

“The Allerdale Chase” 2018 – “Loweswater Fells”

Courses:	LONG	16 km, approx 600m climb	16 controls	(Trophy)
	MEDIUM	12 km, approx 450m climb	14 controls	(Trophy)
	SHORT	8 km, approx 300m climb	12 controls	(Trophy)
	VERY SHORT	4 km, approx 150m climb	8 controls	(Trophy)

Parking: Parking in the (bone dry) field at NY087182. £1 per car.

Map: All courses will receive a pre-marked map printed on waterproof paper, and use SI punching. Long / Medium / Short Courses A3 at 1:12,500, 5m contours. V Short A4 at 1:10,000, 5m contours.

Controls: Given the very open nature of the area, these will be kites and control boxes on the ground (not on stakes)

SI Air: SI Air cards supported. Please remember to **CLEAR, CHECK** (to switch on the card) and when you are ready **PUNCH the START**.

Important note: if you are the first runner to any control, your SI air will not register unless you do a physical punch.

Starts: from 10:00 -11:00am (go when you're ready).

Start approx 15 minutes walk from assembly.

Please note – all courses will close at 2:00pm

Finish: Adjacent to assembly.

Safety: Please carry equipment, food and especially drink appropriate to the weather.

All competitors **must** carry whistle and compass.

Full leg cover is **not** mandatory.

A mobile phone is recommended but not mandatory.

You must report and download your SI card when you finish or if you retire, so we have an electronic record as well as a manual record.

All competitors are reminded that if another competitor is injured or in difficulty they must stop and offer assistance - this is more important than your result.

Dogs: Not allowed on courses. Allowed on leads in parking. Please clear up any mess.

Refuel! A drink and cake will be provided after your run.

Results: Will be posted on the WCOC website as soon as possible, and will include Routegadget, WinSplits and Splitsbrowser.

Thanks: To the local landowners for permission and parking.

Please also check yourself for ticks after your run.