

“The Allerdale Chase”

Sunday 14th July, 2019

“Aira Skyline – High Brow and Watermillock”

A traditional “long” orienteering event in the hills and moorland west of Dockray, (near Ullswater), from West Cumbria’s friendliest orienteering club – WCOC (www.wcoc.co.uk).



Courses:	LONG	17.5km	20 controls
	MEDIUM	12.5 km	16 controls
	SHORT	8 km	12 controls
	VERY SHORT	4 km	8 controls

Entries: **PRE-ENTER SIEntries** www.sientries.co.uk to ensure your map is printed – entries close Tuesday 9th July.

(WCOC reserve the right to retain part or all of the entry fee if the event has to be cancelled.)

EOD: There **may** be LIMITED entry on the day, subject to map availability. (Don’t take a chance – pre-enter at SIEntries.)

Cost: Senior - £10, Junior - £6 (£2 discount for BOF members). There will be a supplement of £2 for EOD, and this is subject to maps being available.

Map: All courses will receive a pre-marked map (A3 at 1:12,500) printed on waterproof paper, and use SI punching (SI card hire available for £1, £40 charge if lost).

Parking: At High Row – GR NY380219. £2 parking fee per car.

Starts: from 10 -11:00am (go when you're ready). Start and finish are 5 minutes walk from assembly and parking. Please note – all courses will close at 2pm.

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

Refuel! A drink and cake will be provided after your run.

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 taped waterproofs (trousers and top with hood).

Shorts may be worn, but come prepared for more inclement weather, as the organiser may make leg cover mandatory on the day.

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.

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

Thanks: Many thanks to the National Trust and the Commoners' Associations of High Brow and Watermillock for permission to use this area.

Thanks also to Borderliners Orienteering Club for the use of the Watermillock area. (<http://bl-orienteeing.org.uk/clubsite/>)

Thanks to the landowner of the parking field (Mr Wilson) for permission to use it.

