

BORDER LINERS CLUB NIGHT - FINAL DETAILS

(More on Page 2 below)

14th JAN 2019 at 7pm on the LOWRY HILL Urban Map
Venue: 23 Naworth Drive Carlisle CA3 ODD GR NY 393 585
Fee £2 Seniors. Juniors Free. Includes Refreshments.

More Information Tel 01228 535420 or email
angela.whitworth@talktalk.net

Please let us know you are coming (or not), for map printing purposes.

Note that this is a training session NOT AN EVENT, but is suitable for all comers, some of whom are welcome to be Highly Competitive.

Because the *“Rule For The Night”* states:

YOU MUST NOT CROSS or RUN ALONG ANY ROADS and YOU MUST KEEP TO FOOTPATHS/PAVEMENTS/FIELDS,
this session is suitable for older Juniors, although parents or minders should accompany under-11s.

EQUIPMENT & SAFETY

Area is a private housing estate built 30 to 50 years ago, with a perimeter road carrying fast traffic and with many quiet cul-de-sacs connected by lonnings.

Hi-Vis Jacket and headlamp/torch strongly recommended.

Compass, pen/pencil & watch useful.

Soft studs or ridged trainers are good – area has pavements (some uneven & in need of repair – beware) with some grass verges and school fields. Although ALL roads are out-of-bounds, you should be aware that householders may drive out of their gardens from behind high hedges. Also that there may be dog-walkers. Take care to run wide round corners and when turning down lonnings.

To facilitate entry to our exceptionally well-kept home you will be provided with Blue Oversocks at the door, so you don't have to take your muddy boots off.

PROGRAMME FOR THE EVENING. [Details on next page](#)

- 1. WARM-UP & FAMILIARISATION JOG.**
- 2. HIGH FIVE TRAINING EXERCISE. (No dogs)**
- 3. HALF-HOUR SCORE COURSE (No crossing Roads)**

PROGRAMME FOR THE EVENING.

1. WARM-UP & FAMILIARISATION JOG.

2. HIGH FIVE TRAINING EXERCISE.

Often at Urban Events, one route choice is to return the way you came, colliding with an incoming runner. Here we aim to encourage awareness of runners coming up behind you when turning after punching.

One-half of us run clockwise round a circuit, the others go anti-clock, each leaving at given intervals.

If you meet some-one, hi-five them and both TURN round running back the way you came until you meet another runner, when you hi-five them..... etc

If you catch some-one up, you tap them on the back/shoulder, TURN round and go back the way you came until... etc. If tapped, you just carry on the way you're going until.. etc.

Run FAST, but be VERY AWARE when you TURN that there may be some-one close behind you. [Aim at safety!](#)

3. HALF-HOUR SCORE COURSE.

You must not cross or run along any roads and you must keep to footpaths/pavements/fields, so not all controls will be accessible.

Note in particular from map which sides of school gateways may be used.

Practise any (one, two, several, but not all!) of the following:-

Keeping the map set when there a lots of changes of direction.

Reading the map very carefully, to check whether pavements are mapped (ie exist) – not all roads have pavements. **No mapped pavement – no go.**

Thinking about how you make route choices.

Learning the Urban map symbols (see Map Runner).

<https://www.maprunner.co.uk/map-symbols/> Choose Sprint (ISSOM 2007)

All controls are lamp-posts (numbers given on CD). You time yourself & don't need to record your visit – it's Trust The Runners – although you may find crossing the codes off the list useful. Be very aware of centring of circles, to be on the correct side of the road. Use CDs if necessary.

You may (or not), if/as you wish:-

Look at the map/plan your route indoors before you go out for a 30 min run.

Work/discuss before/after with a Buddy.

If fast & competent, use this as a Linear Score exercise ie go round the permitted controls in numerical order and see how far you get (& back) in half an hour.