

COPELAND CHASE, SUNDAY 18TH NOVEMBER 2018



TRAVEL

Please note that the B5292 road to Whinlatter from the **east through Braithwaite is currently closed**. Therefore please approach Whinlatter from the west (Lorton side). Competitors travelling from the Keswick side of Whinlatter will therefore need to plan extra travel time to get to the event. (Note that the official diversion will take you through Cockermouth, but it is possible to shorten this by following signs for Lorton from the A66.) When approaching Whinlatter from Lorton, please do not turn left into the Visitors' Centre car park, but carry on for a further 100m and turn right, signed Revelin Moss.

PARKING

Is at Revelin Moss (grid ref NY209043) - £1 parking fee (please have this ready), with 300 - 500m to registration. (Please note that we will collect your car registration so that the usual "number-plate-recognition" parking fees are not applied. Please **DO NOT** pay at the machines as well!)

REGISTRATION:

Indoors - in the "Classroom" behind Whinlatter Visitors' Centre (WCOC kite will be outside). All competitors **must** come to Registration to confirm that you are running, to collect your map, to confirm (or supply) an emergency contact number and car registration, and for kit check. **DO NOT** go straight to the Start (there will be no maps there).

ENTRIES ON THE DAY

Subject to map availability, £1 surcharge

MAPS

Will be given out at registration for you to plan your route. Map scale 1:15000, 5m contours.

TIMING

is Sport-Ident . 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 perform a physical punch. Hire dibbers will be available, £1 charge with a £40 charge if lost.

CONTROLS

Altogether there will be 25 controls, each having a points value – the total value for anyone visiting every control is 1000 points. A big challenge to collect all the controls!

Competitors on the 4 hour course will have a compulsory initial 4 controls, after which they can choose which controls to visit in whatever order they want.

CONTROL DESCRIPTIONS

These will be printed on the map (and will not be provided separately)

START TIMES

FOR "A" (4 hour) competitors 9:30am to 10:30am, other courses from 9:30am to 11:30am.

No set start times, start when ready, keep at least 30 seconds between starters on the same course. Start and Finish both very close to Registration.

COURSE CLOSING TIMES

Course closing time 2:30pm, anyone not accounted for by 3.30pm will be assumed lost and mountain rescue called. Runners **MUST** download as soon as possible after their run even if they retire, so we can be sure everyone is back and that we do not need to start a search and rescue. Participants take part at their own risk and are responsible for their own safety during the event.

PENALTIES FOR LATENESS

Deduction for lateness - first 5 minutes late, deduct 5 points per minute, next 5 minutes deduct an extra 10 points per minute. In excess of 10 minutes late deduct **all** points (it gets dark early!)

SAFETY

All competitors must carry full winter kit as under FRA rules, full waterproofs, hat, gloves, compass, whistle, enough food and drink and warm clothing, mobile phone strongly recommended and also advisable to carry a torch. There will be random checks at registration/start/finish. GPS carriers deemed non-competitive.

Safety bearing is generally south to the Whinlatter pass road, then east to the Visitors' Centre.

There are many other users of the forest and fells, please be courteous. Be especially carefully of fast moving bicycles on larger tracks and the dedicated bike-tracks. (You may carefully cross but not run along the dedicated bike tracks.)

Please only cross walls or fences where it is safe, and report any damage to the organiser.

A comprehensive risk assessment has been carried out by the organiser.

Remember that you orienteer at your own risk.

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.

PRIZES

There will not be a prize giving time, prizes for the first male and female in each course can be claimed when results finalised, plus 10 spot prizes, (probably for pre-entries only), for names pulled out of a hat. See if you are on the list after your run.

DOGS

Not allowed on courses. Allowed in parking on a lead. Please clear up any mess.

REFUEL

A drink and cake will be provided after your run. *Please bring your own mug / cup / bottle to reduce waste.*

RESULTS

Will be posted on the WCOG website as soon as possible, and will include Routegadget and WinSplits.

THANKS

Many thanks to Forestry Commission and the tenant farmers (the Emmotts) for permission to use this area.