"The Allerdale Chase"

Sunday 17th July, 2016

"Wythop Skyline"

A traditional "long" orienteering event in the hills and woodland around the Wythop valley, between Keswick and Cockermouth.

Courses:	LONG	16 km, 720 m climb	28 controls	(Trophy)
	MEDIUM	12 km, 630 m climb	20 controls	(Trophy)
	SHORT	8 km, 300 m climb	13 controls	(Trophy)
	VERY SHORT	4.5 km, 250 m climb	10 controls	(No trophy)

NOTES: Long, Medium and Short courses will all have a short "timed-out" taped section on their course along minor roads. Please walk carefully and be aware of traffic.

Please only use marked crossing points – these are either gates / stiles or taped areas of fence

Entries: **PRE-ENTER at OEntries** (https://oentries.com/) **to ensure your map is printed.**

(WCOC reserve the right to retain part / all of the entry fee if event is cancelled.)

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

Cost: Senior - £10, Junior - £6 (£2 discount for pre-entry for BOF members).

Note: Participants must be 16 or over to run the Short or Medium Course, and 18 or over for the Long Course. (No age limit on Very Short, but it is TD5.)

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). Long, Medium and Short A3 at 1:12,500, 10m contours. Very Short - A4 at 1:7,500, 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: Near Wythop Hall farm – GR NY205282. £2 parking fee per car. Please note that the event will be signed from GR NY184290 (minor road junction). Note that the last 1km is on a farm track so please drive carefully.

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

Start for Long / Medium / Short courses is 15 minutes walk from assembly.

Start for Very Short is adjacent to 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 (class2teacher@brigham.cumbria.sch.uk)

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 - and **come prepared to** carry hat, gloves and full 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.

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

Thanks: Many thanks to the tenant farmers (Matthew and Robert Emmott) for permission to use this area and for the use of the parking field.