

# World Ranking Event

## Lakeland Warrior 9<sup>th</sup> - 10<sup>th</sup> December 2023



### Bulletin 2

Masterplan Adventure welcome you to the Lakeland Warrior, a weekend of high quality orienteering, with minimal surrounding infrastructure and organisation, aimed at up and coming elites. 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 and SROC for use of areas and help with access. Many thanks to Kong Running, Keswick ([www.kongrunning.com](http://www.kongrunning.com)) for generous prize sponsorship.

#### Applicable to both events

**Snow:** As of Wednesday 6<sup>th</sup>, there is still some snow in the forests. Given the weather forecast, it is anticipated this will melt by the races. Even if it hasn't melted completely, the races will very likely still go ahead. The terrain will be slippery - dob spikes recommended.

**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. "Elites" refers to people with IOF IDs.

**Starts:** M21E and W21E use a Timed Start according to the published Start List, which is seeded based on [world ranking](#), as on Monday 4<sup>th</sup> December. Seeded starts may 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 M21E/W21E 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 the Masterplan Adventure website.

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

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

**IOF Event Adviser:** David Rosen (SROC)

**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)

**Results:** Live results will be online at the SportIdent website.

<https://www.sportident.co.uk/results/ma/2023/>

#### Saturday 9<sup>th</sup> December: Middle Distance – Haverthwaite Heights

**Parking:** On Lanes End (GRSD342843), just off the A590. Turning to parking is off the A590 at Haverthwaite (SD 340842). Turn North off the A590. [Google Maps](#), What3Words: [///chestnuts.myth.flattered](http://www.chestnuts.myth.flattered)

**Assembly:** At parking. No traders.

**Toilets:** Portaloos, at the eastern end of the parking.

**Start:** 1km (100m climb) on paths, signed from western end of parking area.

**Finish:** 100m from eastern end of parking area.

**Start times:** 10:30 - 12:45. **Short course start window:** 10:45 - 11:30

**Terrain** – hilly, knolly, rocky woodland with clearings and holly / gorse thickets. Previous map: LOC Routegadget 23/03/2019

**Map** – Total lidar re-map 2023 by Martin Bagness. Professional-quality laser print. Pretex paper – waterproof but not stain-proof – due to probable wet, slippery conditions it is suggested that you bring a map case to the start. A5 size (ie v small!). Short course – map 1:5000, laser printed, A4 size. Platforms are circular and man-made and are shown using the black, circular man-made feature symbol. Codes partially in sequence – don't be caught out when sequence ends / skips.

**Courses:** Middle Distance, 30-35min winning time for elite men and women. **Water points:** None

Course	Distance (km)	Climb (m)	Scale, size
M21E	4.6	240	1:10,000, A5
W21E	3.7	170	1:10,000, A5
Short	2.5	110	1:5,000, A4

**Courses close:** 14:00. You must report to the finish by then. Mountain Rescue will be contacted at 15.00!

**Jury:** Duncan Archer (BO), Anne Straube (German Orienteering Federation) and one other TBC.

### **Sunday 10<sup>th</sup> December: Long Distance - Witherslack**

**Parking:** On a stretch of the old A590, SD440828. Exit A590 at Witherslack turn. After 100m turn left at Derby Arms. [Google Maps](#), What3Words: [///bend.pavilions.flags](#)

**Assembly:** at parking.

**Start:** 1.5km, (100m climb) on bridleway. Please stay on the path when crossing the nature reserve.

**Finish:** Approx. 300m from the start. The route to the start passes close to the finish and there will be a clothing dump. There is not much room to mill around – results / presentation will be back at parking.

**Toilets:** 2 portaloos by the entrance to the bridleway from the parking. Go before arriving if possible.

**Start times:** 9:30 – 12:30. **Short course start window:** 9:45 - 10:45

**Terrain:** 80% limestone woodland which is very varied with constantly changing runnability. The green mostly involves some type of spikiness! Generally stony with areas of limestone Level of contour detail is also very variable. 20% is the more usual Lakes rock-type – more marshes, less stones.

**Map:** Lidar base. Martin Bagness 2021 / 23. Covers the area used for the middle distance Lakeland Warrior 2021, with largish extensions south and east. Professional-quality laser print. Pretex paper – waterproof but not stain-proof – due to probable wet, slippery conditions it is suggested that you bring a map case to the start. Platforms are circular and man-made and are shown using the black, circular man-made feature symbol. Fodder racks are shown using the black “X” man-made feature symbol.

**Courses:** 80% Long Distance, 75-80min estimated winning time for elite men and women.

Course	Distance (km)	Climb (m)	Scale, size
M21E	11.5	360	1:10,000, 450x175mm
W21E	8.9	270	1:10,000, 450x175mm
Short	4.8	110	1:7,500, A4

**Courses close:** 14:30. You must report to the finish by then. Mountain Rescue will be contacted at 15:00!

**Water points:** Provided at controls specified in the control descriptions and on the map.

**Jury:** Duncan Archer (BO), Anne Straube (German Orienteering Federation) and one other TBC.

**Safety:** the courses cross and may follow minor lanes, and there are a number of bridleways used by the local equestrian centre. Take care when bursting out of the vegetation! Look first for cars / horses! The limestone pavement has many deep, concealed cracks. Go carefully or risk leaving a leg behind. This race is not crucially important, rather it is aimed at preparation – try to finish in one piece!

**Prizegiving:** At parking 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: £25    3rd: £20

1st M/W23- : £20    (2nd U23 if 1st U23 is in the top 3)

1st M/W20- : £15    (as above)

**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).

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.

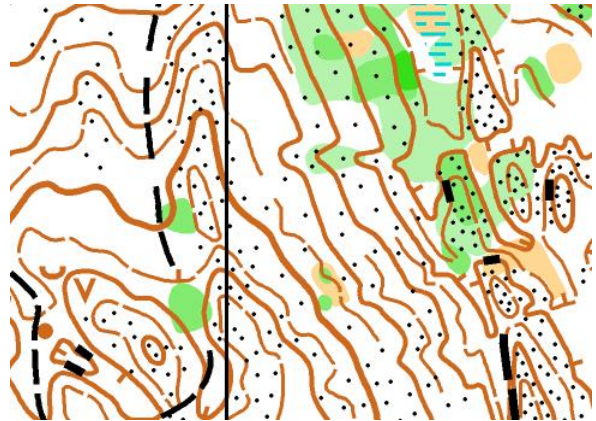
**Final Results:** Provisional Results will be published as soon as possible after the last finisher. If no protests are under consideration then the results will be declared as Final after 30 minutes.

**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 1:  
Witherslack  
extract*



*Map 2:  
Haverthwaite  
extract*

