

LAKES SPRING WEEKEND 4TH / 5TH March 2023 DETAILS

Masterplan Adventure welcome you to a weekend of Lake District events. Both races count in the UK Elite O League, and there is a range of colour-coded courses.

Sunday's event is a late replacement for the SROC National on Whitbarrow, which was unfortunately cancelled due to access issues. SROC are kindly assisting Masterplan at both events by providing helpers.

Applicable to both events

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

Timing: SI, Air enabled. Punch at the finish.

Maps: On waterproof paper.

Descriptions: On front of map and loose at start.

Time Limit: Course closing times will be strictly adhered to. Controls will be collected at that time.

Coordinator: Alasdair Pedley (MA)

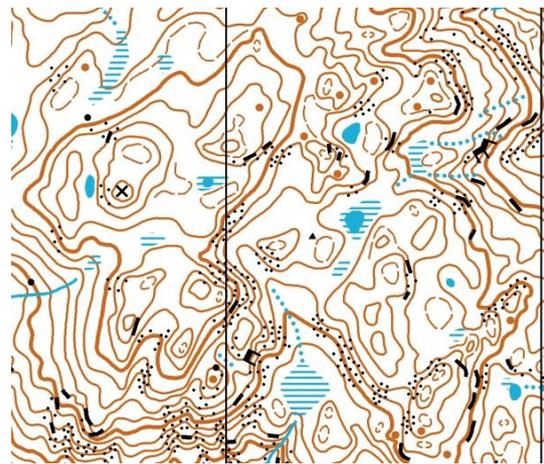
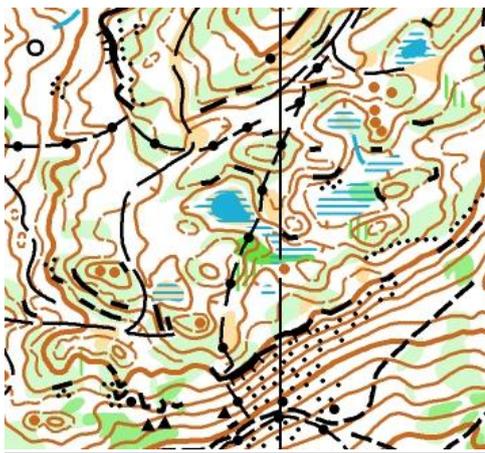
Planner/on-the-ground Organiser: Martin Bagness (WAROC/MA)

Controller (Sat): Trevor Hoey (FVO)

SI Timing: Dave Walton (WAROC)

Helpers: Masterplan, SROC and GB Squad members.

First aid: First aid kit and first aider at assembly. Travelling companions may have to take injured people to hospital if needed. Competitors take part at their own risk and are responsible for their own safety. Local Accident and Emergency – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.



Saturday 4th March: Middle Distance – Blind Lane, Grizedale

Directions: Entrance to Parking is at the forest road junction just East of Blind Lane Public CP. Google Maps: <https://tinyurl.com/42jttz77> What3Words: ///back.roving.litigate

The Grizedale/Satterthwaite road will be **closed** at Grizedale Visitor Centre, so cars approaching from the North should use the Esthwaite/Dale Park road.

Parking: forest road verges (see diagram). Please keep below 5mph and take great care, as competitors will be using the same road to reach the start / assembly.

Assembly / Toilets / Finish: close together (see diagram).

Start: 800m N of assembly (see diagram).

Start times: 11:30 – 13.00.

Start list: Allocated start times for UKEOL courses (Black/Brown). Other courses will use a punching start within allocated 30min blocks: Early: 11:30 - 12:00, Middle: 12:00 - 12:30, Late: 12:30 - 13:00.

Start list now published, see website.

Courses: (about 5% climb all courses)

Black 4.6km (M18,20,21E)

Brown 4.2 (W18,20,21E)

Blue 3.8

Green 3.4

V Sh Green 2.3

Orange 1.8

Yellow 1.4

Note: Short Green and Short Blue have been absorbed into Green and Blue respectively.

Courses close 14.30. You must report to the finish by then. Mountain Rescue will be contacted at 15.00!

Terrain: varied plantation / broadleaf. Tough (reflected in course lengths) with some slippery steep slopes and rocky areas. However mostly 'white' and none of the crawling through spiky trees usually associated with Grizedale. Very detailed – paths / ruined walls / rock / contour / marsh.

Map: Lidar base. Martin Bagness 2015 / 22. Updates Feb 23. V Sh Green / Orange / Yellow 1:5000. All other courses 1:7500.

Special symbols: Platforms (charcoal burning) are shown using the black circle man-made feature symbol, sculptures with a black cross. Extraction tracks in the plantation are only shown where they are distinct.

There are a number of mountain bike descents. Some, under construction, are not mapped (including one close to the first controls).

Safety: watch out for rapidly descending mountain bikers – a popular activity on this area (illicit and unregulated). Beware of orienteering traffic on the parking roads. Also the usual hazards of crags, slippery rocks and low branches. Please take a whistle.

Sunday 5th March: Long-style – Loughrigg Fell, Ambleside

Parking: public car parks in Ambleside (see map) - additional parking / toilets – Waterhead and Fisherbeck.

Toilets: there are several public toilets in Ambleside (see map below).

Assembly / Start / Finish: close together. 1.4km with 140m ascent from Rothay Park in Ambleside. From there, cross Rothay Park, the river, and follow the Public Bridleway past Miller Brow to NY358044. Taped from the river bridge.

Download: At the bottom of the bridleway, near the river bridge. **Don't forget to download!**

Start times: 10:50-12:00 (originally advertised as 10:30-12:00 but reduced due to low entry numbers).

Start list: Allocated start times for Black/Brown (UKEOL). Other courses punching start within blocks:

Early: 10:50 - 11:10, Middle: 11:10 - 11:30, Late: 11:30 - 12:00. Queueing system if needed.

Start list now published, see website.

Courses: the emphasis will be on longer legs and route-choice. The longer courses will use a map from which all paths and ruined walls have been removed, i.e. just showing natural features – contours, streams, marshes, rock. This will not create any unfairness as the area is uniformly fast and runnable. In fact, the many paths, when shown, can cause confusion as there are numerous smaller sheep trods not mapped. Together with the longer-than-usual legs, this should lend a fresh slant to orienteering on Loughrigg – which has been used very recently. Solid boundary walls and fences are shown, along with crossing points which must be used.

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|-------------|-------|---------------------------|--|
| Black | 7.5km | natural features | all courses about 5% climb (i.e. 50m per km) |
| Brown | 6.7km | natural features | |
| Blue | 5.1km | natural features | |
| Light Blue | 5.1km | (blue but with full map) | |
| Green | 4.2km | natural features | |
| Light Green | 4.2km | (green but with full map) | |
| Short Green | 3.6km | full map | |
| Orange | 2.3km | full map | |
| Yellow | 1.5km | full map | |

Courses close: 14.30. You must report to the finish by then. Mountain Rescue will be contacted at 15.00!

Terrain: open fell, hilly, knolls and marshes.

Map: Martin Bagness 1986-2023. Open fell is shown as white. There is a lot of rock detail, so generally only crags over 2.5m are mapped. 1:10,000 for all courses except Orange and Yellow who will use 1:7,500. For those using the full map, there may be numerous additional indistinct paths which have appeared recently.

Safety: Many crags – even those without tags can be dangerous, those with tags even more so. Watch out for cars in Ambleside and cyclists on the Miller Brow bridleway. The area is exposed to the elements. In the most extreme conditions, it will be required to run with full thermals, waterproofs, hat, gloves, whistle. Less extreme but still nasty – cag and whistle. Come prepared. Sorry, no shorts – too much lacerating dead bracken.

