

THE LAKELAND WARRIOR ELITE RACING WEEKEND

BULLETIN 1

4-5TH DECEMBER 2021

Three races in 24 hours! Another weekend of high quality but low-key Elite racing organised by Lakes locals in association with Masterplan Adventure. Hopefully these weekends will continue into the future even when / if normal fixtures fully resume.

Many thanks to MDOC / LOC for use of areas and help with access.

THESE details are not final!! Keep watching this space until the day before the races. All info may change!

As before, these races will be very much barebones. They are being put on for elite runners, by elite runners (mostly). We are all in it together, so please muck-in if you see anything that needs sorting. The emphasis of the weekend will be on quality terrain, maps and courses.

Coaches / parents / travelling companions – Can you help? Subject to space you will be able to have a run.

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.

Coronavirus precautions – We will take measures to enable everyone to follow BO and Boris Covid rules and guidelines – plan A, plan B or whatever they are. We will not be policing every situation and it is up to everyone to take individual responsibility.

Punching – SI (probably Air)

Map bags – All maps on pretext paper, bring an A4 map case if its wet and muddy.

First aid – hopefully at the finishes but please DIY if at all possible, to avoid unnecessary contact. Companions will 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 Accident and Emergency – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.

Planner/Organiser – Martin Bagness.

Training Before or after – contact martinbagness@aol.com for maps / ideas.

Sat 4th Dec pm **venue to be announced, permissions awaited**

Parking / assembly – Hawkshead / Rusland area

Start times – 12.30 – 13.30. M/W alternate minutes. Travelling companions 12.15 – 12.30.

Courses – Middle. W21E and M21E 4.9km

Terrain – wooded slopes with holly thickets in places, a flatter area with mixed-vis mixed forest. New to almost everyone.

Map – 1:7,500 lidar 2021. Laser-printed. Watch this space for links to previous map.

Road Crossing You will cross a minor road - stop and look first!

Sat 4th Dec night **YMCA Lakeside**

Parking / assembly – YMCA Lakeside north camp SD374898 toilet facilities available

Start times – 18.00 – 19.00. M/W alternate minutes. Travelling companions 17.45.

Courses – Middle. W21E and M21E 4.8km

2 loops of 2.4km. Runners start in pairs of roughly equal ability. MM WW alternate minutes

Terrain – Lake District woodland with small campus area. Knolly but no humungous climbs. Wear o-shoes. **Danger – ropes at nasty heights between trees.**

Map – 1:4000 sprint symbols, lidar 2021. Laser-printed. 60% new to orienteering, the remainder used for local events (map below). Run the loop labelled A first, then B overleaf.

Black x = canoe / boat rack or activity frame. Black o = branch hide. Circle of small black dots with pale brown infill = campfire circle. A large rope bridge is shown with grey covered area symbol – you can get underneath. Low fences along sides of gravel paths have been mapped. Longer sections of rope between trees mapped as fences. Permanent tents mapped as buildings.

Sun 5th Dec am **probably** High Dam

Parking **probably** at YMCA as for sat eve.

Assembly / Start / Finish –15 min jog from parking. **Follow tapes carefully.**

Format – chasing start from 11.00, based on Sat times, with loops. You will be called-up at about -2 and then enter a taped corridor where you should stay in order at 2m spacing. Cut-off for chasing start will be approx. 15-20 minutes – mini-mass-start at about 11.20.

Courses – Women 4 loops total 8.0km, Men 4 loops total 11.5km. First 3 loops about 10 mins each. Winning time 70 minutes. Run in order given, ABCD, final loop on reverse side. The controls on each loop are numbered 1,2,3 etc, ie numbering reverts back to 1 at the start of each loop. There will be a control at the end of loops ABC, at the run-through point, which must be punched each time, except when you finish.

Terrain – wooded, semi-wooded, lots of contour detail, slope areas and knolly / marshy plateau.

Map notes – 1:7,500. Since BOC and last years N Champs, a release of lidar data has enabled the plateau area to be re-mapped for this race. Laser-printed. Old map see Northern Champs 2021 MDOC Routegadget.



high dam

YMCA LAKESIDE



SCALE 1:4000

MN 2019
CONTOURS 2.5M

surveyed and drawn 2019 by
martinbagness@aol.com



based on lidar and air photos
copyright MDOC / LOC 2019

100m

SPRINT SYMBOLS (ISSOM)

surfaced path

unsurfaced path

activity frame / boat rack

stone structure

adventure course

campfire circle

rope bridge

hide



OLD MAP

lakeside – part of area used previously