



## Manchester and District Orienteering Club

Saturday / Sunday May 30<sup>th</sup>/31<sup>st</sup>  
2009

# Twin Peak 2009 in the Lake District

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

## Two Regional Events on Place Fell and Angle Tarn Pikes, beside Ullswater

- Venue** Saturday: Place Fell. White and Yellow courses will use the Silver Point low-level area beside Ullswater.  
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. Assembly adjacent to the parking area with all facilities available, including the Side Farm tea-room and campsite. For large vehicles- contact organiser
- 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.  
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 rough, rocky path. On Sunday the route is about 1.2km with 150metres climb up a good path. Block start times and a punching start will allow you to take your time getting to the starts, enjoying the superb views over the northern Lake District.
- Map** 2002 maps with minor 2009 updates.
- Courses** As in the 2009 Regional Event Guidelines we are offering courses for all BOF Age Classes, as listed below. These are the recommended courses for each age group, but you are welcome to enter the colour course of your choice.  
In particular, Juniors should select the colour course that they are competent to run.  
String Course each day.
- Entry on Day** EOD for all courses (maps being printed on site, so you don't need to arrive too early)
- SI-punching** will be used. SI-cards available for hire @ 50p per day. (Lost cards £25.00)
- 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)  
People pre-entering both days will be given one early and one late start time, based on their Saturday preference.  
Split starts can be arranged for pre-entries with open start times for the second runner.  
A block-start system will be used.
- Fees (per day)** Greens, Seniors £11.00, Juniors and Students £3.50. No late entry as there will be EOD.  
Blues, EOD surcharge: £1 for Seniors only.  
Browns and (Senior fees are reduced by £2 for National BOF members and NWOA Local BOF members)  
Black
- White to Light Seniors £7.00 (£2 reduction as above), Juniors and Students £3.50  
Green

## Courses Available

		Length	TD*	Senior	Senior Short	Junior
1	Black	9.5	5	M21		
2	Brown	8.1	5	M35 M40		
3	Short Brown 1	7.1	5	M45	W21	
4	Short Brown 2	6.6	5	M50		M20 M18
5	Blue 1	5.7	5	M55	W35	
6	Blue 2	5.3	5	M60	W40	
7	Short Blue 1	4.7	5	M65	W45	
8	Short Blue 2	4.3	5		W50	
9	Green 1	4.0	5		W55	
10	Green 2	3.7	5	M70	W60	
11	Short Green	3.1	5	M75 M80	W65 W70	
12	V Short Green	2.7	5		W75 W80	
13	Light Green	2.9	4			M14 W14
14	Long Orange	4.7	3			
15	Orange	2.4	3			M12 W12
16	Yellow	2.1	2			M10 W10
17	White	1.3	1			

\*TD i.e. navigational difficulty

### Pre-entry

#### EITHER [Internet Entry](#)

THIS IS THE PREFERRED METHOD OF ENTRY.

Please use a debit card (Credit cards are acceptable but bank costs are higher).

Event details, control descriptions, start lists and results will all be posted on the website

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

There is an extra charge if you want paper versions: Details £1.00, Results £1.00

**Standard fees until May 25th. No late entry but Entry On Day is available.**

#### OR

**Postal entry** using a Standard Entry Form, modified to cover 2 days.

Please enter either Age Class or colour course required

Supply SAE's if you want details, start times and/or results to be sent to you (without further charge). Cheques to MDOC. *Pre-event mailing will be only a few days before the event*

To: Twin Peak 2009, 221 Hale Road, Hale, Altrincham, Cheshire WA15 8DN

**Closing date: Postmark May 18th. No late postal entries.**

### 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).

### Competition

Times from the two races will be added together to determine the Twin Peak winners. Twin Peak prizes will be awarded to the winners of M/W10 to M/W80 (excluding S courses)

### Safety

Bring suitable bad weather clothing - it may be compulsory.

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

**Organisers** Sue Birkinshaw 0161 980 5068

Jan Ellis – Day Organiser

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

**Controllers** Day 1: Tony Richardson LOC Day 2: Roger Smith LOC

### Camping

Camping is available at Side Farm. 017684 82337 Adults £6, 5-15 £3, car £2, dogs on leads (no advance booking, but it has 60 pitches). Hot showers and loos. Small campervans taken.

Larger campervans, try Gillside Farm, Glenridding 017684 82346.

### Further Information

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

All enquiries to [twinpeak2009@mdoc.org.uk](mailto:twinpeak2009@mdoc.org.uk)