

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 on days 3,4 & 5, this means legs and torso. On day 4, 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 & 2. These rules will be checked at both the start and finish of the race. If the weather is very benign on these days 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 days 1 & 2 where starts and finishes are remote, there is a possibility of depositing clothing near to the finish; these are public areas so you do so at your own risk. Bring a waterproof bag for clothing storage and please remember to collect it after your run.

Competitor's medical conditions

We will be providing NW Medics first aid cover at all events. If you suffer from a medical condition, please complete the reverse side of the bib with appropriate details and contact information.

Adders

Adders are found in most parts of the Lake District on hot sunny days, leave them alone and they will leave you alone.

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. After finishing there will be footbaths to rinse your shoes and reduce the spread to other race sites.

Environmental statement and water

Although many people are travelling a long way for our event we are endeavouring to reduce the event's environmental impact as much as possible. We will not therefore be providing bottles of water for competitors at the finish or on the courses. 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. We are trying to reduce the use of 'single use' plastic and there will be fewer bespoke signs than in previous years.

Car park exits

As all of the car parks have a single track entrance, competitors are expected to arrive after 9.00 and before 12.00 and will not be allowed to leave until after 12.30.

RACE DETAILS

Age Class courses

A full range of age class courses are available. We'd prefer entries to be made online up to the day you wish to run. Entry will be available on the day at registration whilst there are available start times and maps.

Colour coded courses

White, Yellow, Orange and Light Green colour coded courses are available. Entry will be available on the day, at registration from 9.30am until 12 noon.

Colour coded competitors will be required to have a bib and complete the medical information on the reverse.

String courses

There will be String courses provided each day for young children, using special maps. There will be no charge. A mixture of pin punching and electronic punching will be used. Register at the string course on event days. Courses are available between 10:00 and 15:00.

Courses 16 & 17

Copies of courses 16 (Yellow) & 17 (White) will be on display in the assembly area each day. On some days, red and white taped routes have been used to assist young competitors where line features are less obvious or where no line feature exists; please ensure our young competitors are aware of this.

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 and then repeat until help arrives. It is a competitor's responsibility to respond to a fellow competitor's 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.

Single drivers

Although we'd prefer you not to arrive in a car on your own, we'd encourage you to use the car key drop at Registration/Enquiries as an additional safety check. Keys are left at your own risk.

Electronic Punching

The SPORTident electronic punching system will be used, and all versions of SI card are accepted. Control units will be SIAC enabled although ALL competitors have to punch at the start and finish boxes including those using SIAC. 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. If you fail to receive the feedback, beep/flash signifying a successful punch, you must use the back-up pin punch to punch your map to prove you've been to the control.

Control Description Sheets

All age class and colour coded courses will use pictorial description sheets. Control descriptions will be printed on the competition maps and loose copies will be available in the start lanes on waterproof paper. Courses 16 & 17 will have the option of loose written and pictorial descriptions, written will be printed on the maps.

Bibs

Bibs can be collected from any of the race sites. They must be worn on all days. Please write relevant medical information and next of kin contact details 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. 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 13.30 with courses closing at 16:00 except on Tuesday when they close at 15.30. 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. All competitors MUST punch the start unit after they leave the start line including those using SIAC! 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). A start list will be displayed in assembly.

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



MAP INFORMATION

Maps Scales

Maps are drawn to ISOM 2017.

The map scale on days 1, 2 & 5 will be 1:10,000 for courses 1 – 10 & 13 – 15 and will be 1:7500 for courses 11, 12, 16 & 17.

The map scale on days 3 & 4 will be 1:7,500 for courses 1 – 10 & 13 – 15 and will be 1:5,000 for courses 11, 12, 16 & 17.

Map sizes will be ca. A3 or A4.

Map Contour Intervals

The contour interval on all maps is 5 metres.

Map Bags

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; the course number will be in a large font on the front of the 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 be printed with the control descriptions on the front. 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 run.

Non Standard map

On day 1 at Swindale; the maps 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! Day 2 uses the 'normal' rough open symbol.

Fences and walls overprinted with purple lines must only be crossed at marked crossing points; this is particularly important on Day 5.

RESULTS & PRIZES

Results

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

Event scoring system

For all classes, points will be awarded for each day's result using the following formula.

$$\text{Runner's score} = 1000 + 200 \times (\text{MT} - \text{RT}) / \text{ST}$$

MT is the mean of the top 90% of each course (excluding n/c, disq, dnf, etc)

RT is the runner's time

ST is Standard Deviation

Competitor's overall scores will be the sum of their best four scores of the week. 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.

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 Controller. Protests will be considered by the jury.

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.

Day 1 Sunday 7th August

Swindale

Organising Club: Borderliners, SOLWAY & NATO
Planners: Dan & Karen Parker
Organiser: Christine Goulding
Controller: Duncan Archer (CLOK)

Parking: GR NY553156. CA10 3NB (approx)
///comments.mascot.occupiers
From south exit at J39 (M6), turn right into Shap and left onto Keld lane just before leaving north end of Shap From north – off A6 at north end of Shap Please respect the speed limit in Shap. The route will be signed from Keld Lane turn off.

Assembly: Adjacent to car park; no First Aid in assembly. String course near Shap Abbey.NWOA Junior Squad cake stall.
Assembly to starts: All starts together 2.2km 80m climb. Some toilets are located at the start.
Finish: Remote finish 1.9km 40m climb. First Aid and clothing dump nearby.

Map: Courses 1 - 9 A3, 10 - 17 A4. 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.
Terrain Description: Open fell with much contour and rock detail. Runability is generally good but marshes can be slow, especially after prolonged wet weather.

Special information: Please do not cross tapes in car parking field.

Day 2 Monday 8th August

Threlkeld Knotts

Organising Club: West Cumberland OC
Planner: Bob Barnby
Organiser: Mike Harrison
Controller: Keith Tonkin (BL)

Parking: GR NY 316 229, CA12 4TS (approx)
///slave.negotiators.gracing
Parking is in a flat field on the west side of the B5322 opposite Hill Top Farm. From the north, take the B5322 turning off the A66 towards St John's in the Vale at Threlkeld. From the south, take the B5322 turning off the A591 to St John's in the Vale at Legburthwaite just after Thirlmere.

Assembly: Adjacent to car park
Assembly to starts: All starts together 1.5km 200m climb. The route to the start is along an old coach road which may have off road vehicles and will have members of the public. Please be courteous. No toilets at the start.
Finish: Remote finish 1.0km 70m descent. Clothing dump nearby.

Map: All maps are A4. Threlkeld Common surveyed 2020 by Steve Birkinshaw. Threlkeld Knotts surveyed 2017 - 2018 by Mike Hind; on Threlkeld Knotts only significant boulders over 1m have been mapped.

Terrain Description: Bracken-free open fellsides. The western part, Threlkeld Knotts, used by all courses is a steep hill rising to 500 m above sea level. It's been extensively mined and has a wealth of contour detail. Although parts give fairly quick running there is a lot of loose rock and some extensive boulder fields. The eastern part, Threlkeld Common, used by courses 1 - 4 and 13 is newer to orienteering and is much flatter and wetter, being almost entirely covered in reeds with scattered boulders.

Day 3 Tuesday 9th August

Dale Park

Organising Clubs: Lakeland OC, Deeside OC, Pendle Forest OC and South East Lancashire OC
Planner: Iain Smith-Ward
Organisers: Lyndsey Bayles & Gill Browne
Controller: Dick Towler (LOC)

Parking: GR SD 352 925, LA12 8LJ
///differ.finest.loft
Approach roads are narrow so do not bring anything larger than a camper van. From the South the event will be signposted from Haverthwaite Crossroads [GR SD 340 843] Please do not turn off at Newby Bridge. From the North the event will be signposted from Hawkshead Caravans and large motorhomes should be left on the 'old road' adjacent to the Haverthwaite crossroads.

Assembly: Adjacent to car park
Assembly to starts: All starts together 0.3km and 20m climb
Finish: Adjacent to car park

Map: All maps are A4. Platforms (circular charcoal burning grounds) shown with black circle ISOM 530 Map by Martin Bagness, some updates 2022.
Terrain Description: Dale Park is a delightful area of largely runnable steep oak woodland with lots of intricate rock and contour detail. Courses 1 - 9 visit an adjacent conifer plantation of lower visibility. Competitors on these courses should consider wearing eye protection as there are many sharp branches at head height.

Special information: There are to be no club flags in the assembly area near to the overhead power lines through the field. There is an open stream in the Assembly area so please supervise children. There are a high concentration of ticks in the area so please check after your run.

Day 4 Thursday 11th August

Grizedale Raven Crag

Organising Club: Lakeland OC
Planners: Anne Edwards & Scott Collier
Organiser: Rob Smith
Controller: John Kewley (MDOC)

Parking: As Day 3. GR SD 352 925, LA12 8LJ,
///differ.finest.loft
Approach roads are narrow so do not bring anything larger than a camper van. From the South the event will be signposted from Haverthwaite Crossroads [GR SD 340 843] Please do not turn off at Newby Bridge. From the North the event will be signposted from Hawkshead Caravans and large motorhomes should be left on the 'old road' adjacent to the Haverthwaite crossroads.

Assembly: Adjacent to car park
Assembly to starts: Red Start 0.9km 25m climb Blue and White Starts 1.2km 100m climb
Finish: Adjacent to car park

Map: All maps A4; course 1 is double sided. A new map by Martin Bagness surveyed 2021/2022. Platforms (circular charcoal burning grounds) shown with black circle ISOM 530. Courses 11 & 12 use Day 3 map.
Terrain Description: Please note that due to terrain constraints on Grizedale, courses 11 & 12 will use the Dale Park area, see Day 3 description. Grizedale East is a varied forest with a wealth of contour and rock detail. The light green is primarily conifer plantation, which has moderate to low visibility but is clean underfoot and relatively runnable, it can be scratchy, so you may wish to consider eye protection and/or long sleeves. The white forest on the eastern slope has good visibility, but is steep and rocky with bilberry in places. Open areas tend to have significant bracken, although this is unlikely to hinder the most determined runners. Planning has been constrained by storm damage and by planned felling, and as a result the courses may feel more middle than long in style.

Special information: Course 1 (M21L, M35L, M40L) crosses the route to the start twice. Each time, there is a control shortly before the crossing, followed by a mandatory taped route leading you across the path and into the terrain on the other side. You are not permitted to run along the path, which - aside from the crossing points - will be overprinted with purple out-of-bounds screen. Both course 17 (M/W10B, White) and course 16 (M/W10A, Yellow) have sections of taped route through the terrain. Course 16 follows a range of non-path features, including small streams, fences and ruined walls, and includes a steep and relatively rocky descent.

Day 5 Friday 12th August

Helsington Barrows

Organising Club: South Ribble OC
Planner: Alex Finch
Organiser: Les Davies & Martyn Roome
Controller: Sara Campbell (DEE)

Parking: GR: SD 502 918, LA9 5RP (approx)
(approx)///melon.pulse.lately
Parking is on the Racecourse Field adjacent to Bradley Field Farm, Brigsteer Road, approximately 200m southwest of where it crosses the A591 by bridge. There is no junction with the A591 at this point, so please approach via Kendal if possible. Do not use the narrow road from the A591 through Briggs House Farm. The route will not be signed until reaching the field entrance

Assembly: Adjacent to car park
Assembly to starts: White Start 600m 0m climb. Blue and Red Starts 1.1km 0m climb
Finish: Adjacent to car park

Map: Maps are A4 for 1:10000, A3 for 1:7500. The map has been resurveyed in 2022 by Alex Finch and to comply with ISOM 2017 the stony ground symbol has only been used for areas which will slow a competitor to less than 80% of normal running speed. Most of the map is rough open although there are occasional small trees and bushes. Where these become sufficiently dense they are mapped as rough semi-open. On a small part of the area the symbol "rough open area with scattered thickets" has been used. There are a number of low circular walls on the area, a few metres in diameter and usually about 0.5m high. They are shown using the "ring man made feature" symbol (ISOM 530), and on the control descriptions with the circle symbol. See photo to the right.

Terrain Description: Helsington Barrows is a long limestone hill overlooking Kendal with fine views of the Lake District and Morecambe Bay. It is mostly highly runnable open fell with some contour detail. It has a significant number of paths and is divided into three distinct areas by high walls. There are small areas of runnable woodland to the south and some bracken and thickets in places.

Special information: Walls must only be crossed using the marked crossing points. Some crossing points are existing "kissing gates". The others are ladder stiles erected for the event. Competitors on courses 11, 12, 15, 16, 17 will not need to use the latter type. The area is extensively used by members of the public, many of whom are dog walkers. Please be courteous towards them. Cattle may be present in the competition area.

"Rest Day" Wednesday 10th August

Penrith Urban

Borderliners are organising an urban race in the market town of Penrith. Penrith has a network of streets and small alleys. Pre-entry only except for junior courses 6 & 7. Please see the borderliners website for more details.

www.borderlinersorienteering.org



COURSE NUMBER AND CLASSES			Day 1 Swindale			Day 2 Threlkeld Knotts			Day 3 Dale Park			Day 4 Grizedale Raven Crag			Day 5 Helsington		
COURSE	CLASSES	START	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	White	10.1	350	15	7.9	250	18	4.4	320	23	6.3	305	22	11.7	360	21
2	M45L, M50L	White	8.4	320	13	6.3	230	14	3.7	250	23	5.1	290	15	9.5	265	16
3	M55L, W21L	White	7.4	260	14	5.4	230	13	3.3	240	19	4.7	250	15	9.0	280	16
4	M18L, M20L, M21S, M60L	White	7.1	230	12	5.3	220	13	3.2	220	18	4.6	215	14	8.7	250	15
5	M16A, M35S, W35L, W40L, W45L	White	6.3	220	12	4.7	180	15	3.1	195	20	4.0	205	11	7.7	265	14
6	M65L, M40S, M45S	Blue	6.0	210	13	4.5	170	13	2.9	190	19	3.9	195	11	7.3	225	12
7	M50S, W50L, W55L	Blue	5.6	190	11	3.9	180	13	2.6	185	18	3.4	185	11	6.8	205	13
8	M70L, M55S, W60L	Blue	5.3	180	12	3.8	160	11	2.5	185	18	3.1	175	10	6.2	170	12
9	M18S, M20S, M60S, W16A, W18L, W20L, W65L	Blue	5.1	160	10	3.6	170	11	2.4	190	17	3.3	140	11	6.0	185	12
10	M65S, W18S, W20S, W21S, W35S, W40S	Blue	4.4	130	10	3.4	125	11	2.3	140	17	2.5	150	9	4.9	165	10
11	M75L, W70L, W75L, W45S, W50S	Red	3.5	110	9	2.8	65	9	2.2	120	14	2.4	110	10	4.1	135	9
12	M80, M85, M70S, M75S, W80, W85, W55S, W60S, W65S, W70S, W75S	Red	2.7	100	9	2.5	45	8	1.9	110	15	2.0	100	8	3.1	110	6
13	M14A, M16B	White	5.0	180	11	3.9	130	10	2.8	170	17	3.0	155	10	6.1	135	13
14	W14A, W16B, Light Green	White	3.4	130	9	2.8	90	10	2.6	145	16	2.4	100	8	4.2	85	9
15	M12A, M14B, W12A, W14B, Orange	White	3.4	100	12	3.0	35	9	2.2	115	12	3.3	105	15	3.6	50	9
16	M10A, M12B, W10A, W12B, Yellow	White	2.5	90	12	2.1	45	7	1.7	105	14	2.1	40	13	3.5	75	11
17	M10B, W10B, White	White	2.0	60	10	1.6	10	6	1.3	70	13	2.3	30	11	1.6	30	7
My start time																	
Leave assembly by this time at the latest																	

