

THE LAKELAND WARRIOR

RACE TRAINING WEEKEND 5/6th Feb 2022

FINAL DETAILS (updates 31/1/22)

Another weekend of high quality but low-key racing organised by Lakes locals in association with Masterplan Adventure.

Many thanks to the usual team of specialist helpers and to LOC for use of areas and help with access – especially Carol McNeill for sorting Sunday area.

Covid / snow / acts-of-god - Check emails / website just before each race.

As before, these races will be very much barebones. 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 Gov Covid rules and guidelines – whatever they are. We will not be policing every situation and it is up to everyone to take individual responsibility.

Punching – SI (Air)

Map bags – All maps on pretext paper, map in map case Saturday, bring and reuse bag on Sunday.

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.

Sat 5th Feb pm Holme Fell

Parking / assembly / finish – Hodge Close quarry. GRNY316016. **Limited space - please arrange to fill cars for the last 2km up the lane or walk / run / cycle this, leaving empty cars elsewhere, eg in carpark at junction with main A593 which may be marshalled. There is only room for about 20 cars at the quarry and walkers will have taken some of these.**

Start times – 12.30 – 13.30. M/W alternate minutes. Travelling companions and club runners punching start 12.10 - 12.30. Start 15 mins.

Courses – Middle. W21E 4.5km, M21E 5.3km, 6% climb. Club runners enter either. **Both courses have butterfly loops, because of this descriptions on map only.**

Terrain – open, semi-wooded, wooded, knobbles and damp patches, fast but hilly.

Map – 1:7,500. Open fell – pg base, Dave Peel, 2000. Wooded area – lidar Martin Bagness 2022.

Sun 6th Feb am Rusland Heights

Parking - roadside and laybys between SD341880 and SD342888 **park as directed, tight to the hedge, not in gateways / passing places**

Assembly / Start / Finish – SD342883 5-10 mins. Descriptions loose and on map.

Format – starts from 11.00, W/M/W/M at minute intervals (not chasing, no gaffles).

Travelling companions and club runners punching start 10.45 - 11.00

Courses – **W21E 7.9km, M21E 9.3km** Club runners enter either of these or 5km option. M21E will have a map exchange at the finish. Courses close 13.30 – controls will be collected at this time

Terrain – wooded, semi-wooded, open fell. Rusland Heights is the fell area between Rusland Beeches (UKOL Middle 2020) and High Dam (elite race dec 2021). The courses will also go into Rusland Beeches.

Map notes – 1:7,500. Lidar survey 2020 and 2022.