

Border Liners Orienteering Club Local Event

Askham Common (East)

Saturday 19th September 2020

General Information

This event is being run in accordance with the British Orienteering guidance for resumption of orienteering in England. In order to participate in this event, you must agree to comply with the Participant Code of Conduct. You can read the full Code of Conduct on the [BL website](#). The key points are:

- You must not take part in any form of orienteering if you should be self-isolating under the current Government guidance; e.g. if you or any member of your household have had recent Covid-19 symptoms.
- Minimise contact with people from outside your household before, during and after your run. Practice social distancing at all times: before and after your run as well as when you are out on your course. Take particular care to keep the required distance from other people in the vicinity of the Start, at download and when passing other competitors or members of the public on narrow paths, going through gates, etc.
- Do not congregate in groups at the event.
- Please try to arrive shortly before your selected start block and park with due respect for social distancing requirements. Start blocks are displayed on the [Entry List](#) if you need a reminder.
- We realise that socialising is an important part of the orienteering experience, but please also don't stay around in the car parking area after your run to eat your sandwiches and chat to other orienteers.

The area is very popular with local families, dog walkers and ramblers. It's extremely important that we don't give them any reason to criticise the event, especially in view of the tightening of regulations from 14th September.

Travel Directions and Parking

The event centre is at NY 499215. Nearest postcode CA10 2QA.

At the road junction at the north end of Helton Village (NY 511222) take the road that goes west. After about 100m turn right and go SW, steeply uphill. Neither junction will be signed. After about 1km the road flattens and you reach open fell. This is the start of the parking area (see map below). There will be no parking officials – just find a suitable spot on the grassy verge. It is a very popular spot with locals so please be considerate.

SI Card Hire

If you didn't fill in an SI card number when entering, then a SI card will be ready for you to borrow. Go to download/enquiries (see map below) to collect it. There is no charge unless you lose it.

Starts

Unless you need to collect an SI card you should just go straight to the start. There are two starts – one for Green and Orange and one for Blue and Brown - see the map below. The route to them will not be taped. Both are within 200m of download/enquiries. Neither start will be actively manned. Each course has up to 15 people entered in each 15 minute interval, so if there is a queue wait (at an appropriate distance) for about 1 minute after the previous person started. The Green course in particular is very full.

Please use hand sanitiser at the start, before picking up your map.

Course Details

	Length (km)	Climb (m)	Map Scale
Brown	10.2	180	1:10000, 5m contours
Blue	6.8	120	1:10000, 5m contours
Green	4.5	70	1:7500, 5m contours
Orange	3.8	70	1:7500, 5m contours
Short Green – SEE BELOW			

Short Green option: The Green course has a cut-off to create a Short Green course of 3.6 km. (Go direct from no. 3 to no. 6 – this will be shown on the map.) If you want to do this just start on the Green course and then decide whether or not to take the short cut. We don't need to know in advance, just let us know at download. Separate results will be produced for Short Green.

Note that apart from choosing between Green and Short Green, it is not possible to change course on the day.

All controls are SIAC enabled. The start and finish require dibbing.

Courses close at 14:15.

Map

Descriptions are on the map. No loose descriptions will be available.

There are two special symbols:

- x post
- o shooting butt

Terrain

Open fell with a mixture of short grass, tussocky grass, bracken and heather. There are many paths of varying sizes. It's generally fairly flat but with hundreds of depressions and some linear sections of complex contour detail.

Toilets

There will be one Portaloo. With around 150 competitors a queue is likely so please consider stopping on the way to the event. If approaching from the south, there are public toilets in Shap (NY 563150, CA10 3NL). From the north the best option is probably Rheged (NY 497283, CA11 0DQ).

British Orienteering COVID guidelines recommend bringing your own loo paper and hand sanitiser. Both will be available for anyone who doesn't have their own.

Clothing

If the weather is unseasonably bad cagoules may be compulsory. Notices will be displayed to let you know. Shorts are allowed (unless cagoules are compulsory).

Dogs

There are no restrictions other than common sense. There are sheep in the area.

Afterwards

Lowther Castle and Gardens are close by. The café there is currently offering a take away menu in the courtyard. There is a tea shop at Bampton Village Shop.

