

Day 1 Sunday 29th July

Silver How

Organising club: DEE

Planners: Pete Owens

Organiser: Clare Crocker

Controller: Michael Pearson (WCOC)

Parking: GR NY 340072 Postcode: LA22 9SH Bus services 555 & 599 from Kendal every 20 minutes. Bus stop "House for Dove Cottage" is close to assembly. By car: Approach Grasmere via A591 access from Stock Lane roundabout at southern end of Grasmere bypass. Do not enter Grasmere village from northern junction.

Assembly: Adjacent. No room for club tents.

Assembly to starts: 2.3 km 240 m climb. The first 1.4 km though the village is on tarmac and includes road crossing and sections without footpaths. The final 900m follows a steep narrow, rough path onto the fell.

Finish: Near to the start. Return route back through clothing dump.

Map: Surveyed and drawn by Martin Bagness. Courses 1-7: A3, courses 8-17: A4. Cairns (stone piles) are not shown (they are shown on all other maps) as they are too numerous and too small.

Terrain description : Silver How, is a broad lumpy ridge at 400m with a wealth of rock and contour detail. The terrain is very runnable, patches of bracken, shown as green hatching on the map, are a severe impediment to progress and are best avoided. The longer courses visit Blea Rigg, which is higher (up to 530m) and more rugged. Paths are few and far between so both the white and yellow courses follow taped routes at times. These are marked by canes with red and white tape streamers. Part of the yellow course follows a stream.

Safety information: In the event of getting completely lost, head north until you come across a path and follow it down to the village. The area is on high exposed fells so be prepared for possible severe weather. Please ensure children have adequate supervision walking through the village to the start.

Special information: Registration and enquiries will be in the pavilion on the west side of the car park. Grasmere town can be very busy during the holiday period. Walkers will also be using the routes up to the start which is very narrow and steep in parts. Please allow plenty of time. Parking will be very tight, please park close to your neighbours as directed by the parking team.

Day 2 Monday 30th July

Angle Tarn Pikes

Organising Club: SROC

Planner: Gavin Smith

Organisers: Tony Marlow

Controller: John Britton (MDOC)

Parking: GR SD394161 Postcode CA11 0NW, From the south, follow the A592 over Klrkstone Pass and past Brothers Water. As you leave Patterdale village Side Farm will be signed on the right. From the North, follow A592 from its junction with the A66 south past Ullswater and through Glenridding village. As you enter Patterdale, Side Farm will be signed on the left

Assembly: Adjacent.

Assembly to starts: 2.5km 280 metres climb. Through the farm yard and signed along the Cumbria Way. You will pass the finish on the way to the start.

Finish: 1.6Km from assembly. Return back along the same path to the valley.

Map: Surveyed and drawn by Stirling Surveys and updated 2018 by Martin Bagness. All courses A4.

Terrain description: Angle Tarn Pikes is high and exposed detailed open fell with generally good runability

Safety Information: Head North, this takes you towards Boredale Hause and the main track back to the valley.

Avoid going West where the slope gets steeper, there are small crags on the west slopes.

Special information: There are continuing footpath repairs along the route to the start being carried out by 'Fix the fells'. Please be careful through any works and be courteous to the workforce.

Day 3 Tuesday 31st July

Whinlatter

Organising Club: WCOC

Planners: Alan Irving

Organisers: Michael Billinghamurst

Controller: Dan & Karen Parker (BL)

Parking: There are 2 car parks. Mitchells Auction Mart, Cockermouth. GR NY 114295 Postcode CA13 0QQ.

Priority parking on forestry roads at Revelin Moss, 0.3km east of the Visitor Centre entrance at Whinlatter; for those with pre-issued parking permits, this is at GR NY 208244 Postcode CA12 5TW.

The Forestry Commission have requested that competitors do not park at Whinlatter Visitor Centre, except for cars displaying a registered disabled permit or lakes 5 day disabled permit.

Assembly: Assembly area is beside the finish on a wide forest road. Registration/enquiries, download, toilets, and first aid will all be located there. There is an area adjacent to the finish that can be used for spectating and small shelters. There is no room for club tents.

Assembly to starts: 1.2km and 130m climb from assembly on forest roads and paths.

Finish: In the assembly area.

Map: Updated by Pete Nelson 2017-18. Single track cycle routes are marked with a special symbol shown here. You may cross these with care but you may not proceed along them or stand on them.

Terrain description: Steep working forest of varying runability, and surrounding areas of open fell. The ridge tops offer moderately complex contour detail.

Safety Information: Whinlatter is a working forest so the usual precautions apply. Do not approach forestry machinery and do not climb on log piles. The route from the bus stop and priority parking to assembly crosses the Whinlatter pass road which can be busy. The crossing will not be marshalled so please take care. There is no mobile phone coverage at Whinlatter. In the event of an emergency land lines are available at the Whinlatter Visitor Centre and nearby rangers' office.

Special information: Whinlatter is heavily used by the public as a mountain biking centre with many bike trails. At all times be alert for cyclists and take appropriate evasive action where necessary. Single track cycle routes are marked on the map with a special symbol shown on the website. You may cross these with care but you may not proceed along them or stand on them.

Day 4 Thursday 2nd August

Askham Fell

Organising Club: Border Liners

Planners: Andy Lewsley

Organisers: Anita Laird, Raymond Wren, Christine Goulding, Isabel Berry

Controller: Andy Quickfall (SROC)

Parking: Whitby Stead Farm, Askham, GR NY505233 Postcode CA10 2PG, Signed from Askham. Recommended route from M6 J40 via A66 and A6 to Eamont Bridge, right in Eamont Bridge onto B5320, then left at Yanwath signed to Askham. Please drive slowly and considerately in Askham village.

Assembly: Adjacent. Limited space for club tents between last control and finish.

Assembly to starts: 1km, 60m climb. A mix of grassy fields and some woodland with a few rough patches.

Finish: 200m to assembly.

Map: There is widespread bracken; only that which we think will slow you is mapped. You should not use the edge of the bracken screen to navigate. Courses visiting the most northerly part of the map may encounter some low gorse, generally easily avoided and not mapped.

Toward the end of all senior courses competitors will encounter areas of gorse and thistles. Gorse is mapped as fight, thistles are shown as good visibility slow run, low gorse in this area only is shown as good visibility difficult to run.

Shooting butts (circular hides) shown with a black circle ISOM 530. Prominent posts shown with black cross ISOM 531.

Paths: These are mapped, but new paths and quad bike tracks are continually appearing, these will not be on the map. Courses 1 - 9 & 13: A3 maps. Courses 10, 11, 14 - 17: A4 maps.

Terrain description: Askham Common is a large open area. Underlying limestone means there is little surface water and lots of sizeable sink holes, pits and depressions. Where there are marshes, these can be hard going, particularly if very wet. Surface vegetation varies from smooth grass to runnable tussocks and low heather. There is bracken across the area – see mapping notes. The area is widely used by the public and has many paths.

Special information: The area does not have a distinct boundary to the west. Safety bearing is east to the intake walls and will be printed on the map.

Day 5 Friday 3rd August

Dale Park, Graythwaite

Organising Club: Lakeland Orienteering Club

Planners: Dick Towler

Organiser: Judy Burge and Dave Neild

Controller: David Rosen (SROC)

Parking: Signed from A590 at Haverthwaite crossroads, GR SD340842, LA12 8AB. Approx. 6 miles to Parking in fields at Dale Park, GR SD352927, LA12 8LJ. No coaches or caravans, the latter may be left at Haverthwaite on the old road immediately on the right after turning off the A590. It is recommended that large campervans are also left on the old road and their owners get lifts from there.

Assembly: Adjacent

Assembly to starts: 0.5km with 75m climb. String Course 200m.

Finish: 200m to assembly.

Map: Platforms (circular charcoal-burning areas) shown with black circle ISOM 530. With the approval of British Orienteering map group, because of the close proximity of lots of the controls, we have not used the 10mm diameter circles now specified in ISOM 2017 for 1:7,500 scale maps, but have used the smaller 7.5mm diameter circles, making the overprint smaller and clearer. Because of the intricacy of some of the terrain, we requested British Orienteering map group to approve the use of 1:5,000 scale maps for the M/W70s and older, but did not receive approval. We recommend that all older runners carry a magnifier.

Terrain description: Dale Park is a delightful area of largely runnable, steep oak woodland, with lots of intricate contour and rock detail. The longer courses have climb in excess of 5%. Courses 1 to 4 also visit an adjoining coniferous area of lower visibility. Competitors on these courses should consider wearing eye protection, as there are lots of sharp branches at head height. There are areas of slower vegetation, particularly bracken, though this has been cut back at control sites and on some legs on courses 15, 16 and 17. Course 17 is technically harder than a normal t1 course. Competitors have to follow streams, walls and fences, as well as paths and tracks. Approaching the finish, competitors on both courses 16 and 17 have to follow the route of an overhead power line, so must remember to look up, as there is no line feature on the ground. Any course 17 juniors who are not confident identifying and following these various line features should be shadowed by an adult who has already completed his/her run.

Safety Information: Drive carefully/considerately on the narrow lanes from Haverthwaite. Beware mountain bikers in the competition area. Safety bearing W to narrow lane. **No tents or banners may be positioned under the overhead power lines** in the Finish field.

Day 3 Extra information

PLEASE READ CAREFULLY

Parking

There are 2 parking areas.

Unless you have a pre-issued parking permit you should head for Mitchells Auction Mart, Cockermouth. GR NY 114295 Postcode CA13 0QQ. It is accessed from the Cockermouth roundabout on the A66. Competitors will be bussed to the assembly area.

Priority parking on forestry roads at Revelin Moss, 0.3km east of the Visitor Centre entrance at Whinlatter; for those with parking permits see application process: GR NY 208244 Postcode CA12 5TW. 1.0km to 2.1km walk to assembly. This point is also the bus stop for competitors using the main car park. Please be aware of embarking and disembarking passengers, and give buses priority.

Buses from the car park to Whinlatter will run from 08:30. The last bus from Whinlatter back to the car park will be at 16:00. Buses will depart approximately every 10 minutes and the journey time is around 20 minutes.

In the event of delays, the start team will have instructions to be flexible so if you find yourself in a long queue with no sign of a bus, please contain your frustration.

Map Box Layout

Unlike other days, where the layout of the maps will all be the same, Day 3 is using a slightly different arrangement.

After the start call up, maps for courses 1, 2, 4, 6, 7 & 10 are on the left of the track, the rest on the right. Those on the left follow one set of tapes to their start triangle; the ones on the right follow a different set of tapes to a different start triangle.

Course Number and Classes		Course Length (km), Climb (m) and numbers of controls														
		Day 1			Day 2			Day 3			Day 4			Day 5		
Number	Classes	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	8.7	405	16	8.8	440	18	8.3	290	18	11.2	200	26	4.2	290	22
2	M45L, M50L	6.9	340	13	7.2	350	16	6.6	250	14	9.1	155	21	3.7	220	17
3	M55L, W21L	6.1	300	13	6.5	325	14	6.1	220	15	8.4	125	24	3.4	190	18
4	M18L, M20L, M21S, M60L	5.9	290	13	6.2	300	15	5.7	240	14	8.0	95	20	3.2	185	15
5	M16A, M35S, W35L, W40L, W45L	5.3	275	12	5.5	270	14	5.1	200	15	7.2	90	22	2.8	170	13
6	M65L, M40S, M45S	5.2	225	11	5.5	240	14	4.9	180	13	7.2	65	23	2.6	155	14
7	M50S, W50L, W55L	4.7	235	10	4.8	240	12	4.5	160	11	6.4	75	17	2.6	135	13
8	M70L, M55S, W60L	4.4	215	12	4.4	220	11	3.9	110	14	6.3	60	19	2.4	140	13
9	M18S, M20S, M60S, W16A, W18L, W20L, W65L	4.2	220	12	4.2	210	12	3.8	130	13	6.2	50	18	2.4	110	12
10	M65S, W18S, W20S, W21S, W35S, W40S	3.8	175	11	3.7	180	11	3.7	140	11	4.9	35	15	1.9	105	9
11	M75L, W70L, W75L, W45S, W50S	2.9	165	9	3.6	180	8	3.1	140	10	4.3	50	15	1.8	80	9
12	M80, M85, M70S, M75S, W80, W85, W55S, W60S, W65S, W70S, W75S	2.3	105	9	2.7	135	8	2.4	70	8	3.0	35	11	1.5	75	9
13	M14A, M16B	4.2	210	11	4.3	215	12	4.1	110	11	5.3	85	18	2.2	125	13
14	W14A, W16B, Light Green	2.9	135	9	3.0	135	10	3.1	100	12	4.1	35	14	1.7	85	9
15	M12A, M14B, W12A, W14B, Orange	2.6	130	11	2.7	125	10	2.5	70	12	3.4	30	13	1.8	90	15
16	M10A, M12B, W10A, W12B, Yellow	2.7	110	14	2.5	80	13	2.4	30	10	2.9	20	10	2.0	95	13
17	M10B, W10B, White	1.6	75	10	1.6	55	15	2.1	15	10	1.8	10	9	1.4	35	16

