

KNIPE SCAR 8th APRIL 2018!! A NEW AREA!!

(Note the change of date from 18th March due to land access problems)

Level C event – Cumbrian Galoppen

Event centre: we are pleased to be able to use **Bampton Village Hall** as the base for Parking, Registration, Toilets & Download. PLEASE REMOVE MUDDY SHOES, ESPECIALLY THOSE WITH SPIKES BEFORE ENTERING THE HALL!!

Dogs: Dogs are not allowed on the orienteering area. They are allowed in the car park field and on the way to the start but **MUST BE ON A LEAD AT ALL TIMES**. It is close to lambing time and there will be sheep in the field on the way to the start.

Travel directions: there will be no signs out. The Village Hall is at GR516182 Postcode CA10 2RS. You either come into the valley from the north via Askham Village, or from the south via Shap and Bampton Grange. Both routes involve narrow windy roads, so please slow down, take care, and don't annoy the locals! Please **DO NOT** come in via the minor road through Whale.

Parking: is in an enclosed field adjacent to the hall. Please can you let the organiser know if you are bringing a large vehicle/minibus.

OVERFLOW PARKING WILL BE SOME WAY DOWN THE VALLEY ON THE ROADSIDE SO PLEASE SHARE TRANSPORT WHEREVER POSSIBLE
£1 charge for parking to be donated to the village hall fund

Registration: is open from 10.00am till 12.00pm. Seniors £7/£9 non BO members Juniors £3

Control Descriptions: loose at registration and on the maps

Yellow Course: Maps for this course are to be collected at Registration

Timing: is Sportident - controls will be SIAC enabled Non SIAC dibbers can be hired for 50p; £30 charge if lost

PLEASE REMEMBER TO DOWNLOAD EVEN IF YOU DO NOT FINISH YOUR COURSE.
COURSES CLOSE AT 2.30PM

Start & Finish: are adjacent to each other. The Start is open from **10.30am - 12.30pm**. It is approximately **1km (15 minutes)** easy walk from the Car Park. Exit the eastern corner of the car park field through a gate which will be manned, follow the tapes to the riverbank and go north (left) along the river. Be aware that this is a popular dog walk for the locals. You will come to a pretty little suspension bridge which you will cross; the Start and Finish are both located close to this bridge. The bridge wobbles if there is more than one person walking across it - you have been warned! (it may also be slippery if wet!) PARENTS ARE ADVISED THAT YOUNG CHILDREN SHOULD BE ACCOMPANIED TO THE START, AND ESCORTED BACK FROM THE FINISH, DUE TO THE PROXIMITY OF THE RIVER

Clothing Dump: you are welcome to leave gear at the finish, which should be manned for the majority of the event, but we accept no responsibility for items left.

Terrain Description: Knipe Scar is a limestone escarpment with flatter sections at the top and bottom. The highlights are sections of complex contour detail, areas of limestone pavement, lines of interlocking crags and excellent views. Most of the slope and the top are short grass making for fast going, but there are sections of dead bracken which will slow you down. The lower part of the area is more tussocky with patches of gorse which have been mapped in sufficient detail for navigation.

Safety:

- There are many lines of crags. In general, it is easy to cross them going either up or down, but those shown with the impassable crag symbol really are that.
- A single-track road runs through the area and is crossed by all courses including yellow. It is a very quiet road with good visibility, but the few vehicles that there are often travel quite fast. There are no manned crossings - competitors can cross it anywhere- but please take care. In most places there are wide grass verges and so you should use these in preference to running on the road itself. Please can those responsible for younger children make sure they are aware of the need for caution.
- The route to and from the start is on a narrow public footpath along a riverbank - the river is fast flowing and may be in spate - take care.
- Mountain Bikers are a possible but not likely on the area.
- Whistles are recommended, and cagoules may be compulsory - check the website or at the event. Full body cover ie no shorts is mandatory.
- Lone travellers can leave their details at Registration
- Competitors who wish to can leave details of medical conditions at Registration
- There will be a small First Aid kit at the finish, and a First Aider at the Village Hall.

Map: All courses use a 1:7500 map with Blue and Brown being double sided. Pictorial descriptions are based on the new 2018 standard which means that “which feature” in column C is used sparingly.

Courses:

(Subject to final controlling)

	Controls	Distance	Climb
Yellow*	11	2.4 km	45 m
Orange	11	3.2 km	110 m
Light Green	10	3.7 km	170 m
Short Green	14	3.8 km	130 m
Green	17	4.6 km	200 m
Blue	22	6.7 km	305 m
Brown	28	10.3 km	335 m

* Note that leg 7-8 on the Yellow course does not follow a line feature. However, 8 is visible from 7 and the descriptions tell competitors to continue along the obvious grassy valley. REMEMBER: Yellow maps picked up at Registration!

WEATHER WARNING: In the event of persistent and heavy rainfall there may be flooding in the valley and the competition may have to be cancelled, so please keep an eye on the weather and the BL website. Fingers crossed for a dry Spring!

Nearest A & E Hospital: Cumberland Infirmary
Newtown Road
Carlisle
CA2 7HY

Organiser: Stella Lewsley BL 016977 3139 Mobile 0787 0966 742 aclewsley@gmail.com

Planners: Dan & Karen Parker BL

Controller: Carol Edwards BL