

# Twin Peak , February 11<sup>th</sup> and 12<sup>th</sup> 2017

## FINAL DETAILS (February 7<sup>th</sup>)

Enquiries [tp2017@mdoc.org.uk](mailto:tp2017@mdoc.org.uk)

### Safety and Risk

Event Safety Officer: Tony Wagg 0161 445 0902

A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event

### Insurance

Please note that if you have competed in three orienteering events and have not joined an orienteering club that is a member of British Orienteering, then you are not covered by our public liability insurance.

### Medical Conditions

Any relevant medical conditions should be declared as appropriate

### Event Cancellation

If the event has to be cancelled for reasons beyond our control, MDOC reserve the right to retain your entry fees to cover committed costs.

## Day 1 Torver Back Common. Middle Distance Event

- Assembly** Raymond Priestley Centre, on the west side of Coniston Water, between Torver and Coniston. LA21 8AZ GR 284941. We shall be using the Boat Shed
- Travel** Signed from A593 600m north of Torver village at GR 288 947. The Centre is 1.2km along a well maintained track.  
Bus X12 Coniston to Ulverston service could be used. See [www.cumbria.gov.uk](http://www.cumbria.gov.uk)
- Parking** Cars will be parked on limited hard-standing and track verges, between 200m and 1 km from Assembly. Fee £2. Please inform the organiser if bringing anything larger than a car.
- Toilets** In the Centre. No muddy shoes please.
- Catering** NW Junior Squad will be offering soup, hot butties, cakes and drinks. Please support them.
- Traders** No traders.
- Dogs** On leads in car parking areas only.
- EOD** There will not be any EOD, but SI card hire will be available at Assembly.  
Seniors £1, Juniors/Students 50p (£30 if not returned)  
Thanks to cancellations received, a few people have been fitted into slots within our 250 limit and have been instructed to pay on the day.
- Start Times** 11.30 to 13.30  
Start times will be allocated, but will be flexible.
- Start** The start will be taped from Assembly. The route will be rough. Allow 15 minutes.
- Clothing** There will be no clothing dump.

## Finish

Adjacent to Assembly. Download at Assembly.

## Day 1 Course Closing Time 15.00

### Map

Major update by Martin Bagness in December 2016. 1:10,000 or 1:7,500 with 5m contours. Only relatively significant rock is mapped. Bracken is not mapped. In some areas there are thick juniper bushes, which are not individually mapped. The open moorland is heavily walked by the public, and there are some seasonal paths. Most maps will not have a legend, however spare legends will be available at registration.

### Crossing Points

Walls must not be crossed on any course.

There is one fence on the area which can be crossed with care, preferably at one of the many stiles. Please report any damage noticed.

### Terrain

Torver Back Common is a relatively small but beautifully varied area, consisting of :-

- A sheep-cropped hilltop area where running is fast and navigation straightforward
- A bracken covered slope with considerable contour, vegetation and rock detail, where navigation is tricky and fast progress requires use of sheep trods and marshes
- A detailed strip of rocky woodland with very little undergrowth and a good path network.
- Between the woodland and the slope is a region of complex and slippery rock, and a deeply-incised stream.
- There are some small lakes and deep marshes.

### Controls

SI punching. SIAC cards can be used but the SI boxes will not be activated for contactless punching

SI boxes will be on standard stakes.

### Courses details

Course	Classes	Length km	Climb m	Controls	Map Scale
Black	M18, M20, M21, M35, M40	4.6	225	22	10,000
Brown	M45, M50, W18, W20, W21	3.9	180	18	10,000
Blue	M16, M55, M60, W35, W40	3.5	160	17	10,000
Green	M65, M70, W16, W45, W50	2.8	135	15	7,500
Short Green	M75, M80, W55, W60, W65,	2.4	110	14	7,500
Very Short Green	M85, W70, W75, W80, W85	1.9	70	13	7,500
Light Green	M14, W14	2.2	95	12	7,500
Orange	M12, W12	1.8	75	9	7,500
Yellow	M10, W10	1.1	45	8	7,500

### Safety

**Whistles will be compulsory and will be checked.** Cagoules may be compulsory.

Safety Bearing. Go east to reach the lake, then north to Assembly. Courses close at 15.00.

### Day 1 Officials

Organiser: Steve Fellbaum (MDOC)      Tel: 01625 421525 (*before 10 p.m.*)  
Planners: John Kewley (MDOC)  
Controller: Patrick Smyth (NATO)

## Day 2 Bleathwaite and Little Arrow Moor. Long Distance Event

<b>Assembly</b>	John Ruskin School, Lake Road, Coniston. LA21 8EW GR SD302 974
<b>Travel</b>	Signed from A593 at southern end of Coniston. Public transport is not an option
<b>Parking</b>	Limited parking at Assembly. Please follow marshals' instructions. Please share transport if possible. Fee £3, as charged by John Ruskin School, please place money in honesty boxes provided  Overflow parking on road sides and in public car parks in Coniston. Lake Road from the school towards the lake has unrestricted parking at this time of year  The Old Station car park on Old Furness Road (pay and display) is convenient for route to start
<b>Toilets</b>	At Assembly ONLY
<b>Catering</b>	NW Junior Squad catering, as on Day 1.
<b>Traders</b>	Compass Point plan to attend
<b>Dogs</b>	No dogs in school grounds or on courses. Allowed on public footpaths /roads to start and in public carparks
<b>EOD</b>	9.45 to 11.30 at Assembly, while maps available.
<b>EOD Fees</b>	Seniors £12      Juniors and students £5 SI card hire      Seniors £1      Juniors and students 50p (£30 if not returned)
<b>Start times</b>	10.30 to 12.30.

All pre-entered competitors will be allocated a start time, but to save unnecessary waiting will be allowed to start when they are ready if there is a spare slot at that time.

### Start

From the assembly area in the school, the walk to the start is 2.1k with 120m of climb. Route to start will be taped with orange tape from school. You should allow 30-40 minutes. The first half of the walk is along the old railway line, and then on a footpath that climbs up across farmland. There is a narrow stile, and it is not suitable for pushchairs. The path crosses a stile where it enters the pastures, and **spare clothing may be left here**, as the route from the finish returns past this point. A final whistle and clothing check will be done at this point. The start is only 100m further from this point. Clear and Check boxes at pre-start.

### Finish

There is one finish for all courses. This is only 150m from the stile entering the area, but a steep 30m climb is needed to return to it. You then have the 2km downhill walk back to Assembly.

## Day 2 Course Closing Time 15.00

### Download

It is **essential** that all competitors return to Download in the School as soon as possible after completing their course (or after retiring). This is so that we can check that all competitors have safely left the area, and will save us sending out an unnecessary search party

### Map

The previous map of Bleathwaite, used for the MDOC Twin Peak weekend in 2011

([www.mdoc.routegadget.co.uk/rg2/#91](http://www.mdoc.routegadget.co.uk/rg2/#91)), has been extended to the north west by Martin Bagness, going as

far as Little Arrow Moor on the lower slopes of the Old Man of Coniston. The extension to the map was used for a WAROC Battleaxe event in May 2014.

Blank maps will be on display in the start lanes.

## Marked Crossing Points

Wall and fences marked as uncrossable with a red/purple line must **only** be crossed at marked crossing points. Any competitor found to have crossed elsewhere will not only be disqualified but will also endanger future use of the whole area.

## Terrain

All courses will start and finish on the open hill pastures of Bleathwaite, which rise to the north west where there are many complex rock features. There are not many paths, and the Yellow course will include three marked sections. The area is not suitable for a White course.

All courses apart from Yellow and Orange will visit the steep wooded hillside of Bleathwaite Coppice. Although originally a coppice it is now rather overgrown with some areas of thick vegetation and fallen trees. Parallel rock ridges provide interesting detail, though many of the rock surfaces are covered with moss.

Courses of Short Blue and above will go north west of the high wall bounding the original map onto the detailed moorland of Banishead and Little Arrow Moor. Short Brown, Brown and Black courses will go above the Walna Scar Road onto the complex crags of the lower slopes of the Old Man of Coniston. Careful navigation will be needed to find the best routes through the crags. There is a significant amount of climb on these last three courses.

## Controls

SI punching will be used. SIAC cards may be used, but the SI boxes will not be activated for contactless punching.

Controls will comprise an O-kite on a bamboo cane, with the SI box on a white board on the ground adjacent to it.

## Course details

Course	Classes	Length km	Climb m	Controls	Map Scale
Black	M21	8.4	450	26	10,000
Brown	M35, M40	7.6	380	26	10,000
Short Brown	M18, M20, M45, M50, W21	6.3	300	22	10,000
Blue	M16, M55, M60, W35, W40	4.7	240	21	10,000
Short Blue	M65, W18, W20, W45, W50	4.2	190	19	10,000
Green	M70, W16, W55, W60	3.1	170	17	7,500
Short Green	M75, M80, M85, W65, W70	2.7	130	13	7,500
Very Short Green	W75, W80, W85	2.5	100	13	7,500
Light Green	M14, W14	2.5	90	12	7,500
Orange	M12, W12	2.4	80	14	5,000
Yellow	M10, W10	1.6	60	11	5,000

## Yellow course note

Competitors on the Yellow course should collect their map from Registration at the School before walking up to the Start. (We shall have a few spare copies at the start).

There will be three marked sections on the Yellow course, where the paths are rather vague.

## Maze Course

We are providing a maze course in the school grounds so younger children have a course, as we cannot provide a white course. It will be open from 10 am till 1pm

There is also a children's playground opposite the school to help keep the youngsters occupied.

## Safety

### **Whistles and cagoules must be carried, and will be checked on the way to the start.**

Much of the area is very exposed and rises to nearly 500m. You should dress appropriately for the conditions. Full body cover is essential, and extra layers, gloves and hat may be necessary.

We will have a manned vehicle at the car park on the Walna Scar Road with first aid available. The position is marked on the maps by the First Aid symbol. Any competitors on Black, Brown or Short Brown courses retiring on the higher parts of the course should report to this point.

### **If the weather conditions make the higher rocky slopes on these courses too dangerous, the courses will be shortened.**

Black and Brown courses will have two alternative controls (A and B) marked in green on the map. These will be used to make a shortened course if conditions on the higher slopes are too difficult. Competitors will be informed at the start if this is in operation.

In the lower part of the area anyone wishing to retire should aim for the paths that descend on the south western or the eastern edges of the map and make their way back to the finish or start area. The Torver to Coniston road forms the south eastern edge of the map. This road has no footpath and carries fast traffic, so care should be taken if using it. Anyone retiring should go to Download in the school as soon as possible.

There will be a first aider at both the start/finish area and at assembly.

## **Twin Peak Prizegiving. 2.30 at John Ruskin School**

There will be a small prize for the winner of each age class M/W10 – M/W85 adding together the times for the two events. Only those who have run their correct age class course each day (or who have run ‘up’) are eligible for prizes.

MDOC can only apologise to those who are ineligible for prizes because of the Day 1 entry limit.

We thank Jon Allison, Lake District Prints, for allowing us to use his panoramic photo of the Old Man of Coniston.

## **Twin Peak Quiz**

Dan and Karen Parker have once again created a quiz for your entertainment. A copy can be found on the MDOC website, or collected from Day 1 Enquiries.

Small prizes will be awarded at the Twin Peak Prizegiving.

Solutions on paper to Day 2 Enquiries by 12 noon or by e-mail to [SueB@mdoc.org.uk](mailto:SueB@mdoc.org.uk) by Thursday February 9<sup>th</sup>.

## **Day 2 Officials**

Organiser Alison Doyle 0161 366 5175 (before 10pm)

Planner Andrew Gregory

Controller Steve Burge LOC

## **Acknowledgements**

Martin Sleath, Lake District National Park

Paul Kear, National Trust and John Kelly, Hoathwaite NT Camp Site Manager

Jonathon Barton, Raymond Priestley Centre Manager

John Ruskin School

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