

COPELAND CHASE, SUNDAY 12TH NOVEMBER 2017



PARKING

Threlkeld quarry mining museum £1 parking fee. Barrier opens at 8.45

REGISTRATION:

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 for kit check. **DO NOT** go straight to the Start. Individuals who come alone will be asked to leave their car registration number at registration.

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 with an insert of a small portion of the area at 1:7500 containing complex detail with some controls. Course D (1hour) can have a map scale at 1:10000 which will not cover the whole area.

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, free of charge but with a £40 charge if lost

CONTROLS

Altogether there will be 28 controls, each having a points value – the total value for anyone visiting every control is 1000 points. The big challenge for A and B course competitors!

"A" course (4 hour) competitors will have a line route section during their run, linking 5 controls which must be made at some point during their run. Pre and post that route they visit other controls in normal score format. Other courses, ("B", "C" and "D") ignore the purple lines that link those 5 controls.

START TIMES

FOR "A" (4 hour) competitors 10am to 11am, other courses from 10am to 12noon.

No set start times, start when ready, keep at least 30 seconds preferably 1/2 minutes between starters on same course. Start is 10/15 minutes walk from assembly, finish 100 metres further away.

CLOSING TIMES

Course closing time 3pm, anyone not accounted for by 3.20 or 3.30 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 north/north east to the old "coach road" bordering the north edge of the map. The area named Wolf Crags is strictly out of bounds and marked as such on the map. If lost on top of Clough Head do NOT head west or north west, go east and then north east which should lead you down to the old "coach road". The old "coach road" is quite rough in places due to erosion, but still attracts some off road vehicles and motor cycles in addition to mountain bikes - be aware and take care.

Rush Gill is the major stream on the map which could be risky crossing if in spate, take care and avoid any rocky waterfalls

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.

RESULTS

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

THANKS

Many thanks to NT and tenant farmers for permission to use this area and Mr Hartland, Threlkeld mining museum for the use of the parking.