

Compass Sport Cup Heat, 15th March 2015

(Final Details 12/03/2015)

West Cumberland Orienteering Club (WCOC) will be hosting the 2015 Compass Sport Cup Heat at High Rigg & Low Rigg, Near Keswick. Situated at the North end of St Johns in the Vale.

Event: This is colour coded event, competing for entry to the Compass Sport Cup & Trophy Final in the autumn.

Terrain: This is two areas, High Rigg is open fell with complex contour, rock detail and marshes, with a limited path network (many are not shown on the map. See 'Mapping' below) and some linear features such as walls. Low Rigg which is separated by a col which has some buildings and road access, this is lower with a more distinct path network and walls. It also has rock, marsh and a small tarn. There are some significant areas of bracken (dead and new growth) and so full leg cover is mandatory. The area is grazed by sheep so check afterwards for ticks.

Registration & Starts: All CSC entries will be pre-registered and start times will have been allocated prior to the event. EOD for Light Green, Yellow and White is from 9:30 to 11:30. All EOD travelling alone must leave car keys at registration for collection on return.

Courses open at 10.30 till approximately 12.30pm depending on numbers of entries. Courses close at 14:30.

There will be two starts for all CSC and Trophy Courses, see table below. The walk to the far starts (2 & 3 on the map) is ~2.2 km and 70m total ascent (~40 mins). It is along minor roads, footpath and track with a moderate amount of ascent at the end. It passes nearby farms and houses so please close all gates, be courteous and do not drop litter. The route will be marked.

There is a separate start for the White and Yellow courses. This near start (1 on the map) is along the same road, and is approx. 10 to 15 mins walk. **Note:** approaching the near start is a small steep crag. This will be taped across the top but please be aware if you have small juniors.

Punching starts will be used.

The finish for all courses is close to the assembly.

Clothing Dump: Due to transport logistics, there will not be a clothing dump at the far starts 2 & 3.

Safety: Suitable bad weather clothing may be compulsory. This will be clearly signed on the day. If in doubt check at registration.

Whistles **must be** carried. (Remember: 6 short blasts if you are in need of help).

Competitors take part at their own risk and are responsible for their own safety.

Courses:

Course		Length (km)	Climb (m)	Map (000)	Start
No.	Colour				
1	Brown	8.4	480	1:10	Far 3 (High Rigg)
2	Short Brown	6.9	395	1:10	Far 3 (High Rigg)
3	Blue Women	5.4	310	1:10	Far 3 (High Rigg)
4	Blue Men	5.7	360	1:10	Far 3 (High Rigg)
5	Green Women	3.8	240	1:10	Far 3 (High Rigg)
6	Green Men	3.9	250	1:10	Far 3 (High Rigg)
7	Short Green	3.3	210	1:7.5	Far 3 (High Rigg)
8A	Green	3.9	250	1:10	Far 3 (High Rigg)
8B	Short Green	3.3	210	1:7.5	Far 3 (High Rigg)
9A	Orange Men	1.8	90	1:7.5	Far 2 (Low Rigg)
9B	Orange Women	1.8	90	1:7.5	Far 2 (Low Rigg)
	Light Green	2.6	155	1:7.5	Far 2 (Low Rigg)
	Yellow	1.7	75	1:7.5	Near 1 (Low Rigg)
	White	1.1	20	1:7.5	Near 1 (Low Rigg)

Light green, Yellow and White are Entry on the Day (EOD), and are not part of the Compass Sport Cup or Trophy Club competitions. **Note** Light Green uses the Far Start 2 and involves an approximately 40 min walk to the start. Leave plenty of time.

The following is the table that matches age classes with colour coded courses.

CS Class	CompassSport Course	-BOF Age Classes	Class Size
1	Brown	Men Open	Large
2	Short Brown	M20- M40+	Large
3	Blue Women	Women Open	Large
4	Blue Men	M50+	Large
5	Green Women	W20- W45+	Large
6	Green Men	M60+	Large
7	Veterans Short Green	M70+ W60+	Large
8A	Junior Men (Green)	Men 18-	Small
8B	Junior Women (Short Green)	Women 18-	Small
9A	Orange Men	Men 14-	Small
9B	Orange Women	Women 14-	Small

Mapping: 1:10,000 (Brown to Green) or 1:7,500 (Short Green to White), both with 5 m contours. USE MARKED CROSSING POINTS ONLY.

High and Low Rigg has a developing path network, only the main paths are mapped, there are numerous other minor paths not shown. This is more marked on High Rigg, especially towards the southern end where the main track has been removed for map reading clarity; only the Brown and Short Brown courses are affected by this.

Uncrossable Boundaries

There are some walls and a few fences which must not be crossed. To emphasise this, these boundaries have been overprinted with a purple line. It may be found that a few features are covered by the purple overprinting but navigation should not be affected. Blank maps showing uncrossable boundaries will be available to view at Assembly. Orange, Yellow and White courses are NOT affected.

Map & Symbol scales

Please note that symbols have been drawn at 1:15000 scale on a 1:10000 map, so appear smaller than normal on the map. Also applies to 1:7500 maps."

Entries: Entry is £10 per person, £4 for Juniors and Students.

There will be EOD for Light Green to White.

Car Parking & Approaches: This will be along the old A66. Please use the single road entry from the A66 as described below, (at GR 290244). This will make car parking more manageable and also avoid competitors.

If approaching from the West, the entry is just after the A66 bridge past Keswick (GR 290244). Signed 'Burns'. TAKE CARE crossing the A66.

From the East, ignore the first turn left just past Threlkeld (GR 315248). Carry on (~2.5km) to the next left turning at (GR 290244).

From the South please use the B5322 (GR 318189) and **continue to the A66**. Turn left and follow above directions approaching from the East as above. This is to avoid competitors using part of the road. DO NOT approach from the turning part way along the B5322 at Wanthwaite.

Please follow the instructions of the car parking marshals as parking is at a premium.

It would be helpful if visiting clubs let the Organiser know in advance if they will be using coaches or mini buses.

Dogs: There are no dogs allowed on the competition area, as there will be sheep grazing, and possibly lambing. Dogs must be on a lead in the parking area, as the parking is on road that will be busy with vehicles, competitors and some members of the public.

Enquiries & Download: This will be located near the car parking at the junction with the road which leads to the Castlerigg Stone Circle. There will be a caravan for download and enquiries.

ALL competitors MUST report to the Download and download their SI card. This is extremely important and is a safety measure. The area is moderately high and the long courses will extend quite a distance from the cars and enquiries.

Eligibility: CSC rules apply and competitors must be members of the participating club. Any BO registered club may enter teams. Standard SI controls will be used.

Facilities:

Toilets will be near the parking. A toilet will also be available near to the far starts. North West Junior Squad cake stall will be at assembly.

Event Officials:

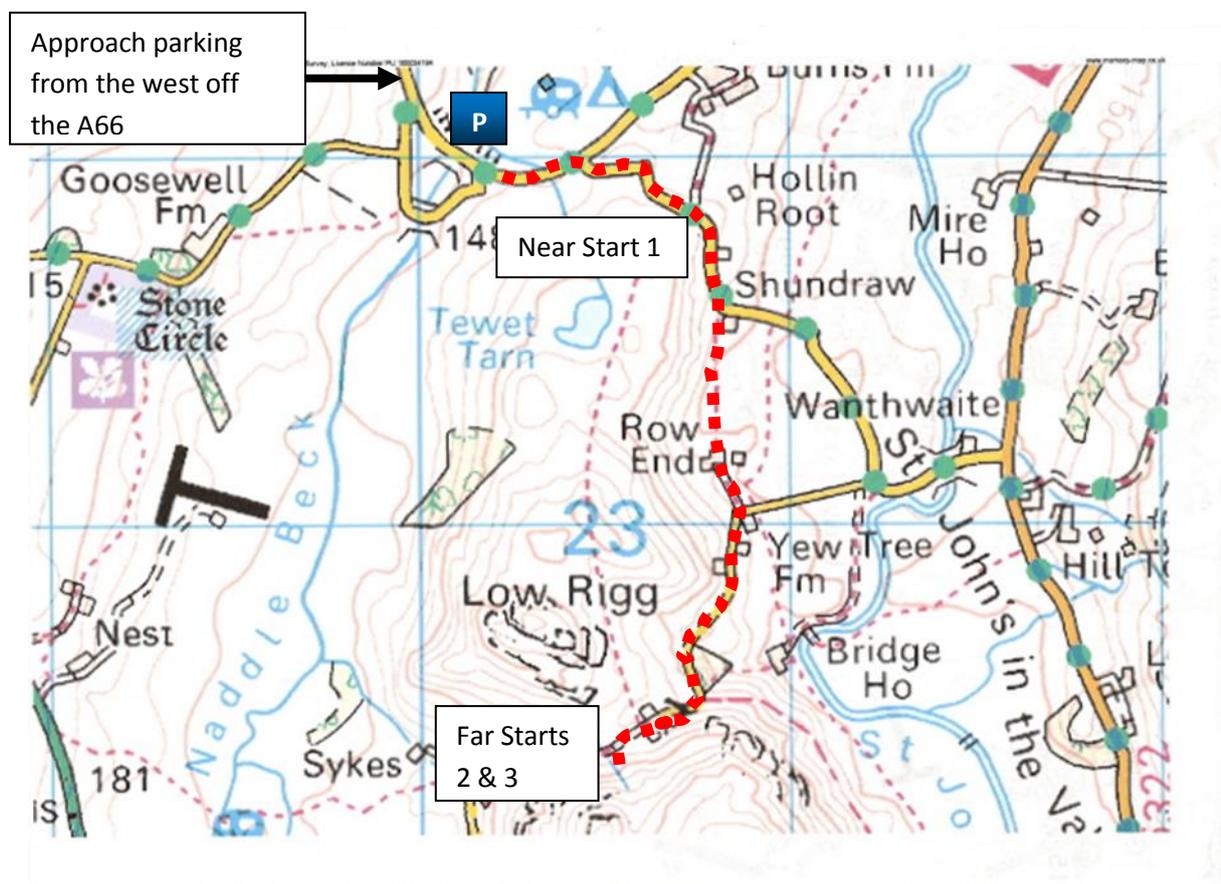
Controller: David Rosen SROC

Planner: Helen Winskill WCOC

Organiser on the day: Chris Emerson WCOC

Organising team point of contact: Anne Burbidge WCOC (01697 508705, anne_burbidge@hotmail.com)

Entries: Roger Jackson WCOC (01900 602083, rogersjackson@msn.com)



Feedback: Feedback from competitors is encouraged, both positive and negative. If you have any comments after the event, please send them to the controller David Rosen dandmrosen@btopenworld.com as soon as possible and by Tuesday 17 March at the latest. He will prepare a short report which goes to NWOA with the aim of improving the quality of NWOA's high-level events.