

COPELAND CHASE, SUNDAY 27TH NOVEMBER 2022

ENTRIES

Pre-entries only - at SI Entries –

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

ENQUIRIES

Email the organiser – Alan Irving – cumbriaal@msn.com

PARKING

Parking is at Green Head, near Caldbeck, grid ref NY286371. W3W <https://w3w.co/flicked.hospitals.remotest>

The parking will be on the roadside please park neatly and courteously without blocking any of the farm entrances or tracks. With the amount of rain recently, the parking will be tight so if you can car share it would help.

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

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

There will be 20 controls, each having a points value of 10.

1 and 2 hr score visit as many controls as you can within your allotted time.

Competitors on the **3 hour course only**: the controls are all numbered Odd 151 to 169 and Even 170 to 188 on the map. Visit as many “Odds” as you like, then as many “Evens” as you can, or vice versa – you can only change between odd and even or even and odd 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 try and start within your start block to minimise queuing, 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: 2 points per minute. Will not generally be worth the risk adding additional controls as they are spread out, more important to get back in time. (if not you will miss your cake and 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.

The weather forecast is for wind and showers so please dress accordingly as the area is exposed.

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.

After run tea/coffee and cakes will be provided but if you can bring your own mug it would be appreciated.

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) Christine Irving (refreshments) and any helpers on the day