**CompassSport Cup Heat - Sunday 13th February 2022 (v2 06/02)**

## TRAVEL DIRECTIONS

The majority of competitors will be approaching from the A66 taking the road signed for Grange, Portinscale and the Newlands Valley. Follow the road through Portinscale and continue to follow signs for Grange. Continue on the road beyond the Hawse End Outdoor Centre over the cattle grid and through the S bends and follow the road (hard left) still signed for Grange. Continue for just over 1.5 miles until reaching the entrance to the campsite on your left.

Entrance to event assembly/ parking:

NY 25133 18663

Link using Google maps: https://goo.gl/maps/L5GhYkrKdfpgtEfa7

## PARKING

Parking is on the Borrowdale Caravan and Motorhome Club Campsite (CA12 5UG) in the same area as Assembly. Dogs are permitted on the parking area.

## FACILITIES AT ASSEMBLY

Assembly is located within the campsite and shares the same area as the car parking. There will be very limited Entry on the Day for the white, yellow and light green courses. EOD will be £5 juniors and £14 adults. There will be portable toilets in the assembly area. Enquiries, White and Yellow map collection and download will be available at registration. A First Aid bag will be available. Refreshments including soup, hot drinks and cakes will be provided by the North West Junior Squad. Please remember to bring some money and help support our juniors raise funds for future Norway Summer tours.

## REGISTRATION

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| Registration: | 10:00 to 11:30 |
| Starts: | 10:30 to 12:30 |
| Courses close: | 14:30 |

## START/FINISH

There is one start a very short distance from Assembly. As the parking and assembly are on the same site the start will be a maximum of 400 meters away from the parking, in most cases much closer. Whistles are compulsory. If conditions dictate, cagoules may be deemed compulsory. Signs on the way in to the parking/assembly will state if this is the case.

The Finish is located next to the Assembly. Download will be in a caravan just beyond the finish. You must download immediately after your run.

## START PROCEEDURE

Call up will be 5 minutes before your stated start time. Please arrive in good time. A blank map and separate control descriptions will be available in the start boxes. Follow the instructions of the start officials. It is a punching start. Late starts – if you miss your allocated start time then it may be possible to find you a later time however we cannot guarantee this. All EOD and late starts must follow the instructions of an official at the start.

## TERRAIN

Hawse End is comprised of four distinct areas on the western shore of Derwent Water. Brandlehow and Manesty woods are fine examples of mature deciduous woods which will provide some good running over fast open forest terrain. Most of the underfoot conditions will provide unimpeded progress. The longer courses will visit the parkland like area near the Hawse End centre, and all courses will visit an area of open scrub and marsh.

Despite the recent storms there is very little damage in the woodland. On the Yellow and White courses there is one tree that has blown down over a path which will have a taped route around it, there are also intermittent tapes on some small paths to aid confidence.

There are many small sections of board on some of the paths. Some of these are old wooden boards which can be very slippery if wet. The newer boards are made of recycled composite material. There is no differentiation on the map between boarded and non-boarded paths.

There are a number of gates that must be used. Please close these after you have been through them. The area also has a number of uncrossable walls and fences. These are marked with the thick purple line and must not be crossed except at marked crossing points. Sections of road marked with crosses are a forbidden route and should not be used by competitors.

The area has many paths and tracks and is a very popular area with walkers. It is a delightful place to be, with splendid views over Derwent Water and onto the fells. There is a variety of wildlife which occupies the area – you may see red squirrels.

## MAPS

For most courses the map is printed at 1:10 000 with 5 m contours. Course 10, the Yellow and White courses will be printed at 1:7500. The map size is A4. To improve clarity on the map, most courses have a “map exchange”. The courses will have been printed on both sides of the map, so when competitors reach the “map exchange” they will need to turn their map over. Some of the shorter courses (see table below) do not have a “map exchange” – they will have a single sided map.

All control descriptions will be printed on the map (loose copies available in the start lanes). Yellow and White courses will have written descriptions, all other courses will be pictorial. The map has recently been updated (Jan 2022) by Mike Hind. You can view an older map of the area using the following link:

https://www.wcoc.routegadget.co.uk/rg2/#66

## CONTROLS

Due to the size of the area, and the need for the distances on the longer courses there are a lot of controls. You are advised to check your control descriptions carefully. Course 1 (Brown) and Course 2 (Short Brown) have in excess of 30 controls. Runners will need to have a SI Card with the capacity to record punching over 30 controls. In advance of the event please contact your club team captain in the first instance, or the event organiser, if you think this may be a problem for you.

The timing system will be SPORTident. All controls will have timing stations that are SIAC enabled, including the finish (although classic punching will also work). **You must punch the start**.

In the event a timing station is not working then you must use the back-up pin punch to mark your map – this will be used to verify you visited the control.

## COURSES

| CompassSport Course Number | Course | Controls | Length Km | Climb metres | Map Scale | Double Sided |
|---|---|---|---|---|---|---|
| 1 | Brown | 35 | 9.9 | 400 | 1:10000 | Yes |
| 2 | Short Brown | 30 | 7.8 | 320 | 1:10000 | Yes |
| 3 | Blue Women | 26 | 6.8 | 270 | 1:10000 | Yes |
| 4 | Blue Men | 24 | 6.7 | 285 | 1:10000 | Yes |
| 5 | Green Women | 19 | 4.8 | 210 | 1:10000 | Yes |
| 6 | Green Men | 17 | 4.7 | 160 | 1:10000 | Yes |
| 7 | Veterans Short Green | 15 | 4.1 | 150 | 1:10000 | Yes |
| 8A | Junior Men ( Green ) | 19 | 4.7 | 160 | 1:10000 | Yes |
| 8B | Junior Women ( Short Green ) | 14 | 4.0 | 130 | 1:10000 | Yes |
| 9A | Orange Men | 14 | 3.1 | 75 | 1:10000 | No |

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|---|---|---|---|---|---|---|
| 9B | Orange Women | 14 | 3.1 | 75 | 1:10000 | No |
| 10 | Super Veterans Short Green | 16 | 3.1 | 130 | 1:7500 | Yes |
| | White | 11 | 1.4 | 25 | 1:7500 | No |
| | Yellow | 13 | 2.0 | 50 | 1:7500 | No |
| | Light Green | 14 | 3.7 | 125 | 1:10000 | Yes |

EVENT OFFICIALS

Organiser: Scott Ashworth WCOC **scottlashworth@hotmail.com**

Planner: Andrew Bradley WCOC

Controller Karen & Dan Parker BL

NEAREST A & E HOSPITAL:

West Cumberland Hospital

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