

# COPELAND CHASE, SUNDAY 8TH NOVEMBER 2020

## ENTRIES

Pre-entries only - at SI Entries – [https://www.sientries.co.uk/event.php?event\\_id=7598](https://www.sientries.co.uk/event.php?event_id=7598)

Please note there will be **No EOD**.

## ENQUIRIES

Email the organiser – David Spencer – [djss12mg@gmail.com](mailto:djss12mg@gmail.com)

## PARKING

Parking is at Green Head, near Caldbeck, grid ref NY286371.

## REGISTRATION:

Will be at the parking. All competitors **must** come to Registration to confirm that you are taking part, that you are free of Covid-19 symptoms, to collect your map, to confirm an emergency contact number and car registration, and to confirm that you have the required kit. **DO NOT** go straight to the Start (there will be no maps there).

## MAPS

Will be given out at registration for you to plan your route. Map scale 1:10000, 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 24 controls, each having a points value of 10.

Competitors on the **3 hour course only**: the controls are all coloured red or blue on the map. Visit as many “blues” as you like, then as many “reds” as you can, or vice versa – you can only change colour once.

## CONTROL DESCRIPTIONS

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

## START TIMES

10:00am to 11:30am

No set start times, but you must start within your start block (times to be confirmed), start when ready, keep one minute between starters. Starts and Finishes are both approximately 1km along a large track from parking / 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 for your needs. Mobile phone is strongly recommended and also advisable to carry a torch. You will be asked to confirm at registration that you are carrying the required kit.

Safety bearing is west to the tracks along the west side of the area, then north and east around the edge of the area 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.

### **FACILITIES**

There will be a toilet near registration – if you use it you are requested to clean it with materials provided. (Sadly we are not able to offer refreshments after your run this year, so please bring whatever you need to eat and drink.)

### **DOGS**

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

### **RESULTS**

Will be posted on the WCOC website as soon as possible, and will include Routegadget and split times.

### **THANKS**

Many thanks to LDNPA and the Uldale Commoners' Association for permission to use this area.

Thanks to the following people, without whom the event would not have been possible: Mike Billingham (mapping / control hanging)