each has a value of one point
- Collect as many points as you can within the 60 or 90 minute time limit – take a watch!
- You can choose whether you want to run for 60 or 90 minutes **during your run**
- You can run individually or as a pair. Pairs must stick together
- Under 16's must be accompanied by an adult
- It is unlikely that anyone will be able to collect all points within the time limit
- Penalty points will be deducted for runners exceeding the time limit as follows:
  - 2 points deducted if you are late back by up to 5 mins
  - 6 points deducted if you are late back by between 5 and 10 mins
  - 12 points deducted if you are late back by between 10 and 15 mins
  - All points deducted if you are late back by more than 15 mins
- Please report to the finish as soon as you get back to record your return – sign in - and to get timed-in
- You must only use roads and public rights of way. All controls are either on or just next to rights of way. Do not take short cuts through fields or private land.
- **There are some forbidden routes that you must not use. These are overprinted with crosses on the map.**
- **Except at stiles, DO NOT CLIMB WALLS OR FENCES AT ANY TIME.**

## Safety & Courtesy

- **Please give way to horses, cows, sheep/lambs, cyclists, dog walkers and members of the public**
- **You may pass through farms or residential areas – please be courteous at all times**
- **You may run along and/or cross some roads which can be busy and which don't have footways**
- **PLEASE TAKE GREAT CARE WHEN RUNNING ON OR CROSSING THE ROADS**
- Participants take part at their own risk
- Have a good and safe run!

## After the event – The Royal Oak

- For post race analysis and food and drink, the Royal Oak in the village Centre will be a focal point for orienteering types - here <http://www.theroyaloakinncartmel.com/>
- We will have menus available at Registration and you will be able to pre order your food to minimise waiting time
- The pub has plenty of room with a lovely big garden
- They are reserving some tables for us, serve food til 10pm and have the capacity to cope with an influx of orienteers