

“The Allerdale Chase”

Sunday 18th June, 2017

“Ennerdale”

A traditional “long” orienteering event in the forest and fells around the stunning Ennerdale valley in the western Lake District.

Courses:	LONG	16 km, approx 600 m climb	27 controls	(Trophy)
	MEDIUM	12 km, approx 450m climb	23 controls	(Trophy)
	SHORT	8 km, approx 325m climb	17 controls	(Trophy)
	VERY SHORT	4 km, approx 250m climb	10 controls	(Trophy)

NOTES: Please take care if using or crossing the main tracks up the valley as it is well used by cyclists and a few vehicles.

Entries: **PRE-ENTER** by email to allerdale.chase@gmail.com to ensure your map is printed.

EOD: There will be VERY LIMITED entry on the day, subject to map availability. (Don't take a chance – pre-enter.)

Cost: Senior - £8, Junior - £4 (£2 non-BOF supplement).

Map: All courses will receive a pre-marked map printed on waterproof paper, and use SI punching (SI card hire available for £1, £40 charge if lost). All courses A3 at 1:10,000, 5m contours.

SI Air: 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.

Parking: At Bowness Knott car park – GR NY109153. FREE.

Starts: from 10:30 -11:30am (go when you're ready).

Start 2 minutes walk from assembly.

Please note – all courses will close at 2:30pm (so arrive and start early if you think this will be a challenge!)

Finish: adjacent to assembly.

Enquiries: to David Spencer (allderdale.chase@gmail.com)

Safety: Please come prepared to carry equipment, food and drink appropriate to the weather conditions on the day.

All competitors **must** carry whistle and compass

Depending on the weather, the following may also be mandatory - hat, gloves and full waterproofs (trousers and top with hood).

Full leg cover mandatory.

A mobile phone is recommended but not mandatory.

There will be kit checks.

You must report and download your SI card when you finish or if you retire, so we have an electronic record as well as a manual record.

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.

IMPORTANT - All competitors must clean their footwear after their run with a stiff brush and water after the event (FC access condition - thank you for your co-operation).

Please also check yourself for ticks after your run.

Dogs: Not allowed on courses. Allowed in the parking. 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, WinSplits and Splitsbrowser.

Thanks: Many thanks to the Forestry Commission for permission to use this area and for the use of the parking area.