

Manchester and District Orienteering Club

Twin Peak February 26th & 27th 2011

Two NW Orienteering League Level B Events

Saturday: Middle Distance race at Bleathwaite – UK Masters Cup event

Sunday: Long Distance race at Torver Back Common

Final Details

Venue and Directions: The assembly area is 4 km south of Coniston village and will be signposted from the A593 Coniston to Broughton road GR 288947. Access to the parking field is along a single-track road with passing places, signed to the Raymond Priestley Centre (post code LA21 8AX) and Hoathwaite Farm. Please drive slowly and courteously. Follow the instructions of the parking marshals. Anyone thinking of bringing a coach should contact the organizer beforehand.

Parking charge: £1 each day.

Facilities: Enquiries, registration and download will be in the boat store under the Priestley Centre, adjacent to the parking field. We have use of the toilets and showers in the main building, but please do not enter other parts of the building. **No muddy shoes or spikes in the building.** Scott's food stall, Compass Point and the Northwest Junior Squad cake stall will be adjacent to the centre. St John Ambulance will be providing first aid. On Saturday they will be parked close to the Bleathwaite start and finish, on Sunday near the Priestley Centre.

Dogs are allowed on leads in the car park field only.

Entry on the day: limited by availability of time slots

Sat: S.Green – Black: Seniors £8 Jun. and students £3. White – Light Green: Seniors £6, Jun. £3

Sun: V.S.Green – Black: Seniors £12 Jun. and students £4. White - Light Green: Seniors £7, Jun. £3

Adults who are not BOF members + £2 on all courses.

SI card hire 50p per day. Charge for lost card £30. If competing on both days keep the same dibber.

On entering the car park you will be given a registration slip for each member of the group. Please complete, including the course you want to run for each day, and take it to registration. The stub of the slip will be returned giving the course and start times.

Saturday: Registration 10.30 – 13.30 Starts 12.00 – 15.00 Courses close 16.30

Sunday: Registration 9.30 – 12.30 Starts 10.00 – 13.00 Courses close 15.30

On both days control collection may start before the courses close.

Safety: The weather at this time of year is unpredictable and competitors should dress appropriately.

Whistles must be carried and will be checked and cagoules may be compulsory. Lone runners should leave car keys in an envelope at registration. There are sheep and other animals on the area so there may be ticks.

Description sheets and blank maps will be available at the Pre-start on both days. Maps are on waterproof paper. Poly bags may be collected from registration.

Crossing Points: On both Bleathwaite and Torver Back Common, most walls and fences are uncrossable. Some walls in the woodland on Torver have gaps and can be crossed with care. If the line joining controls is drawn through a wall or fence then it can be crossed. If the line is broken and crossing points are shown, then crossing points **must** be used.

Prize-giving: There will be a small prize for the leading member of each age group M/W10 – M/W85 A or L, adding together the times for each day. Those wishing to be eligible for a prize should enter the appropriate course shown on the table for each individual day, or run-up on both days. Prize-giving will be soon after 14.30 on Sunday near registration.

Certificates for 1st, 2nd and 3rd on every age class will be available on request after the prize-giving.

String Course: Adjacent to the Priestley Centre, same area for both days but different courses.

Day 1 – Saturday: Light Green, Short Green, Green, Blue, Brown and Black courses on Bleathwaite

Map: Updated by Martin Bagness 2010. 1:7,500 with 5m contours. The legend is on the map.

Terrain: Bleathwaite is a small but detailed area, ideal for a Middle Distance event. It comprises:

- A steep wooded hillside with detailed contours numerous crags. There are no paths.
- Bleathwaite Pasture, which is open grazed moorland with intermittent tracks.
- A higher open area of detailed contours and crags.

Start: 1.3 km walk from registration. This includes crossing the A593, please take care and follow the marshals' instructions. Clear box and description sheets are at the Pre-start. Call up at -3. Clothing dump between start and finish, please take your own bag. There are no toilets at the start. Pre-entries may proceed directly to the Start. Some courses are nearly full. Please use your allocated start time.

Finish: About 200 m from Start. Take care crossing the road. 1.2 km walk to download. Please go straight to download to help our safety checking.

Safety bearing: East downhill to the main road.

Day 1 - Saturday: White, Yellow and Orange courses on Torver Back Common

Map and terrain: see details for Sunday, including the notes on wall crossings for the Orange course. The courses will mainly be within the woodland. Map scale will be 1:7,500. The legend is on the map. It is not possible to meet planning guidelines for these courses on Bleathwaite. The Saturday junior courses differ from the Sunday ones but use the same area. Start and Finish are close together and within a few minutes walk of registration. There will be some first aid cover at registration.

Fair Competition: Parents shadowing children on the White and Yellow courses on Saturday may enter the part of the area used for these courses. Shadowing an Orange course competitor will disqualify the adult from competitive running on Sunday. Other orienteers should not explore Torver Back Common on Saturday.

Courses: Course length and climb subject to final controlling.

Course	Length km	Climb m	Area	Age class for prizes	
				M	W
Black	4.3	225	Bleathwaite	M18, 20, 21, 35, 40	
Brown	3.7	210	Bleathwaite	M16, 45, 50	W18, 20, 21, 35, 40
Blue	2.9	160	Bleathwaite	M55, 60	W16, 45, 50
Green	2.6	95	Bleathwaite	M65, 70	W55, 60
Short Green	1.8	75	Bleathwaite	M75, 80, 85	W65, 70, 75, 80, 85
Light Green	1.9	100	Bleathwaite	M14	W14
Orange	2.2	60	Torver	M12	W12
Yellow	2.0	60	Torver	M10	W10
White	1.3	40	Torver		

Day 2 – Sunday: Torver Back Common

Map: Updated 2006, with minor updates 2011. 1:10,000 or 1:7,500 with 5m contours. Only relatively significant rock is mapped. Bracken is not mapped. In some area there are thick juniper bushes, which are not individually mapped. The open moorland is heavily walked by the public, and there are some seasonal paths. Most maps will not have a legend, spare legends will be available at registration.

Terrain: Torver Back Common is a relatively small but beautifully varied area, consisting of

- A sheep-cropped hilltop area where running is fast and navigation straightforward
- A bracken covered slope with considerable contour, vegetation and rock detail, where navigation is tricky and fast progress requires use of sheep trods and marshes
- A detailed strip of rocky woodland with very little undergrowth and a good path network.

Between the woodland and the slope is a region of complex and slippery rock, and a deeply-incised stream.

There are some small lakes and deep marshes. If there has been a hard frost these may look crossable, but the ice is unlikely to bear your weight.

Start: The Start is close to the Priestley Centre. Pre-entries may proceed directly to the Start. Clear box and description sheets at the Pre-start. Please use your allocated start time.

Finish: The Finish is also close to the Priestley Centre. Please go directly to download.

Black and Brown courses: The courses will be in two parts printed back-to-back. Loose description sheets for Part 2 of the course will be available at the last control on Part 1.

Safety bearing: East downhill to the lakeside path, unless at the south-west end of the area when it may be better to return along the road.

St John First Aid unit will be close to the Priestley Centre.

This area is well used by walkers, and the Cumbria Way footpath goes through the area. Please be considerate. There are likely to be sheep, and sheep ticks. Please check yourself afterwards.

Courses: Course length and climb subject to final controlling.

Courses	Length km	Climb m	Map scale	Age class for Prizes	
				M	W
Black	9.4	310	1:10,000	M21	
Brown	8.0	290	1:10,000	M35, 40	
Short Brown	6.3	210	1:10,000	M18, 20, 45, 50	W21
Blue	5.3	160	1:10,000	M16, 55, 60	W18, 20, 35, 40
Short Blue	4.5	150	1:10,000	M65	W45, 50
Green	3.6	110	1:10,000	M70	W16, 55, 60
Short Green	3.0	135	1:10,000	M75, 80, 85	W65, 70
Very Short Green	2.9	100	1:7,500		W75, 80, 85
Light Green	2.7	115	1:10,000	M14	W14
Long Orange	4.5	150	1:10,000		
Orange	2.3	100	1:7,500	M12	W12
Yellow	2.2	90	1:7,500	M10	W10
White	1.4	40	1:7,500		

Officials: Organisers: Margaret & Andrew Gregory Tel: 0161 445 5653 (*before 10 p.m.*)
 Planners: Eddie Speak – Day 1 Cliff Etherden – Day 2
 Controllers: Andy Quickfall (SROC) – Day 1 John Bettinson (LOC) – Day 2

Our thanks to:

- The University of Birmingham Raymond Priestley Centre, particularly Norman Beech, for the use of the centre and for their very helpful co-operation in arranging the event.
- The National Trust for allowing the use of the field at Hoathwaite Farm for parking and for the use of Bleathwaite
- Arnold Lancaster and the Commoners of Torver Back Common for their active support and permission to hold the event.
- The tenant farmers Sam Inman and Allan Wilson.

To check the area see the webcam <http://www.streamdays.com/camera/view/coniston-water-webcam-lake-district>