

World Ranking Event

Lakeland Warrior 3rd 4th December 2022



Bulletin 2

Masterplan Adventure and Warrior OC welcome you to the Lakeland Warrior, the perfect preparation for the JK 2023. Both days are World Ranking Events, a great opportunity to improve your world ranking score. Many thanks to the usual team of specialist local helpers and to LOC for use of areas and help with access. Many thanks to Kong Running, Keswick (www.kongrunning.com) for generous prize sponsorship.

Applicable to both events

Fitness to Attend / Covid: Competitors should not attend if they are unwell or have had a positive test.

World ranking eligibility: Competitors with IOF IDs are eligible for world ranking points.

Starts: M21E and W21E use a Timed Start according to the published Start List, which is seeded based on [world ranking](#), as on Monday 28th November. Seeded starts will include an element of randomisation within blocks of starters.

Runners that arrive late will be started asap according to IOF guidelines. The start time will be recorded but will not be used to calculate a result unless it is agreed that the delay was the fault of the organiser. Any runner affected in this way must raise the matter with the organiser at the Finish.

Runners on the Elite courses without IOF IDs will start at the beginning of the start list.

Runners on the Short course will use a punching start.

Start lists: Published on Monday 28th November on SiEntries.

Timing: Timed Start, SI Air punching, traditional SI Punch at the Finish.

Maps: On waterproof paper. Elite maps will be bagged on day 1, not on day 2 when runners should bring the day 1 bag to the start (you may need it!).

Descriptions: On front of map and loose within the Pre Start boxes..

Water Points: Provided at approximately 75% of the course distance for elites. Water is provided on a track following a control common to both elite courses.

IOF Advisor: Ted Finch (FVO)

Coordinator: Alasdair Pedley (MA)

Planner/on-the-ground Organiser: Martin Bagness (WAROC/MA)

Controllers: Dan and Karen Parker (BL)

SI Timing: Dave Walton (WAROC), **Starter:** Derek Fryer (LOC)

Saturday 3rd December: Middle Distance – Great Tower

Parking

At Great Tower Scout Centre, [Google Maps](#), What3Words: ///differ.lavished.crisper
Grid Ref: GRSD393913

From South: Follow A592 North from Newby Bridge for 3 mi, then turn Right onto Birks Rd.

From North: Follow A592 South from Bowness for 3mi, then turn Left onto Ghyll Head Rd, then after 1mi turn Right onto Birks Rd.

Assembly: 200m from parking (in large indoor area). No traders.

Toilets: At Assembly.

Start and Finish: Adjacent to assembly.

Start times: 11:00 - 13:00.

Courses: Middle Distance, 30-35min winning time for elite men and women.

Course	Length	Climb	Controls	Scale	Descriptions	Printing	Size
M21E	4.8km	245m	21	1:10,000	144x54mm	Offset-litho	A5
W21E	4.2km	190m	19	1:10,000	132x54mm	Offset-litho	A5
Short (not WRE)	3.0km	130m	12	1:5,000		Laser	A4

Courses close 14:00. You must report to the finish by then. Mountain Rescue will be contacted at 14:30!

Terrain: knolly woodland, mostly white, rocky, partly on a slope.

Map: Lidar base. Martin Bagness 2015. Updates Oct 22. Previous map: [LOC Routegadget](#)

Special symbols: Platforms (charcoal burning) are shown using the black circle man-made feature symbol.

Water point: provided at a Track Junction 100m after Control 235 which is common to both courses.

Jury: Keith Tonkin, Christine Goulding and John Kewley (all British Orienteering).

Sunday 4th December: Middle Distance – Grizedale Tarn

Parking: On forest roads, [Google Maps](#), what3words: ///like.releases.destroyer

Grid reference: SD344962

Turning to parking is off the Grizedale to Hawkshead road, 150m South of Moor Top Car Park.

From North: From Hawkshead go South, turn Right just after leaving village, following signs to Grizedale.

From Newby Bridge the fastest route is up to Esthwaite Water then turning Left just before Hawkshead.

Assembly and Finish: At The Fox forest road junction. SD344952. 300m walk South along a bridleway from the end of the car parking, What3words: ///caring.geologist.forks. No traders.

Toilets: We recommend using toilets prior to arriving, such as the public toilets in Hawkshead or at Grizedale Visitor Centre. We will have 2 portaloos at Assembly.

Start: 300m from assembly.

Start times: 10:00 – 12:00.

Courses: Middle distance, 30-35min winning time for elite men and women.

Course	Length	Climb	Controls	Scale	Descriptions	Printing	Size
M21E	4.4km	165m	19	1:10,000	132x54mm	Offset-litho	210x160mm
W21E	3.7km	140m	15	1:10,000	108x54mm	Offset-litho	210x160mm
Short (not WRE)	2.4km	80m	9	1:5,000		Laser	A4

Courses close: 13:00. You must report to the finish by then. Mountain Rescue will be contacted at 13:30!

Terrain: As hard as it gets! Low-vis plantation, tough semi-open areas, tussocky marshes. Very complex. A complete test of o-skills and running technique.

Map: Lidar base. Martin Bagness 2020. Updates Oct 22. Mostly new map, with peripheral overlaps with [Raven Crag](#) (Lakes 5 2022 Day 4 – see below right) and [Esthwaite Intake](#) (see below left).

Water point: Provided at the Track Junction 100m after Control 212 which is common to both courses.

Jury: Andy Lewsley, Andy Quickfall and Alex Finch (all British Orienteering)

Safety and equipment: Watch out for cars/cyclists on forest roads and larger paths. Long sleeves strongly recommended. Waterproof top may be required if cold and wet when trees become laden with icy water.

Prizegiving: At assembly ASAP after last finisher.

Other general weekend information

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

Weather and hazards: This is the Lake District in December. It is likely to be cold and/or wet. 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. Competitors should be aware of the risk of sprained ankles and other acute injuries.

Coaches / parents / travelling companions: Can you help? We may have jobs for you whilst you wait for the “elites” to finish. Email us if so (contact details on the Masterplan website and SiEntries).

All competitors must follow British Orienteering’s [Participant Code of Conduct](#).

First aid: Some at the finish but minimal. Companions may be asked to take injured people to hospital if needed. Competitors take part at their own risk and are responsible for their own safety. Local A&E – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.

Complaints and Protests: A runner must raise a complaint with the organiser in the first instance. If the runner is not satisfied with the decision of the organiser then the runner may raise a **Protest**. There is no fee for making a protest. The WRE Jury will consider the **Protest** as soon as possible.

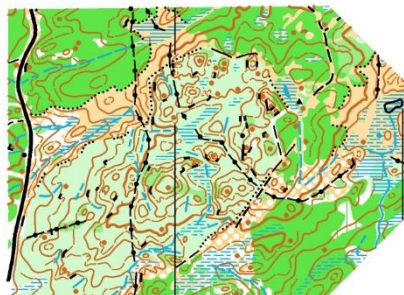
Final Results: Provisional Results will be published as soon as possible after the last finisher. If no protests are under consideration then the results will be declared as Final after 30 minutes.

SI Punching Notes: If when punching no visual or audible feedback is received then the back-up pin punch should be used. Note that traditional SI punches leave a record on the control when it is punched. Be aware that contactless SIAC punches leave no record on the control.

Timing: The SI Finish punch will record the Finish time. A backup timing will be used both days. Runners will need to wear their race number to be identified by the backup timing system. Numbers can be collected from Assembly but please bring your own pins.

Time Limit: There is no time limit on the courses, but you must be back by course closing time.

Map 2: Esthwaite
Intake 2018



Map 1: Relevant
part of Raven
Crag, 2022

