

## COPELAND CHASE, SUNDAY 10TH NOVEMBER 2019



### TRAVEL

The parking will be signed from the Cold Fell road (from Ennerdale Bridge to Calder Bridge) at grid ref NY062144. Please share transport where possible to reduce our environmental impact.

### PARKING

Parking is by kind permission of the Forestry Commission on the track approx 1.5km up towards Grike, signed from NY062144. Please note this is a gravel track - drive carefully (unsuitable for sports cars or other vehicles with low clearance). £1 per car / van.

### REGISTRATION:

Will be at the "turnaround" at the top of the track. 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 1:12500, 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 28 controls, each having a points value of 10.

Competitors on the 4 hour course only: if you start with an even numbered control you must stick with even controls until you decide to change to odds, or start on odds and stay with odds until you decide to switch to evens. You do not have to visit all the odds or all the evens before switching, but only one switch from odd to even, or vice versa, is allowed.

### CONTROL DESCRIPTIONS

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

## **START TIMES**

For "4 hour" competitors 10:00am to 10:30am, all other courses from 10:00am to 11:00am.

No set start times, start when ready, try to 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: 5 points per minute for the first 10 minutes, then 10 points per minute. In excess of 15 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.

Safety bearing is generally West to the Cold Fell road, then north back to the track up to Registration.

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 as results are finalised, plus 8 spot prizes, for entries 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 WCOC website as soon as possible, and will include Routegadget and split times.

## **THANKS**

Many thanks to Forestry Commission for parking and the Kinniside Commoners' Association for permission to use this area. Thanks to the following people, without whom the event would not have been possible: Mike Pearson (planning / control hanging), Pete Nelson (mapping / control hanging), Kate Charles and Steve Breeze (permissions), Vanessa Brierley and Lynne Thomas (kit checks and refreshments), and Simon Hunter (starts).