

# **Bulletin 1**

## **Lakeland Warrior**

Masterplan Adventure and Warrior OC welcome you to the Lakeland Warrior, using fantastic terrain in South Lakeland, the perfect preparation for the JK 2023. Both days are world ranking events, a great opportunity for you to improve your world ranking score.

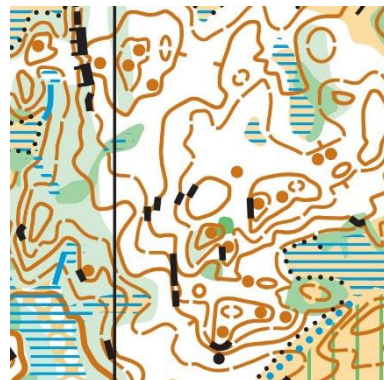


### **Programme of events**

An existing map can be found for Saturday by following the link below, and two map samples are given for Sunday. Both areas offer technical and challenging Lake District forest terrain, with some steep slopes and much contour and rock detail.

Saturday 3<sup>rd</sup> December: Middle Distance – [Great Tower](#)

Sunday 4<sup>th</sup> December: Middle Distance – Grizedale Tarn



### **Competition Organisers**

Organisers: Alasdair Pedley (MA) and Martin Bagness (WAROC)

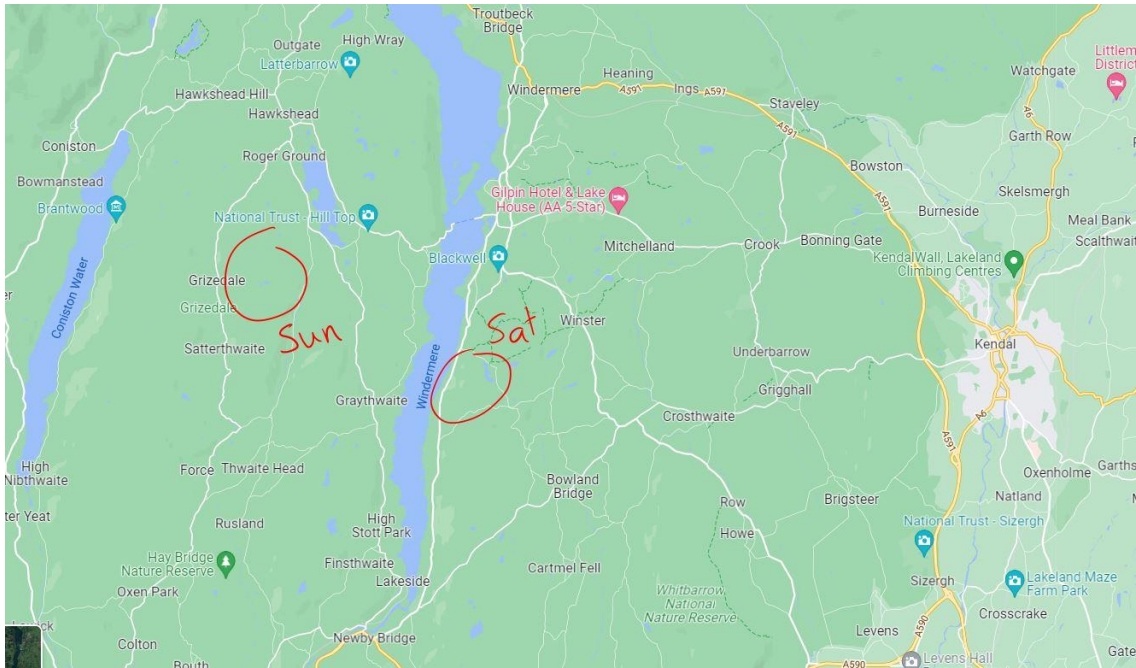
Planner: Martin Bagness

Controller: **tbc**

**IOF advisor:** Ted Finch FVO

### **Venue**

Both races are in South Lakeland, a few miles North of Newby Bridge. Saturday's race is on the Eastern side of Windemere, at Great Tower, and Sunday's is on the Western side, between Graythwaite and Grizedale.



## Entries and classes

Via SiEntries: [https://www.sientries.co.uk/event.php?event\\_id=10530](https://www.sientries.co.uk/event.php?event_id=10530)

£14 seniors, £7 juniors/students. Entries close at midnight on Sunday 27<sup>th</sup> November. Open to all.

There are two courses, both with winning times of 30-35 minutes:

- Men/Long
- Women/Short

Both races will use SportIdent timing.

## Map notes

Both courses will use a map with a scale of 1:10,000 and 5m contours.

## Prizes

The Lakeland Warrior is proudly sponsored by [Kong Running](#), based in Keswick, who are offering the following vouchers (all M/W equally):

Each day:

1st: £30

2nd: £20

3rd: £10

1st Junior (M/W20-): £15 (2nd Junior if 1st Junior is in the top 3)

1st M/W18: £15 (as above)

Combined 2-day result:

1st: £40

## Starts

2min start intervals. Men and Women starting on alternate minutes. Start times will be seeded based on [world ranking](#), as on Monday 28<sup>th</sup> November with higher ranks last. Ranked runners may be allocated start times in a random order within seeded time blocks. Competitors with no world ranking points will start before the ranked competitors.

## Weather and hazards

This is the Lake District in December. It is likely to be cold and/or wet. The average daily high in December is 8C and the average monthly rainfall is 68mm. Competitors should be aware of the risk of [hypothermia](#) and take sufficient precautions to protect themselves.

The terrain is steep and rocky, with some large cliffs. Courses will be planned to avoid sending competitors close to the tops of these. Competitors should be aware of the risk of sprained ankles other acute injuries. A first aid kit will be available at the arena.

## Training opportunities

There are many excellent areas in the region. Training maps can be acquired by contacting Alasdair or Martin. Contact details can be found on the [event website](#) and [SiEntries](#).

## Transport

By car, the event is close to the M6 motorway. We encourage car sharing because parking may be very limited.

Nearest train station is Windemere, which links to the West Coast Mainline at Kendal/Oxenholme. Train times can be found at [Trainline](#).

Bus services can be found at [Bus timetables for Cumbria | Cumbria County Council](#)

Nearest Airport is Manchester International, followed by Glasgow and Leeds-Bradford.

## Accommodation

There is no specific event accommodation, but there are many hostels and hotels available nearby. See the [Youth Hostel Association](#) for example.

## Visas

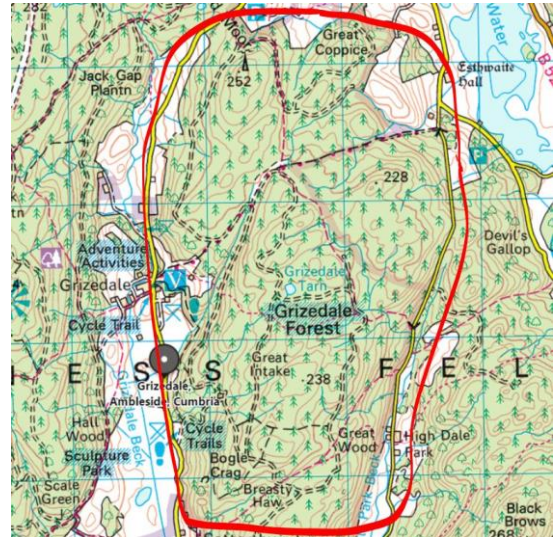
Overseas visitors may need a visa to enter the United Kingdom, and the Government's [visa information website](#) provides details of when visas are required. Competitors who require visas are advised to contact the Organisers at [masterplanadventure@gmail.com](mailto:masterplanadventure@gmail.com) for the required reference information and are advised to submit their form to the United Kingdom Embassy or Consulate as early as possible.

## Embargoed areas

Public roads may be used.



2 Saturday Great Tower



1 Sunday 'Grizedale Tarn'

All competitors must follow British Orienteering's Participant Code of Conduct.

Fitness to Attend – of course, competitors must not attend the event if they have been advised to self-isolate / quarantine.

Car parking, start windows, course details etc will be in Bulletin 2 (final details).