

Northern Championships 2021

High Dam, Newby Bridge

Sunday 6th June



**Manchester & District Orienteering Club
welcomes you to the re-scheduled
Northern Championships
(Postponed from May 2020)**

The weekend

This event takes place in conjunction with the British Middle-Distance Championships held on the previous day. Many facilities including the car parking locations will be common to both events.

Venue

High Dam is situated at the village of Finsthwaite to the west of the southern end of Lake Windermere.

Location references

Car park 1 (P1) (LA12 8BN, GR SD 363 871, what3words ///gathering.rooks.spelling)

Car park 2 (P2) (LA12 8BJ, GR SD 369 878, what3words ///waking.former.scooter)

Large vehicle parking (LA12 8AS, GR SD 378 873, what3words ///consonant.cities.happily)

Vehicles with dogs (LA12 8BH, GR SD 369 881, what3words ///intention.fearfully.samples)

Critical Information: Read this section if nothing else

- Please re-read and follow the [COVID-19 Participant Code of Conduct](#)
- Two car parks with different approaches for each. Early starters (start times before 11:45) will be directed to car park 1. Later starters (start times after 11:45) will be directed to car park 2.
- No dogs in the car parks or on the terrain. Alternative car parking for people bringing dogs is described in the travel details.
- Toilets located in both car parks. No toilets at the starts.
- Assembly is in Car Park 1.
- No key drop.
- SI punching. Touch free enabled.
- Start times listed on Fabian4 and included on your race bib. **It is a timed start. Times will not be adjusted if you are late.**
- Three Starts, all near each other, approx. 800m from assembly (car park 1).
- Your Entry Class, Course number, Start Time and Start Lane are all on your race bib. Bring your own pins.
- **No bib. No go.**
- Clothing can be left near to the finish on your way to the start.
- Map is at 1:15,000, 1:10,000 or 1:7,500 depending on your course. Size from A4 to A3.
- Finish (contactless-enabled).
- There are no drinks provided. Carry your own if the weather is hot.
- Courses close at 16:30. You must finish your course by this time or go straight to download if you retire.
- First aid will be next to download, not at assembly.

Covid-19

In entering this event you and any persons you have entered, have signed up to the COVID-19 Participant Code of Conduct. Because of the need to ensure social distancing at all times, we will discourage competitors from occupying the car park fields for longer than they need to. There will be no traders, no caterers, no results display, no string course and no conventional prize giving. Whilst government regulations do not require the wearing of face coverings in an outside environment, we respectfully request you to consider doing so when you cannot maintain a 2-metre social distance.

Do not attend the event if:

- You have any COVID-19 symptoms.
- You are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms.
- You have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the required self-quarantine period, even if you are symptom-free.
- You are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking.

Competitors who fit within the higher at-risk groups are advised to take particular care and to make decisions on attendance with due consideration to the risks associated with COVID-19.

Please remember to act as an ambassador for the sport of orienteering at all times.

In particular, please:

- Arrive ready to run at the pre call-up location in the assembly in time to be released onto the final part of the walk to the starts. This will happen 30 minutes before your allocated start time.
- Observe social distancing when moving around the car park, queuing for toilets, and at the Starts / Finish / Download
- In the forest, avoid other participants; give way to members of the public, or take an off-path route to pass them; do not push past. You are advised, when following another competitor, to remain at least 10m behind to avoid aerosol inhalation. Maintain 2m apart from other competitors at control sites, avoid touching SI boxes etc, and move away quickly once you have punched.
- Hand sanitiser will be provided at key points. But you are also advised to bring your own supplies.

Directions and Parking

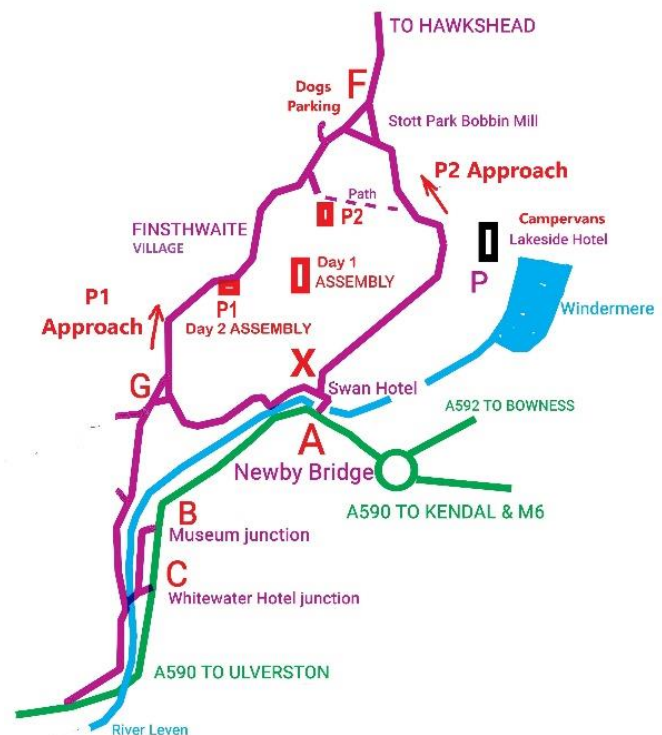
The event will be located at the village of Finsthwaite and parking will be in two separate fields at the opposite ends of the village. Each car park field has a single gate used both for entry and exit. To reduce traffic through the village, P1 will be filled first and traffic must approach from the south west. P2 will be filled later and traffic must approach from the north.

TRAFFIC FROM THE EAST (M6)

Leave Newby Bridge roundabout, signed A590 to Barrow

Early arrivals – start times before 11.45 will use P1

Continue on the A590 for a further mile where you should turn right, signed to Lakeland Motor Museum. (**Location B**) or if this is congested continue to **Location C** and take the right turn to Whitewater Hotel, Lakeland Village, Backbarrow. These two roads meet and you then pass the hotel on your left, go under a canopy and shortly after, cross a bridge over the river by some white houses where you turn right and continue to Finsthwaite to approach P1 via **location G**.



Later arrivals –with start times after 11:45 will use P2

From the roundabout after 300m, turn right at **location A** signed to Lakeside and Hawkshead. Fork right at **location X** signed to Lakeside Steamers and continue until you reach another fork at the Stott Park Bobbin Mill (Brown sign). Turn left to Finsthwaite village where signs and/or marshals will direct you to P2.

WARNING, Because of the narrow bridge at **location A**, this junction can become congested. If the right turn filter lane is full, do not block the carriageway but continue to **locations B or C** on the sketch map and then drive to **location X** via **location G** and continue as above.

TRAFFIC FROM THE WEST (GREENODD, ULVERSTON)

Early arrivals – with start times before 11.45

Turn left off the A590m at **location C** and follow the directions above to P1 via **location G**.

Later arrivals –with start times after 11:45

Follow the A590 to Newby Bridge (**Location A**) and turn left over the narrow bridge following the same directions as above to P2.

WARNING. If this road is congested, continue to the roundabout and return in the direction that you have come from and use **junctions B or C** to get you to **location X** via **location G**.

TRAFFIC FROM THE NORTH (HAWKSHEAD)

Early arrivals – with start times before 11.45

Bear left at **location F** and continue towards Newby Bridge. Turn right at **location X** just before the Swan hotel towards **location G** where you turn right towards P1.

Later arrivals –with start times after 11:45

Pass the YMCA Centre on your left. After 0.75 miles, bear right, at **Location F**, signed to Finsthwaite where signs and/or marshals will direct you to P2.

CAMPER VANS

Parking for smaller campervans will depend on the weather. Please check on the event website before you depart to obtain the latest information. Anything bigger than a transit; **MUST** park at the Lakeside Hotel/Aquarium. If it has been dry for a couple of weeks beforehand, then all but the larger vans can be parked on the parking fields. If the weather has been wet, then other campervans may also need to park at the Lakeside Hotel/Aquarium.

PARKING FOR LARGE VEHICLES

Behind the Aquarium, adjacent to Lakeside Hotel. Charge £4 for a whole day. See the map above for the location.

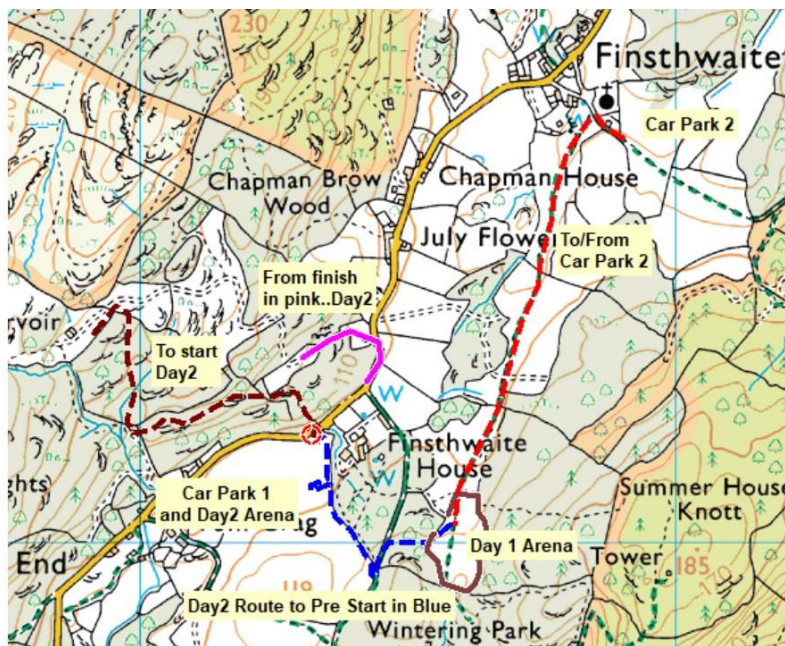
To get to Assembly from here, walk with care along the road northwards, for 400 metres, then turn left, onto a marked footpath (600m, 40 m climb) to P2. From here, it is 1.5 Km to P1 passing through the day 1 assembly field.

VEHICLES WITH DOGS

Dogs are not allowed in either car park field nor assembly nor on the competition terrain. Parking is available in the field used for overflow parking for visitors to High Dam. See the map for location. This is 0.5 km north east from P2. Parking is also available next to the Aquarium at Lakeside. See the details above for large vehicles. Both these car parks require you to pay for parking.

Note that both these sites are likely to be very busy with tourists so it would be wise to arrive early.

Walking Routes

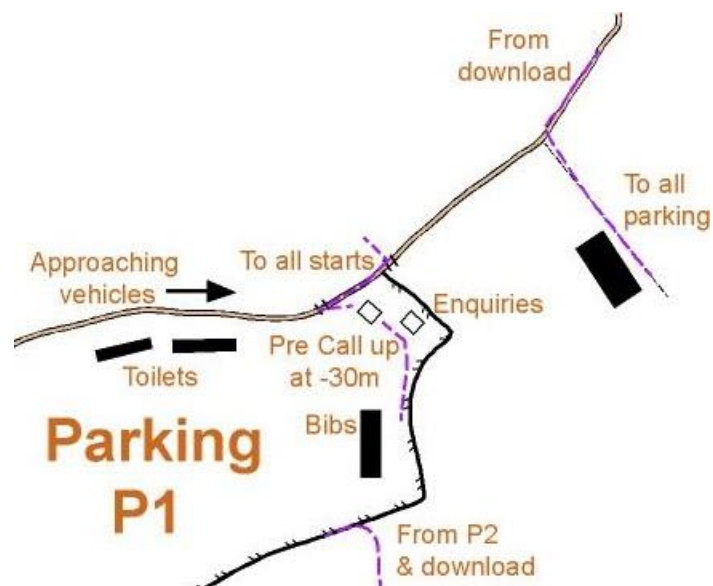


Assembly

Assembly is in parking field P1 and is 1.5 Km walk from parking P2 passing through the day 1 assembly field. The walking route will be marked.

Facilities

- Toilets
- Enquiries
- Bib collection
- Pre call-up for all starts at -30 minutes
- There are no traders at this event



Safety

- All competitors take part at their own risk and are responsible for their own safety.
- Full leg and torso cover must be worn.
- There is one significant tarn and other smaller open water features where care is needed.
- Water proof hooded jackets may be mandatory if the weather conditions are bad.
- Following recent forestry work there are some log piles. These are dangerous and must not be climbed. The route to the start passes through this area and parts are covered with significant brushings. Parents of young children may wish to accompany them to the start.
- Whistles should be carried.
- Safety bearing is EAST to the road.
- You MUST go to Download, even if you retire.
- Nearest A&E: Furness General Hospital, Dalton Lan , Barrow-In-Furness, Cumbria, LA14 4LF, 01229 870870.
- Deer and sheep are commonly found in the area, please check yourself after your run for ticks.
- E Coli. The assembly field was grazed by sheep and lambs until very recently, please wash/sanitise your hands before eating any food.
- First aid will be located next to download.

Terrain

High Dam is prime orienteering terrain offering a real test of navigational skills. This event is using the steep, wooded east facing slope and the relatively flatter area above it, surrounding Boretree and High Dam Tarns. The woodland is generally very runnable. Open areas are very varied in both runnability and ground cover with a mixture of heather, bilberries, dead bracken, marsh grass and short sheep-cropped grass. There is contour and rock detail everywhere. The bracken has started to grow but the cold spring weather has impeded its development and hopefully it will have minimum impact.

Map

High Dam was last used for the British Long-Distance Championships in May 2017.

[RouteGadget link](#) to the British Long-Distance Championship 2017 courses.

- Updated in 2021 by the planners Dan & Karen Parker (BL).
- A3/A4 map at 1:15K, 1:10K and 1:7.5K dependent on the course. Contour interval: 5m.
- Printed on waterproof paper.
- Courses 1 – 7 include a 200m taped route through woodland with a control at each end. Please remember to dib both of these – it won't be possible to re-instate anyone who forgets.
- Courses 21, 22, 25 and 26 each include two taped routes though areas where there are no line features. There are also intermittent tapes on some small paths to aid confidence.
- The map includes one special symbol. A small black circle ◯ is a charcoal burning ground/platform. On the ground these features are flat circular areas on slopes, about 5m across.
- Anything marked with a purple line must only be crossed at purple crossings. Walls and fences not marked with a purple line can be crossed anywhere.
- All courses have IOF pictorial control descriptions. Courses 21, 22, 25 and 26 also have textual descriptions. Control descriptions are on the front of the map. Loose descriptions will be available in start lanes.

Timing

SI electronic timing will be used and all controls will be SIAC (Touch Free) enabled. If you have a SIAC that does not flash/ beep at a control, dib the conventional way. If the control box itself does not flash/ beep, punch your map using the attached pin punch.

Hired dibbers

There are no dibbers available to hire on the day. If you used a pre-hired dibber at the British Middle-Distance Championship on the previous day, you should have retained it. If you have only hired one for this event it will be available in an envelope on a washing line near enquiries. Hand in the dibber at download.

Starts

There are three starts, North-N, South-S and West-W. All three will be located in the same large field. Your starting lane will consist of the letter N, S or W to identify the particular start, plus a lane number.

Race Bibs

All competitors will need to collect a race bib at assembly before they go to the start. They will be hung on a washing line arrangement in alphabetical order of surname from a mini carabiner which you may retain. Unclip the bib and pin it on your chest using safety pins. Bring your own pins.

No bib. No run.

For your own safety, you can complete the reverse side of your bib with your personal and contact details as well as details of any relevant medical condition.

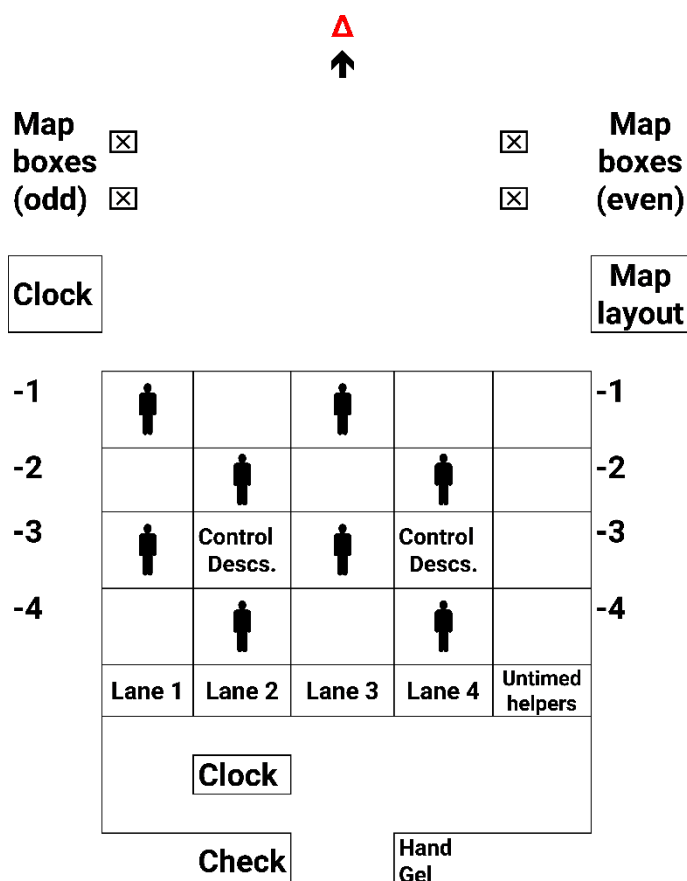
NORTHERN ORIENTEERING CHAMPIONSHIPS 2021
10:00
W1
Another Person
MDOC
<small>Another Person, MDOC, M18E, Course 2, West start, Lane W1, 10:00</small>

Start procedure

Pre-callup: All competitors will firstly pass through the pre-callup area at the exit gate from assembly. The start field will be 800m uphill from here and through a recently felled area with significant brashings on the path. To avoid large numbers of people in the start field, competitors must queue in the assembly at a social distance, in start time order, to be released from the pre call-up area 30 minutes before their start time. A digital clock will display the race time + 30 minutes. **No names will be called.** Competitors must come forward for their start time to be checked by a marshal when their actual start time is displayed on the clock. They will then pass through a funnel where they will punch a clear box followed by a check box before going out through the gate.

Pre-start:

TYPICAL START LAYOUT



On arrival at the start field you will see the three start grids a short distance in front of you. A sign will indicate which are which. Make your way to the correct start and wait for your actual start time to appear on the digital clock in the pre-start area. Again, **no names will be called.** A marshal will check that the start time shown on your bib aligns with the clock. He/she will direct you to the correct lane where you will enter the -4 min box. Adjacent lanes will be arranged with odd and even start times, so in the grid there will be no one in the boxes in front, behind or either side of you. You must only advance one box at each minute to maintain this checkerboard pattern. If you cannot remember your lane, course, class or start time, you will find them all written on your bib in inverted text. No blank maps will be displayed in the lanes. You should examine the 2017 maps before you start. These are available on a routegadget link from the MDOC website. Loose control descriptions will be at -3 min. At the start line, a marshal once again checks that the start time on your bib aligns with the time on the start clock. He/she will point out the location of the map boxes (odd courses on the left, even courses on the right) and the direction to the start flag. **It is a timed start. You will not punch a start box.**

Late-comers: If you arrive late, you will be directed to a marshal who will assist you. If you are only just late and can still make it to your start time, you will be slotted into the correct time. If this is not possible the marshal will check on the next available free slot for your lane. A limited number of spare slots have been factored in but where courses are very full there may be a significant delay. At the appropriate time you will be progressed through the late/helper lane. No adjustment will be made to your start time and you will not punch a start box.

Helpers: Helpers will be identified by a letter (h) against their start time on their bib. If they have been delayed by their job, they will be directed to a marshal who will assist them. These people will be permitted to punch a start box.

Parents with children

Parents who wish to see off their children at the start must return to assembly by a different route. If you need to do this, ask a marshal at the South start to assist you. You will need to leave the field through the same gate used by people setting off from that start and take the track down the hill.

Finish and Download

The final run in to the finish will be slightly up hill. The finish box will be contactless enabled. If you do not have a working SIAC, you must punch the box in the conventional manner. If you have a hired dibber, hand it in when you download.

Turn sharp left after passing through the finish, collect your clothing (if any) and proceed back down the hill keeping within the field until you reach the download station in a caravan. You must download even if you retire.

First aid will be located at download.

Route back to the car parks

After downloading proceed to the gate at the end of the field where a marshal will supervise you crossing the road. Turn right along the side of the road and then turn first left past some farm buildings. Follow the signs to P1 or P2. Please do not show anyone your map.

Course closing: Courses close at 16:30 and controls will then be collected. You must finish your course by this time or go straight to download if you retire.

Results: No results will be displayed at the event. Live and final results will be available from www.mdoc.org.uk

Complaints and protests

If you have any reason to complain about your course or the event arrangements, then talk informally with the Organiser in the first instance. He will contact other officials as necessary. You may also complain in writing on a form held at Enquiries.

If you feel you still need to make an official Protest, you must do this in writing to the Controller (using the form obtainable at enquiries). The Controller will discuss with the Organiser. If they agree with the Protest, the appropriate action will be taken.

Course details

Course No	Start Lane	No of controls	Approx Length	Climb	Map Scale	Men's classes	Women's classes
1	W1	33	14.0km	650m	1:15,000	M21E	
2	W1	26	9.6km	420m	1:15,000	M20E,M18E	W21E
3	N1	27	9.6km	360m	1:10000	M35L, M40L, M21L	
4	W2	23	8.3km	360m	1:7500	M45L, M50L	
5	W3	20	7.7km	350m	1:7500	M55L, M18L M20L, M21S	W21L
6	W4	22	6.9km	330m	1:7500	M60L	
7	N1	18	6.8km	320m	1:10000	M16A	

Course No	Start Lane	No of controls	Approx Length	Climb	Map Scale	Men's classes	Women's classes
8	N6	15	6.4km	320m	1:15,000		W20E, W18E
9	S1	17	6.3km	320m	1:10000	M35S,M40S	W35L, W40L
10	N2	16	5.7km	310m	1:7500	M65L, M45S	W45L, W50L
11	S2	14	5.3km	270m	1:7500	M55S	W55L
12	S1	15	5.3km	250m	1:10000	M20S,M18S	W16A, W21S, W20L, W18L
13	S3	12	4.6km	190m	1:7500	M75L, M60S	W60L, W35S
14	N3	12	4.2km	200m	1:7500	M65S	W65L, W70L, W40S, W45S, W50S
15	N4	10	3.4km	170m	1:7500	M80, M70S	W75, W20S, W18S, W55S, W60S
16	S1	9	2.5km	120m	1:7500	M85, M90, M75S	W80, W65S, W70S
17	N4	8	1.4km	80m	1:7500		W85, W90
18	N5	13	4.8km	270m	1:10000	M14A, M16B	
19	N5	10	3.3km	170m	1:10000		W14A, W16B
20	W5	11	2.9km	120m	1:7500	M12A,M14B	W12A, W14B
21	W5	13	2.3km	110m	1:7500	M10A,M12B	W10A, W12B
22	W5	11	1.6km	75m	1:7500	M10B,W10B	W10B
23	N6	10	3.3km	170	1:10000	Light Green	
24	W6	11	2.9km	120m	1:7500	Orange	
25	W6	13	2.3km	110m	1:7500	Yellow	
26	W6	11	1.6km	75m	1:7500	White	
27	S4	15	5.3km	270	1:7500	M70L, M50S	

Officials

Organiser: Trevor Roberts, MDOC, Northern.Champs.21@gmail.com

Assistant organiser: Sam Drinkwater, MDOC

Planners: Dan & Karen Parker, BL

Controller: Neville Baker, TVOC and assistant Andy Robinson, LOC

Acknowledgements

Mr John Chaplin for access to Boretree Tarn and P1 parking field.

Mr Stephen Watson for access to Finsthwaite Heights, P2 parking field and parking for dog users.

Lake District National Park Authority for access to High Dam Tarn

Mr Anthony Gornall – Honeywell Meats for access to Stott Park Heights

Mr Ed Sandys – Graithwaite Estates, for access to Great Green Hows
The residents of Finsthwaite, Backbarrow and Lakeside

This event could not have happened without the huge amount of work undertaken by the event Officials and from many volunteers from Manchester & District Orienteering Club supported by members of Border Liners 'O' Club, Deeside 'O' Club, South East Lancashire 'O' Club, Lakeland 'O' Club, South Ribble 'O' Club and Thames Valley 'O' Club.