

COPELAND CHASE, SUNDAY 17TH DECEMBER 2023

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 Threlkeld Cricket Club, grid ref NY325254. W3W <https://w3w.co/shack.tint.crockery>
The main parking at the cricket club is pay and display please pay the appropriate amount. If the car park fills it will be possible to park in Threlkeld but please park courteously for the residents.

REGISTRATION:

Will be in The Cricket Club. All competitors **must** come to Registration to confirm that you are taking part, 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.

MAPS

A change for this year is the maps will be picked up after you have started. This should lead to planning on the run like a mountain marathon. Map scale 1:12500, 5m contours.

Please note that areas of significant crags are marked out of bounds. The fence line which splits the area between Threlkeld Common and Clough Head is marked as uncrossable so please only use the marked crossing points.

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.

COURSES

There are 3 course options 1hr 2hr and 3hr score. For all courses there will be 25 controls, each having a points value of 10.

All courses visit as many controls as you can within your allotted time.

CONTROL DESCRIPTIONS

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

START TIMES

09:00am to 10:00am

No set start times, but please start within the allotted time to ensure you are back in plenty of time for daylight. Start when ready. Starts and Finishes are both approximately 1km along a large track from parking / registration.

COURSE CLOSING TIMES

Course closing time 1:30pm, anyone not accounted for by 2:30pm 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. It 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 north to the edge of the common and follow the fence line or old railway line along the north edge of the area, then follow track 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 toilets in the cricket club, please remove all muddy footwear prior to entering. We have use of the Cricket club lounge for after run socialising and route choice comparisons. There will be after run refreshments of soup, cakes and drinks available to purchase to help raise money for Hannah Birkinshaw's Ecuador trip.

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 Lonsdale Estate and the Threlkeld Common Farmers for permission to use this area. Thanks to the following people, without whom the event would not have been possible: Steve Birkinshaw for arranging access, Pete Nelson for preparing the map. Emma and Hannah Birkinshaw (refreshments) and any helpers on the day