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**Manchester and District Orienteering Club**  
**Saturday/Sunday May 30<sup>th</sup>/31<sup>st</sup> 2015**

## **Twin Peak 2015 in the Lake District**

*Following on from the outstanding JK 2015,*

**Two Level B Events on Place Fell and  
 Angle Tarn Pikes, beside Ullswater**

- Venue** Saturday: Place Fell. White, Yellow, Orange and "Silver" (see below) courses will use the Silver Point low-level area beside Ullswater – around 600m from Assembly.  
 Sunday: Angle Tarn Pikes for all courses
- Parking and Assembly** Parking will be at Side Farm, Patterdale GR NY 398 162, about 12 miles north of Windermere and 12 miles from junction 40 of the M6 at Penrith. £1.50 per day per vehicle. Assembly adjacent to the parking area with all facilities available, including the Side Farm tea-room and campsite.
- Dogs** On leads in Car Park/Assembly only.
- Terrain** Place Fell and Angle Tarn Pikes offer fast running on high open fell with large areas of intricate rocky terrain. There is very little bracken and no trees. More climb-per-km than usual is unavoidable.
- There is a long walk to the main start/finish area each day. On Saturday the route is about 2.2km with 300metres climb, partly up a steep, rough path. On Sunday the route is about 1.2km with 150metres climb up a good path. Remember to allow enough time to get to the starts, enjoying the superb views over the northern Lake District. You can dump excess clothing/food/etc close to the Start and Finish.
- Map** 2002 maps with minor 2004, 2009 and 2015 updates. NB. rough open is printed as white for clarity.
- Courses** We are offering courses for all BOF Age Classes. The courses listed below are the competitive courses for each age group, but you are welcome to enter the colour course of your choice. On Day1, we appreciate that some competitors don't wish to take on the walk to the start, so there will be a "Silver" course which makes the best we can of the Silver Point area – approximately Orange length and TD4. String Course each day, close to Assembly.
- Entry on Day** EOD will be accepted for all courses
- SI-punching** will be used. SI-cards available for hire @ £1 per day for adults. (Lost cards £30.00)
- Start times** Saturday 12.00 to 15.00 (Registration opens at 11.00 for EOD)  
 Sunday 10.00 to 13.00 (Registration opens at 9.30 for EOD)  
 Start times will be allocated as per your requested period for each day, and where both days' requests are the same (Very Early, Early, etc), individuals will have starts in opposite orders.  
 Split starts with open start times can be arranged.
- Fees (per day)**
- |                |   |
|----------------|---|
| Greens,        | Seniors £12.00, up to 17 May, £14 up to 24 May.                                     |
| Blues,         | Juniors and Students £4.00 up to 24 May.  |
| Browns,        | No internet entries after 24 May, as there will be EOD - £1 extra for Seniors only. |
| Black          |   |
| White, Yellow, | Seniors, Juniors and Students £4.00 up to 24 May.                                   |
| Orange, Silver |   |
| Light Green    | Seniors £8.00, Juniors and Students £4.00 up to 24 May.                             |

## Courses Available

	Ratio	TD*	Senior	Senior Short	Junior		
1	Black	1.00	5	M21			
2	Brown	0.85	5	M35 M40			
3	Short Brown 1	0.69	5	M45	W21	M20L	
4	Short Brown 2	0.62	5	M50		M21S M18L	
5	Blue 1	0.58	5	M55	W35	M35S M16A	
6	Blue 2	0.53	5	M60	W40	M40S	
7	Short Blue 1	0.47	5	M65	W45	M45S	
8	Short Blue 2	0.44	5		W50	M50S	W21S M20S W20L
9	Green 1	0.42	5		W55	M55S	W35S M18S W18L
10	Green 2	0.37	5	M70	W60	M60S	W40S W16A
11	Short Green	0.34	5	M75	W65 W70	M65S	W45S W50S W18S W20S
12	VS Green	0.25	5	M80 M85	W75 W80 W85	M70S M75S	W55S W60S W65S W70S
13	Light Green	0.29	4				M14A M16B W14A W16B
14	Orange	0.28	3				M12A M14B W12A W14B
15	Yellow	0.23	2				M10A M12B W10A W12B
16	White	0.19	1				M10B W10B
17	Silver (Day 1 only)	0.28	4				

\*TD i.e. navigational difficulty

### Entries

via Fabian4. [www.fabian4.co.uk](http://www.fabian4.co.uk)

Cheap entries close 17<sup>th</sup> May; all online entries close 24<sup>th</sup> May.

If you can't use Fabian4 for any reason, contact the organiser.

**PLEASE check exactly which course you want before starting the entry process. Fabian's drop-down list offers you course names (eg. Short Blue 2) NOT classes.**

### Changes

There will be a £2 fee for any changes to pre-entries after entries close.

(MDOC reserve the right to retain part or all fees if either event has to be cancelled, to cover committed costs).

### Competition

Times from the two races for each course except VS Green will be added together to determine the Twin Peak winners - for VS Green, only Day2 will count. Unique Twin Peak prizes will be awarded to the winners of M10/W10 to M/W85 (excluding S/B courses) – to qualify you must run the same course each day (except for M80-85 and W75-85 where only Day2 counts).

### Safety

Bring suitable bad weather clothing - it may be compulsory. Starts and Finishes are very close to each other. Whistles should be carried. Lone runners please leave car keys.

Competitors take part at their own risk and are responsible for their own safety.

### Officials

**Organiser** John Britton 0161 426 0301

**Assistant** Sue Birkinshaw

**Planners** Day 1: Steve Dempsey Day 2: Dave McCann

**Controllers** Day 1: Dan and Karen Parker BL Day 2: Chris Burden AIRE

(nb. Most Day 2 courses were originally planned as the Reserve Day for Lakes 5 2014)

### Camping

Camping is available at Side Farm. 017684 82337 Adults £8, Child £3, car £2, motorcycles £1 (no advance booking, but it has 70 pitches). Dogs on leads. Hot showers and loos. Small campervans taken. Larger campervans, try Gillside Farm, Glenridding 017684 82346.

See our website [www.mdoc.org.uk](http://www.mdoc.org.uk)

### Further Information

All enquiries to [twinpeak2015@mdoc.org.uk](mailto:twinpeak2015@mdoc.org.uk)