

TWIN PEAK 2009 FINAL DETAILS

- Travel** Patterdale is on the A592 at the southern end of Ullswater, about 12 miles north of Windermere and 12 miles from junction 40 of the M6 at Penrith.
- Parking** Parking is at Side Farm, Patterdale GR NY 398 162. The track to Side Farm is east off the A592 with bumps, a narrow bridge and single track sections. Please be prepared to back-up, or wait, if cars are trying to go the other way from you - and beware pedestrians.
No exit before 14.00 on Saturday and 12.00 on Sunday.
£1 parking fee per day, £2 for minibuses.
Coaches and large campervans cannot get to Side Farm. Contact the organizer for advice.
- Assembly** Assembly is adjacent to the Side Farm tearoom. Depending on ground conditions we shall either be parking adjacent to Assembly or about 500m away.
All event facilities will be located at Assembly: Enquiries, EOD registration, SI-card hire, Download, Toilets, Traders, Wilf's for food, NWJS Cake stall (on Saturday) Results display. The Side Farm Tearoom will be open for snacks and drinks. There will be space for a few club tents.
- Dogs** In Car park and Assembly area only. Definitely on leads as there are sheep around.
- EOD** **Start times:** Saturday 12.00 – 15.00 Sunday 10.00 – 13.00
Registration: Saturday 11.00 – 13.30 Sunday 9.15 – 11.30
Split Starts: Go to the Start at your convenience. We will fit you into the block start system as quickly as possible. Because of the distances involved, the first runner should go very early. (The same track is used to get to the start and to return from the finish, so you could meet en route)
EOD Fees per day:
- | | | |
|-----------------|------------------|-------------------------------|
| Courses 1 to 12 | Seniors | £10 (£12 for non-BOF members) |
| | Juniors/Students | £3.50 |
| Courses 13 – 17 | Seniors | £5 (£7 for non-BOF members) |
| | Juniors/Students | £3.50 |
- Before going to EOD Registration, please fill in an EOD slip, and hire your SI-card (if you need one). Hire charge is 50p per day. Lost cards are charged at £25.
- You can enter for both days on Saturday and you will be given balanced Start Times, making you eligible for Twin Peak prizes. If you prefer to enter each day separately, you will be regarded as two different people and will not be eligible for prizes.
- All the courses are colour coded, so you can enter any colour you choose. Age groups have been allocated to specific courses, and prizes will only be awarded to people running the “correct” course.
- We are printing maps on site as required so there is no need to arrive at crack of dawn to ensure that you get a run on the course of your choice.**
- Changes** There will be a £2 fee for any changes to pre-entries.
(MDOC reserve the right to retain part or all fees if either event has to be cancelled, to cover committed costs)

Safety Notes

Lone runners **MUST** leave car keys (or something equally unforgettable) at Enquiries and complete a Safety form.

First Aid will be available both at the Finish and at Enquiries.

A whistle must be carried whatever the conditions, and will be checked at map distribution.

Shorts are permissible as bracken is the only significant undergrowth, but remember the likely presence of sheep ticks.

Cagoules may be made mandatory if weather is poor and will be checked at the map distribution point.

Safe routes off the fells

There are two routes off Place Fell, via the Finish or using the main ridge path which goes south to Boredale Hause, then down the Angle Tarn track.

The only safe route off Angle Tarn Pikes is via the Finish.

Maps will be displayed at Assembly, and in the start lanes, highlighting the main N-S and E-W paths across each area which will enable you to locate the Finish. You are advised to take note of this information, and to ensure that young or inexperienced competitors understand its significance.

DO NOT ATTEMPT TO LEAVE THE AREAS ANY OTHER WAY.

Accommodation

Side Farm has a fully serviced camp site, adjacent to our Assembly Area.

017684 82337 for full details. Adults £6, 5-15 £3, car £2, dogs on leads.

No advance bookings taken, but there are 60 pitches.

Small campervans taken.

For other accommodation contact the local Tourist Information Centres:

Penrith 01768 867466

Windermere 015394 46499

Keswick 017687 72645

TWIN PEAK QUIZ

Dan and Karen have created another wicked quiz for us this year.

You can find it at the end of these details, or as a separate download on www.mdoc.org.uk.

Anyone is welcome to submit an entry, whether they come to the event or not.

e-mail your solution to twinpeak2009@mdoc.org.uk by Thursday May 28th, or put it in the box at Enquiries before 12 noon on Sunday.

Information that relates to both days

- Map** For Place Fell and Angle Tarn Pikes you will use the excellent 2002 maps at 1:10000. Necessary 2009 updates have been incorporated. White and Yellow courses will use the Silver Point low-level map on Saturday. It is at 1:5000 with the bracken screen omitted. All maps will be on waterproof paper with control descriptions on the front.
- You will collect your own map as you leave the Assembly Area, before you start the walk (climb!) to the Start. It will be rolled and secured. You are trusted not to open it until you start. It is YOUR responsibility to take the correct map for your course – the course number will be clearly visible.**
- Control Descriptions** Loose copies of the control descriptions will be available in the start lane at -3. Take your own method of protection and/or affixing. For courses 16 (TD2) and 17 (TD1), all descriptions are English. For courses 14 and 15 (TD3), descriptions on the map are pictorial; loose sheets are English. All descriptions for all other courses are pictorial.
- Clear Station** The Clear boxes will be sited at the map distribution point.
- Check Station** **Before setting off up the track to the start you will have collected your map and cleared your SI-card. You will then go through a safety check point where your SI-card will be checked and you will show that you are carrying a whistle (and a cagoule if made mandatory on the day). Should you, for any reason, not go out on your course you must still download as we shall assume that you are out on the fell.**
- Control sites** Kites will be hung on canes. All control sites will have the SI boxes on base plates at ground level. If an SI box fails to bleep and flash, use the pin punch attached to the kite cane to punch in the special box on your map.
- The Start** We are using a Block Start system, in half-hour blocks. You can run at any time in the half-hour **after** your allocated start time. Starts will be at minute intervals, and you will join a queue for your course. As we have doubled up all the busy courses you will not have to queue for long.
- Please leave enough time to reach the Start within your allocated half-hour.**
- Terrain notes** Both the areas are highly runnable, being almost exclusively rough grass. Bracken has spread since the maps were drawn, especially on some of the lower eastern slopes of Place Fell, but very little of it should be in your way. Both maps have significant landmarks mixed with areas of more than average complexity - even in perfect conditions, navigation is not straightforward, and as the competition areas lie between 400m and 700m above sea level, low visibility is a distinct possibility.
- Main paths have cut through the grass and are clear and stony. Some of the mapped intermittent (broken dashed line) paths may not be as easily seen, as they haven't yet cut through the grass –several other similar but more seasonal paths are not mapped.
- Some courses have more than the recommended ratio of climb to distance, as the only way of enabling courses to reach the better parts of the map.
- Clothing Dump** Each day the Start and Finish are very close together. We shall mark out an area for you to leave clothing (and anything else you choose to take to the Start such as drinks). Supply your

own bag. Please remember to collect your possessions, *including empty drinks bottles*, before returning to Assembly.

- Drinks** There will be no drinks at the Finish on either day (as the Finishes are up on the competition areas). There will be (potable) tap water available as you return to Side Farm. If you want a drink when you finish, take your own with you. Should the weather be very hot, you will have to provide your own on-course hydration system.
- Download** **It is essential that you download at the marquee in the Assembly Area. Failure to do so could result in Mountain Rescue being called out to do an unnecessary search of the area.**
- Courses Close** **Saturday 17.30 Sunday 15.30**
- Results** Results will be displayed at Assembly at regular intervals.
Provisional results will be published on the MDOC website on Sunday evening.
If you want printed results - and haven't already asked for them - address an envelope at Enquiries and pay £1.
- String Courses** There will be a different String Course each day, neither suitable for pushchairs.
On Saturday it will be in the open field area near to the car park - including a pleasant, rocky, wooded hillock. Open from 12.30 to 15.00
On Sunday it will be on the fellside behind Side Farm, with the start about 300m along a track. One short section is very rocky and could be slippery. Small children might need help. Open from 10.30 to 13.00
- Prizes** Twin Peak prizes will be awarded to the winners of Senior Long classes and Junior Age classes, based on 2-days' cumulative times. **Presentation at 2.45 at Assembly.** Potential winners who have late runs on Sunday – please get to Assembly and download as quickly as possible.
Certificates will be available at Enquiries for the first three in **every** class. If you cannot stay until 2.45 you can e-mail or ring us after the results are published to ask for your certificate.
We have been given some t-shirts by New Balance, as well as their discount offer described below. These will be awarded as Spot Prizes at the Prize giving.
- Officials**
- | | | |
|---------------|------------------------------|-----------------------|
| Controllers | Day 1 Tony Richardson LOC | Day 2 Roger Smith LOC |
| Planners | Day 1 Dave McCann | Day 2 Steve Fellbaum |
| Day Organiser | Jan Ellis | |
| Co-ordinator | Sue Birkinshaw 0161 980 5068 | |
- Enquiries** If possible, please use <twinpeak2009@mdoc.org.uk>
You can try phoning Sue but may have to leave a message for a return call.
- Acknowledgements**
- Dalemain Estate
National Trust
Patterdale Mountain Rescue
English Nature
Side Farm

Saturday – Place Fell and Silver Point

Courses 16 and 17 (White and Yellow standard) use Silver Point.

This is an area beside Ullswater which does not go up onto the high fell. At this time of year the bracken is low and easy to pass through, but this should not really be necessary as the path routes are clear.

Route to Start/Finish The route leaves Assembly in the same direction as the main Place Fell start, but diverges after about 900m. If you want to accompany juniors to this start you need only allow a few extra minutes. Suggested time to the start is 15 minutes – about 1km from Side Farm.

All the information given above about maps, control descriptions, clothing and drinks applies to the Silver Point courses too, but SI boxes will be on conventional stakes.

Courses 1 to 15 use Place Fell

Route to Start/Finish 2.2km with 310 metres climb, partly up a rough rocky path. Suggested time is 45 minutes, but some people might need to allow a bit longer, especially as the same route will be used for returning to Assembly. (A fit M45 did it at a fast walk in 30 minutes). Remember to collect your map and clear your SI-card before you set off, show your whistle and cagoule (if this is made mandatory on the day) and take your own clothing bag and finish drink. The Finish is very close to the start and you return by the same path. Remove all litter and drinks bottles.

Start You are expected to start within your allocated start block. Late starters should report to the Start Official and will be slotted in when possible.

Do not open your map until you have punched the Start Box.

Planner's note See terrain notes above.

Place Fell has several distinct areas, the high summit, a slope eastwards containing some marshy sections and the northern section that has a mass of interesting rock and contour features. Views over the lake and across to the Helvellyn range can be stunning.

Underfoot the grass is rough, but not so rough as to prevent a good running speed. There is very little bracken and courses have been planned to avoid this where possible.

The Orange and Long Orange courses have a short taped section towards the end of the course. The tapes should be followed by people on these courses only. Control Descriptions for these courses note the location of the tapes.

Sunday – Angle Tarn Pikes

Route to Start/Finish About 1.2 km with 150 metres climb up a good path. Suggested time is 30 minutes (or 40 minutes for slow walkers).

Remember to collect your map, show your whistle and cagoule (if made mandatory on the day) and clear your SI-card before you set off, and take your own clothing bag and finish drink. The Finish is very close to the start and you return by the same path.

Start You are expected to start within your allocated start block. Late starters should report to the Start Official and will be slotted in when possible.

Do not open your map until you have punched the Start Box.

Planner's note See terrain notes above.

Streams

Courses 1-14 cross a number of significant streams. There are many safe crossing points and you should not need to deviate significantly from your chosen route to use one.

Courses 15-17 have been planned to cross streams via footpaths and therefore should not present any difficulties

Walls

Courses 1-9 pass over a significant wall. The wall has been highlighted on the map as uncrossable and therefore should only be crossed via the gate openings - these are marked with crossing point symbols, and connection lines are broken and diverted accordingly.

There are other walls crossed by Courses 1-9. Those mapped as ruined are freely crossable everywhere and the connection lines go straight across them.

Taped Route Courses 15-17

In order to meet technical difficulty and length requirements, we have provided a taped route (220m) for part of these courses. Please make sure your Juniors are prepared for this.

White Course

Due to limitations on Angle Tarn this course is longer than the guidelines advise. You may wish to shadow junior competitors on this course.

Exposure

Some parts of the area are steep and even the main paths can be quite exposed. Please take appropriate care at all times.

Course Lengths

			Place Fell & Silver Point		Angle Tarn Pikes		Technical Difficulty
			km	climb	km	climb	
1	Black	M21	9.6	370	9.5	480	5
2	Brown	M35, M40	7.9	305	8.2	430	5
3	Short Brown 1	M45, W21	7.0	275	7.1	430	5
4	Short Brown 2	M50, M21S, M20, M18	6.5	245	6.5	375	5
5	Blue 1	M55, M35S, W35	5.6	225	5.7	310	5
6	Blue 2	M60, M40S, W40, M16	5.1	200	5.2	280	5
7	Short Blue 1	M65, M45S, W45	5.0	170	4.7	270	5
8	Short Blue 2	M50S, W50, W21S, W20, W18	4.5	205	4.4	285	5
9	Green 1	M55S, W55, W35S	4.1	160	4.0	290	5
10	Green 2	M70, M60S, W60, W40S, W16	3.9	160	3.8	220	5
11	Short Green	M75, M80, M65S, W65, W70, W45S, W50S	3.4	125	3.1	205	5
12	Very Short Green	M85, M70+S, W75, W80, W55+S	2.9	80	2.9	185	5
13	Light Green	M14, W14	3.0	95	2.8	175	4
14	Long Orange		3.6	120	4.5	310	3
15	Orange	M12, W12	2.1	95	2.5	155	3
16	Yellow	M10, W10	2.5	125	2.1	120	2
17	White		2.4	100	2.0	120	1

16 and 17 are on Silver Point on Saturday

SPECIAL OFFER FOR ALL TWIN PEAK PARTICIPANTS

New Balance Athletic Shoes (UK) Ltd.

A £5 discount is kindly offered by New Balance on all purchases over £20 at any of their shops listed below.

To use your discount show a copy of your map or the final details.

Also offered is a 10% discount card that can be used for future purchases.

New Balance have an excellent range of running shoes and clothing.

Main Street, **Shap**, Cumbria. CA10 3NL, Tel: 01931 716333

St Helens Lane, Workington Road, **Flimby**, Maryport, CA15 8RY Tel: 01900 66566

15 Bank St, **Keswick**, Cumbria CA12 5JY Tel: 017687 74631

LOVE/hate. this is the new balance



TWIN PEAK QUIZ 2009

This year's quiz takes its theme from the areas being used.

1. eg X
2. Palin's pet
3. Erica
4. Colin
5. Where St Peter left his mark
6. eg Moray
7. Is it ticklish?
8. Technically speaking you might cook it in foil
9. In Worcestershire
10. Passport
11. Captain
12. Tie
13. Biseps
14. Crossing point
15. Struggle
16. Cowardly Scandinavian
17. Haircut for an M60
18. El.....
19. Like the Tio Mila
20. Technical difficulty 3, Physical difficulty 5
21. Lord Edmund's monarch
22. Healthy Jack
23. For translation
24. Holder of Scottish Shield
25. May recently have left Bassenthwaite
26. Clown who went missing

e-mail your solution to twinpeak2009@mdoc.org.uk by Thursday May 28th,
or put it in the box at Enquiries before 12 noon on Sunday.