

# West Cumberland Orienteering Club

Invites you to the...

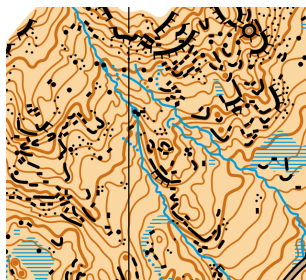
## 2025 Club Chase

Hosted on the lower slopes of the spectacular

### WASDALE VALLEY

To be held on

Sunday 12th January



Planner: Dan Heppell

Mapper: Jon Eaton (Tony Pennick, Don Scarrott)

Level: D (Club members only)

Type: Chasing start Club Championships

Location: Wasdale, CA20 1EU, <https://maps.app.goo.gl/yqUetbPDt4gFMWcN8>, 54.436953, -3.310396

Parking: Roadsides adjacent to the arena. Please park considerately and do not obstruct roads.

Dogs: No dogs on courses. Dogs in the arena must remain on leads as the area is grazed.



Changes from V1 marked in red.

### Start Procedure & allocation:

Online entry only via <https://racesignup.co.uk/>. This is a chasing start event, meaning once entries have closed, each runner is assigned a start time. Previously this has been done by a complex algorithm created by Alan Irving, however this year the baton has been passed to Charlie Rennie. The start time will be specific to the second, for example 11:04:42, with the idea that everyone finishes at exactly 12:00. This has had mixed results in previous years. **There will be no callup/ boxes at the start, it is your responsibility to start on time. Start times will be checked by marshals.**

### Course information:

Course	Length (km)	Climb (m)	Controls	Scale	Map flip?
Yellow	1.5	25	7	1: 7 500	No
Orange	Area not suitable	Light green course/ yellow available			
Light Green	3.0	80	14	1: 7 500	No
Short Green	3.9	160	16	1: 7 500	No
Green	4.7	225	21	1: 7 500	No
Blue	6.1	320	22	1: 7 500	Yes
Brown	7.8	495	26	1: 7 500	Yes

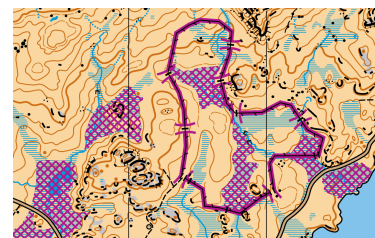
Courses have been planned to provide an appropriate level of both technical and physical challenge. **Note the Light Green is shorter than standard to provide a course for those at an advanced Orange level.** From the Green course and upwards, courses are in rough & often steep terrain so do not underestimate them. **Loose control descriptions will be available for all courses.**

### Road closure

The Northern road into the valley from Gosforth (via Wellington) is likely to be closed. An alternative route via Nether Wasdale is available.

### Safety

Fences, walls and marshes marked in purple are not to be crossed under any circumstances. Competitors should be aware the only valley road runs through the area, and can have fast moving vehicles on it even in winter. Shorter courses are planned so the road is not a viable route choice. Weather is highly unpredictable and often poor in January so competitors should prepare accordingly. **Full leg cover is strongly recommended on all courses. Dotted shoes are very highly recommended. You MUST report to download regardless of completion of course.** If we don't know you're back, we will be looking for you for a very long time. Courses close at 13.30. You must report to download before this time. Safety bearing South to the road, follow the road back.



### **Map information**

Map scales are different for different courses, as noted in the course information. **Map was last updated in 2024** and is mapped to ISOM 2017-2 specification in OCAD. All courses have 5m contours. The area is open, low lying fellside with complex rock and contour detail. Runnability is varied with the area, with some areas of slow bracken. **The majority of the area is covered in low boulders that for clarity have not been mapped.** Marshes are generally also rocky, but fast in dry conditions. This is unlikely, there is a lake for a reason. **Very low visibility is likely. Competitors may wish to use the road as a route choice.**

### **OUT OF BOUNDS AREAS**

Several marshes on the competition map are SSSI's and therefore are **strictly Out of Bounds** and must not be crossed. This is essential for both the wildlife conservation efforts, our continued use of the area, and competitor safety as many of these marshes are very deep. These areas are shown on the map, and any non- Out of Bounds marshes are fair game. Some courses may present route choices around these marshes. Routes through the lake are permitted but not advised.

### **Run- in and Finish**

The run in is the same on all 6 courses, and is a **mandatory** taped route that **must not be shortcut**. The taped route is shown accurately on the map. The finish will have a taped line, then a final control. In the event of a sprint finish, it will be judged by first across the line, not first to punch the finish control.