

Twin Peak 2017, day 2 Bleathwaite and Little Arrow Moor (Coniston)

Long Distance Event Sunday 12th February 2017

Assembly	John Ruskin School, Lake Road, Coniston. LA21 8EW GR SD302 974
Travel	Signed from A593 at southern end of Coniston. Public transport is not an option
Parking	Limited parking at Assembly. Fee £3 Overflow parking on road sides and in public car parks in Coniston
Pre-entry	www.fabian4.co.uk Entries close February 4 th . No late entry.
EOD	9.45 to 11.15 at Registration at Assembly, while maps available.
Fees	Pre-entry: Seniors £10, Juniors and Students £4 EOD Seniors £12 Juniors and students £5 SI card hire Seniors £1 Juniors and students 50p (£30 if not returned)
Start times	10.30 to 12.00. Courses close 2.30. Start times will be allocated, but will be flexible.
Start	From Assembly to the start is 2.1km with 120m climb, on roads and field footpaths. Not suitable for pushchairs
Clothing	Full body cover, whistles and waterproof cagoules will be compulsory and checked. Clothing can be left at a point 100m before the start.
Finish	150m with 30m climb from clothing dump. Download at Assembly.
Toilets	At Assembly ONLY
Catering	We hope to have NW Junior Squad catering, no commercial catering.
Traders	Unlikely to be present
First Aid	Available at Assembly and on the Walna Scar Road (see Safety section below)
Dogs	No dogs in school grounds or on courses. Allowed on public footpaths /roads to start and in public carparks

Twin Peak Competition See General information

Safety and Risk/Insurance/Privacy See General information

Map

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

Terrain notes

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 taped sections. The area is not suitable for a White course.

Light Green and all TD5 courses 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, although 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.

It is possible there will be a simple course provided in the grounds of John Ruskin School for younger competitors to make up for lack of white course

Course details *(provisional – likely to be altered)*

You may enter whichever course you want, but if you wish to be eligible for a prize in the 2-day Twin Peak Competition you should enter the appropriate course for your age class, or run-up on both days.

Course	Age Classes		Length km	Climb m	Controls	Map Scale
Black	M21		8.4	450	23	10,000
Brown	M35, M40		7.4	380	22	10,000
Short Brown	M18, M20, M45, M50	W21	6.3	300	20	10,000
Blue	M16, M55, M60	W35, W40	4.9	240	19	10,000
Short Blue	M65	W18, W20, W45, W50	4.1	190	18	10,000
Green	M70	W16, W55, W60	2.9	160	14	7,500
Short Green	M75, M80, M85	W65, W70	2.6	130	9	7,500
Very Short Green		W75, W80, W85	2.1	90	9	7,500
Light Green	M14	W14	2.2	100	10	7,500
Orange	M12	W12	2.0	80	12	7,500
Yellow	M10	W10	1.6	50	9	7,500

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 plan to have a First Aid point on the Walna Scar Road and a vehicle nearby. 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.

Officials

Organiser: Alison Doyle 0161 366 5175 (before 10pm)
Planner: Andrew Gregory
Controller: Steve Burge LOC

Enquiries **tp2017@mdoc.org.uk**