

Day 1

Sunday 3rd August

Swindale South

Organising club: Borderliners

Planners: Dan and Karen Parker

Organiser: John Roelich

Controller: Andrew Quickfall

Parking: Grid Ref NY 559122 Postcode CA10 3NE. Leave M6 at Junc 39 on B6261 to the A6 and turn north. Turn left, west off the A6 after 300m signed Wet Sleddale.

Assembly: Adjacent to parking, toilets, traders and EOD registration

Assembly to starts: Red, Blue and Green start 2.60km 180m climb (shorter but steeper route) or 3.40km via zig zags from Sleddale Hall (50 mins)

White start 1.20km 45m climb (25 mins)

Finish: Red, Blue and Green finish 1.8km from Assembly

White 0.8km from Assembly

Map: Courses 1 to 7 : 1:10000, A3, 5m contours, rough open shown in White

Courses 8 to 14 : 1:10000, A4, 5m contours, rough open shown in White

Courses 15 to 17 : 1:7500, A4, 5m contours, standard colours

Terrain description Courses 1 to 14: Open fell with much rock and contour detail. The runability is generally good though marshy areas tend to be slower especially if it has been wet. The marshes shown on the map as uncrossable have no visible surface water, making them quite hard to spot. However try not to run on them – they really are uncrossable!

Quad bike tracks appear and disappear regularly. The most significant of these are marked on the map but be prepared to encounter ones that aren’t.

Small crags are mapped with a short black line with no tags. The shortest of these lines could easily be confused with a boulder if you don’t look carefully.

Terrain description Courses 15 to 17: Enclosed pasture land with many walls and paths, totally separate from the area used for courses 1 to 14. Underfoot conditions vary from short grass to dense reeds. Note that reeds are only mapped as marsh where it is wet underfoot. This could confuse juniors.

Day 2

Monday 4th August

Simpson Ground

Organising Club: West Cumberland OC

Planner: Bob Barmby

Organisers: Rob Holder and Dave Fenwick

Controller: Dick Towler

Parking: Grid Ref SD400854 Postcode LA11 6NZ

Competitors much approach via the A590; the event will be signed High Newton. The track leading to the parking field is narrow and a one-way system will operate; competitors will not be able to leave the event before 12.30.

Assembly: Adjacent to parking, toilets, traders and EOD registration.

Assembly to starts: All starts are near to each other Red 1.0km 20m climb (15 mins) Blue, Green and White 1.2km 20m climb 20 minutes

Finish: The finish is near to the starts; 1.5km from assembly.

Map: 1:7500 for all courses based on a Stirling Surveys PG plot and Surveyed by Martin Bagness 2014.

Terrain description: Forestry Commission plantation with a lot of complex contour detail. There is a small reservoir close to the start/finish area, two small tarns and some large marshes which are deep in places. Although there is some windblow most of the area is fairly runnable.

Some of the marshes are very deep and care should be taken when crossing them. The areas mapped as open water should not be crossed.

In much of the forest there is significant risk of injury from short branches at head height and lower. Competitors may wish to consider wearing eye protection and arm cover.

Special information.

Course 15: Competitors on course 15 will find it useful to carry a compass and know how to use it to make short cuts through the terrain between 2 line features.

Day 3

Tuesday 5th August

Grizedale North West

Organising Club: DEE and South East Lancashire OC

Planners: Steve and Elspeth Ingleby

Organisers: Andy and Jean Payne

Controller: John Britton

Parking: Grid Ref SD 343964 Postcode LA22 0QJ.

Access to the event is along narrow roads and the space for car parking in the Assembly field is limited. Please car share if possible. The route from the North has a very steep section with sharp, narrow bends and is not suitable for motorhomes which must use the routes from the South. The preferred route for all vehicles is from the South as the route from the North passes through the Pre-Start and a road crossing.

From South A590: Follow Grizedale Visitor centre brown signs from Haverthwaite crossroads; carry on to the top of the hill. An alternative route which is more suitable for motorhomes is from the A5092 at Penny Bridge.

From North: From the B5285, turn right leaving Hawk-shead, after 400m, turn right towards the Grizedale Visitors Centre and Satterthwaite.

Motorhomes will park on adjacent forest roads which will involve a walk of up to 1km to assembly. The track leading to the car parking field is narrow and a one-way system will operate; competitors will not be able to leave the event before 12.30.

Assembly: Adjacent to car parking, toilets, traders and EOD registration.

Assembly to starts: All adjacent to car park, NW side.

Finish: The finish is 100m from the car park.

Map: 1:10,000 (Courses 1-14) or 1:7,500 (Courses 15-17) with a 5m contour interval. All maps are A4 updated 2014 by Martin Bagness.

Undergrowth that could impede progress (windblown, bracken) are shown using the conventional vertical green stripe symbols. Impenetrable windblown trees are shown using a solid green screen.

One fence that is ‘Not to be Crossed’ is highlighted in purple on the map and can be crossed at a gap marked clearly on the map using the purple ‘crossing point’ symbol. All fields shown on the map are ‘Out of Bounds’.

Terrain description: A variety of coniferous and deciduous woodland with varied runnability of brashings, seasonal bracken and low branches, although there are also some delightful areas of grass/bilberry that enables faster progress. Courses have been planned to utilise the best parts of the forest. Areas marked using the light green (slow run) or moderate green (walk) screen, in general, have virtually no undergrowth.

The mountain bike trail has been closed for the event.

Special information: The FC Visitor Centre will be open.

Day 4

Thursday 7th August

Pike O’Blisco and Blea Tarn

Organising Club: Lakeland Orienteering Club

Planners: Roger Smith

Organisers: Mike Atherton and Dave Neild

Controller: Brian Jackson

Parking: Grid Ref NY 283 054 Postcode LA22 9JU

Signed from the A593 Ambleside to Coniston road, follow the B5343 until it ends, turn left onto the minor road to Blea Tarn. Parking is after 500m on the right.

Campervans can be accommodated but due to the narrow entrance, larger motorhomes should be parked at the NT car park at Stickle Barn, 2km before reaching the car park but go early to get a space. It is also possible to use public transport to get from Ambleside to Assembly (see below).

Assembly: Adjacent to car parking, toilets, traders and EOD registration.

Assembly to starts: Red and Blue (High) Start: Leave Assembly by gate at S end of field. 2km 400m climb (1 hour)

Green and White (Low) Start: Go from Assembly through gate into northern car park field and leave this by stile at NE end. 1km, 120m climb , (40 mins).

Finish: Courses from the Red/blue start finish near their start, follow tapes to ‘start route’ and reverse. 40 mins.

Courses from the Green/White start finish near their start, 20 mins.

Map: Pike o’ Blisco - 1:10,000, 5m contours (Courses 1 – 11, 13 & 14). Surveyed and drawn by Martin Bagness (Eastern) Malcolm Campbell (Western) 2009. Although entirely open fell side, the map does not use the rough open screen; open fell is printed white on this map.

Blea Tarn - 1: 7,500, 5m contours (Courses 12, 15 - 17). Surveyed and drawn by Martin Bagness 2014. This map uses ‘normal’ map colours.

Terrain description: Pike O’ Blisco offers some of the very best open runnable terrain in the Lake District with a wealth of rock and contour detail and almost no bracken.

Blea Tarn has pasture, open fell and a woodland. It provides suitable terrain for the junior and oldest veterans’ course. By necessity some legs of the White course follow walls rather than paths. The Yellow course uses an indistinct path but this is marked by red and white streamers.

Special information: Bus service (516) from Ambleside to Dungeon Ghyll (via Skelwith Bridge and Elterwater), only 500m walk to Assembly from here. Runs every 90 mins or so starting at 0930 hrs.

Day 5

Friday 8th August

Hampsfell and Eggerslack

Organising Club: South Ribble Orienteering Club

Planners: Ray McGregor

Organiser: Peter Knott and Ray Pickett

Controller: Ray Barnes

Parking: Grid Ref SD 393805 Postcode LA11 6HL Hampsfell Hall, leave A590 at south end of High Newton bypass and follow signs for Cartmel, after 1 mile turn left at the cross roads, after ½ mile turn left into car park

Assembly: Adjacent to car parking, toilets, traders and EOD registration.

Assembly to starts: All starts are together, 1.5km and 100m climb from assembly.

Finish: There are two finishes, one 600m from assembly and one 800m from assembly, return along the route to the start.

Map: Updated and extended in August 2013. Courses 1 to 14 are at a scale of 1:10,000. Courses 15 to 17 at a scale of 1:7,500. All maps are A4 size. Standard symbols, except for a plain grey screen which depicts limestone pavement. There is also one man made control, a tripod, shown as a black cross.

Terrain description: The terrain is highly varied with fast, sheep cropped open fell as well as low visibility woodland on steep slopes with fine rock and contour detail. The open fell area is divided by a number of un-crossable dry stone walls which must only be crossed at marked crossing points. (Future permissions depend on this). Temporary stiles are marked with red/white tape. Permanent stiles and gates will not be marked with tape. Please close all gates behind you.

The eastern area is complex contour woodland which is very runnable but has limestone rock underfoot. The woodland is heavily used by the general public and some small paths are not mapped. Much of the area is very technical.

Following the mild winter, vegetation is thicker but no more extensive than usual. Most courses will encounter some undergrowth and bracken in places.

Uncrossable walls are highlighted in purple. Where a ‘leg’ has only one feasible crossing point, the line between controls has been bent. Where there is a choice of feasible crossing points, the line is straight and broken at the uncrossable wall.

Reserve Day

Planner: John Britton

Controller: Chris Burden

Parking: Grid Ref NY 398163 Postcode CA11 ONP

Signed off the A592 just south of Patterdale at the south end of Lake Ullswater

Assembly: Adjacent to car parking, toilets, traders and EOD registration.

Assembly to starts: All starts are together, 1.1km and 250m climb from assembly 50 mins.

Finish: The finish is near to the start, return along the same route. 30 mins

Map: 1:10000 by Stirling Surveys 2002, updated by John Britton 2014

Terrain description: The terrain is high and exposed open fell with generally good runnability.

Quiz

- Take your answers to the enquiries tent before 1200 on Friday for your chance to win.
- Hint, all answers have a connection to the Lake District
- Which club is 50 this year?
 - Who do you associate with these numbers? 6, 13, 214, 516, 36300
 - How many Lakes are there in the Lake District?
 - How many Lakes 5 Days have there been?
 - Who recorded this winning time this summer 6:40:20 ?
 - What is the volume of Haweswater, to the nearest million m³ ?
 - And how long is the pipeline between Haweswater and Manchester?
 - How many hours training does Quentin Harding do per week?
 - If someone asks you **werst thew of te** what do they mean?
 - liffin' kessin'** is what some may be this week. What does it mean?

Course Number, Classes and Start Colour			Course Length (km), Climb (m) and numbers of controls																		
			Day 1			Day 2			Day 3			Day 4			Day 5			Reserve			
Number	Classes	Colour	Length Km	Climb m	Controls	Length Km	Climb m	Controls	Length Km	Climb m	Controls	Length Km	Climb m	Controls	Length Km	Climb m	Controls	Length Km	Climb m	Controls	
1	M21L, M35L, M40L	Red	10.6	330	21	4.6	195	23	7.7	375	27	7.8	400	19	8.9	430	24	8.3	515	30	
2	M45L, M50L		8.4	280	15	3.9	155	20	6.3	285	24	6.3	315	17	7.2	320	18	7	395	27	
3	M55L, W21L		7.6	230	15	3.5	130	17	5.8	270	19	5.9	260	17	6.6	310	18	6.3	360	25	
4	M18L, M20L, M21S, M60L		7.2	220	14	3.2	135	16	5.5	245	20	5.5	260	19	6	340	17	5.9	330	19	
5	M16A, M35S, W35L, W40L, W45L		6.6	220	14	2.9	100	13	5.1	210	18	5.1	195	16	5.3	260	15	5.1	340	18	
6	M65L, M40S, M45S	Blue	6.2	190	13	2.7	105	15	4.5	215	19	4.7	205	12	4.9	280	13	5	315	18	
7	M50S, W50L, W55L		5.9	180	12	2.6	90	13	4.5	175	18	4.3	210	14	4.7	265	14	4.5	290	18	
8	M70L, M55S, M60S, W60L		5.4	170	13	2.5	90	13	4.1	180	15	4	195	13	5	165	15	4.5	245	18	
9	M18S, M20S, W16A, W18L, W20L, W65L, W21S		5.1	160	12	2.3	80	12	3.9	170	15	3.8	185	12	4.7	185	14	4.1	250	17	
10	M75L, M65S, W18S, W20S, W35S, W40S		4.4	150	10	2	80	10	3.6	120	15	3.3	145	13	3.8	150	15	3.6	225	15	
11	W70L, W75L, W45S, W50S		4.2	125	11	1.9	65	11	3.4	125	16	3.3	145	10	4.1	100	13	3.4	205	13	
12	M80, M85, W70S, M75S, W80, W85, W55S, W60S, W65S, W70S, W75S		3.3	100	10	1.6	50	9	2.7	95	12	2.6	115	14	2.9	95	10	2.6	135	12	
13	M14A, M16B		5.2	150	12	2.3	70	10	3.9	165	18	4.2	170	13	4.4	165	14	4.2	250	17	
14	W14A, W16B, Light Green	Blue	3.6	130	12	1.9	45	8	2.8	110	14	2.6	135	11	3.1	95	10	2.7	185	11	
15	M12A, M14B, W12A, W14B, Orange		3.4	140	13	1.5	30	8	2.6	80	11	2.6	120	14	2.7	75	9	2.5	195	12	
16	M10A, M12B, W10A, W12B, Yellow	White	2.7	80	12	1.2	20	7	2.2	75	10	2	70	9	2.2	65	9	2.1	150	12	
17	M10B, W10B, White		1.7	50	10	0.9	10	8	1.8	50	11	2	40	14	1.8	60	10	1.8	115	12	

Race Details

Age Class

A full range of age classes are available. Entry will be available on the day; at registration; whilst there are unused start times and maps.

Colour coded

White, Yellow, Orange and Light Green colour coded courses are available. Entry will be available on the day; at registration.

String courses

There will be String courses provided each day for young children, using special maps. There will be no charge. Certificates will be awarded, and should be kept to be filled in on finishing each day. Electronic punching will be used. Register at the string course on event days. Courses are available between 10:00 and 15:00.

Shadowing children

We must ensure that the competition is fair to everyone. If juniors require shadowing, they must enter the colour coded courses. No shadowing will be allowed before your own run. The adult shadower must not pick up a map at the start.

Whistles

Whistles must be carried by all competitors to be used only in an ‘injury emergency’ to summon help. Blow the whistle 6 times, 1 minute break, then repeat until help arrives. It is a competitor’s responsibility to respond to a fellow competitors request for such help.

Safety and remote finishes

As the majority of our events have a remote finish; it is essential that all competitors visit the download tent AS SOON AS POSSIBLE whether or not they have finished their course.

Electronic Punching

The SPORTident electronic punching system will be used, and all versions of SI card are accepted. Competitors must use the SI card that they quoted on entry OR if different, get this changed before going to the start. Please clear your SI cards at the pre start. Please download as soon as possible.

Control Description Sheets

All age class and colour coded courses will use pictorial description sheets. In addition, courses 15 – 17 will have the option of written descriptions. Control descriptions will be printed on the competition maps; loose copies will be available in the start lanes.

Bibs

Bibs can be collected from registration either on Saturday 2nd August or at any of the race sites. They must be worn on all days. Please write relevant medical information on the back of bibs (e.g. allergies). Please bring pins to attach your bib.

Pre-Start Map Viewing

Blank maps will be displayed in assembly and in start lanes. Maps for White and Yellow courses will be available for competitors to view before their run. Competitor’s maps will not be collected after your run, please do not show your map to anyone who has not yet started.

Start Times

Starts are from 10:30 to 14:00 with courses closing at 16:00. It is the competitor’s responsibility to arrive at the start on time. Runners not on time will be started as soon as possible, but there may be long waits for a free slot. Start times will not be changed at the start. Competitors MUST punch the start unit after they leave the start line. Persistent deviation from allocated start times may be investigated by the organisers. Bibs will display ‘Open’ for competitors who do not have pre allocated start times (all colour coded entries and parents with split starts). Start lists will be displayed in assembly.

Control Layout

As some of the days are on inaccessible high mountains; it is not practical to carry metal stakes. On these days, the SI unit will be attached to the cane on which the control is hung but placed on the ground. An example control layout will be available for competitors to view prior to the starts on each day.

Taping

The following colours will be used: red/white – out of bounds/ crossing points and taped routes in terrain. Yellow/black – danger; there are many hundreds of crags in the areas, some very high, these are not taped. Routes to starts will be taped according to the start colour.

Results and Prizes

On display in assembly and regularly updated on the web. Wi-Fi will be available in assembly. Results books will not be printed.

Event scoring system

For all classes, points will be awarded for each day’s result, with point’s allocated based on finishing position. Thus, the class winner will receive 1 point, second placed competitor 2 points, and so on. Competitor’s overall score will be the sum of their best four scores of the week. In the event of a tie between two or more competitors the competitor with the lowest individual day placing will win. Competitors who fail to finish, who do not start, or who are disqualified, will be awarded a point’s score which is 5% higher than the maximum number (over all five days) of entrants for the class.

Complaints, Protests and Appeals

Complaints should be made to the Day Organiser either orally or in writing at the information tent up to 16.00 on the day of the competition. There is no fee for a complaint. The Day organiser is the adjudicator of a complaint. A protest can be made against the Organiser’s decision, in writing to the Controllor. Protests and appeals will be handled under Rules 5 & 6 and Appendix A of the 2014 British Orienteering Rules.

Prizes

There will be a prize giving at 2.30pm on the last day in the assembly area. Prizes will be awarded to the first 3 competitors in all junior age classes, the first 3 in senior Long classes and the winners of senior Short classes. If you cannot come to the prize giving on day 5 could you please make arrangements for someone to collect your prize? We shall not be able to send prizes to overseas winners after the event.

There is a very small possibility that late runners on day 5 may affect the final points and alter the overall calculation. However, we are making sufficient time allowance for those in contention for the main prizes to have completed their runs. Any changes after the prize giving will be posted on the web site.

Day awards, There is a small prize for the winner of every class every day.

These prizes can be collected from the Enquiries point at any event.

Map Information

Maps Scales

The map scale for all competitors on day 2 will be 1:7500.

On days 1, 3, 4 & 5, courses 1 – 14 will have a scale of 1:10000 except on day 4 when course 12 will be 1:7500.

Courses 15 – 17 will always have a scale of 1:7500.

Map Contour Intervals

The contour interval on all maps is 5 metres.

Map Bags

Map sizes will be ca. A3 or A4. Maps will be printed on waterproof paper, they will not be bagged. Although not necessary, if competitors wish to cover their maps, they will have to bring their own map cases.

Maps

Competitors are responsible for picking up the correct map. Maps will not include a legend but copies of the legend will be available for collection from enquiries in the assembly area. Maps will generally be printed with the control descriptions on the front; in the event of this not being possible; they will be printed on the back. Separate control description lists will be issued in the start lanes; it is the competitor’s responsibility to ensure they collect the correct course descriptions and do not litter the area by dropping them during their course.

Non Standard maps

On the two ‘mountain days’, day 1 at Swindale and day 4 at Pike O’Blisco; the maps used by the majority of the competitors will NOT have the ‘rough open screen’ even though the entire areas are ‘rough open’. The maps will have a ‘white, open forest’ colour to improve clarity and save ink! Some courses on these days will have a separate normal ‘full colour map’. Further information about which courses use which maps will be included on the final details and they will be on display in the start lanes and assembly. Grid lines on the maps are in blue ink.

General Information

Competitor clothing

Due to the risk of ticks and blood borne diseases; full body cover, not torn, is compulsory when the competition area is forested, this means legs and torso. On days 2 and 3; arm cover is also recommended.

In the event of poor weather, wind and/or rain; waterproof hooded jackets may also be compulsory on some of the days; particularly days 1 and 4. These rules will be checked at both the start and finish of the race. If the weather is very benign on days 1 or 4 the organisers reserve the possibility of allowing shorts to be worn for courses on the open areas; a notice will be displayed on arrival at the race site. On day 1, whatever the weather, shorts are not suitable for courses from the white start due to undergrowth.

Where starts and finishes are remote, there is a possibility of depositing clothing near to the start/finish; these are public areas so you do so at your own risk, please remember to collect it after your run.

Competitor’s medical conditions

We will be providing St John Ambulance first aid cover at all events but if you suffer from a medical condition that you think it would be useful for us to know in advance; could you please let the Event Director know by email on 2014@lakes5.org.uk such information will be treated in the strictest confidence. Alternatively; you may wish to write such information on the reverse of your competition number.

E coli

E coli may be found where farm animals have been grazing; this includes the fields used for car parking and assembly as well as the competition areas. It is recommended that you wash your hands thoroughly before eating.

Merchandise

Pre ordered clothing should be collected from the stall at the registration day or in assembly on race days. A limited range of Lakes 5 Day clothing will be on sale, cheques/cash only.

Litter

Could you please take all litter home with you.

Biosecurity

As part of our commitment to the Lake District environment we are asking competitors to support actions to minimise the introduction or spread of non-native species and diseases such as phytophthera pamorum (larch) and ash dieback. Everyone is asked to arrive at the event with clean dry clothing and footwear. At each day, after the finish, we will be providing cleaning stations, as supplied by the South Cumbria Rivers Trust, for competitors to clean their footwear. Please support this initiative.

Environmental statement and water

Although many people are travelling a long way for our event we are endeavouring to reduce the events environmental impact as much as possible. We will not therefore be providing bottles of water for competitors at the finish. You will be expected to bring your own water. If you are intending to take a water bottle to the start on the ‘remote mountain start days’; could you please ensure that the bottle is fully crushed before depositing it in the bin liners provided; one of the volunteer organising team will have to carry it down although offers from ‘finished competitors’ to help with this would be most welcome! We would also like competitors to take their own rubbish ‘home’ with them.

Car park exits

As all of the car parks have a single track entrance; competitors will not be allowed to leave until after 12.30; it is expected that all competitors will arrive at the event prior to this time. It would be very helpful for those leaving the Lake District after the day 5 event if people arrived even earlier, allowing a quick getaway!



Personal Planner				
Day		Leave	Start Time	My Time
1				
2				
3				
4				
5				