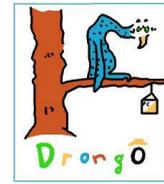




DRONGO Orienteering Club

present the



44th Annual Cambridge vs Oxford Orienteering Varsity Match

including the DRONGO vs JOK Challenge Trophy

FINAL DETAILS

Individual, Saturday 28th March 2015

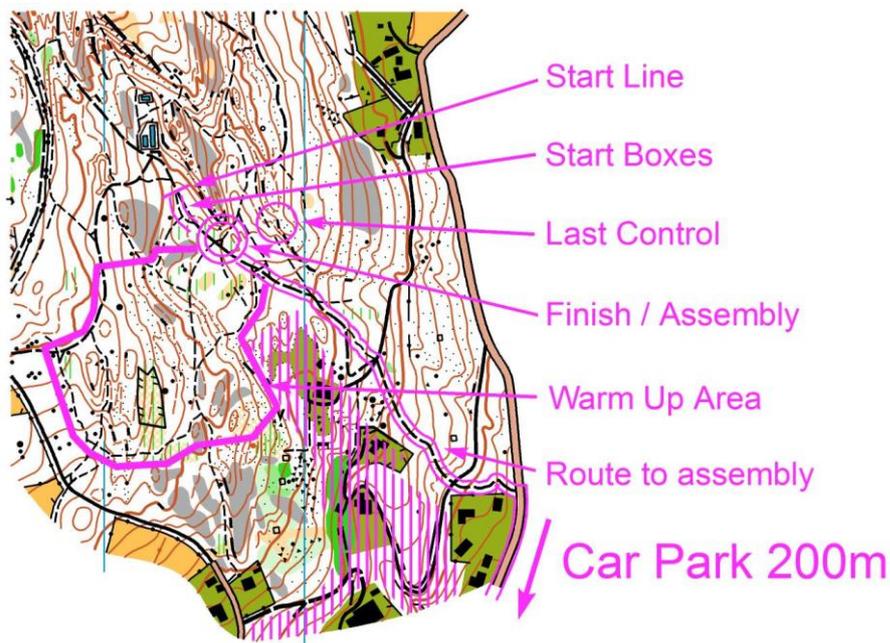
Hampsfell & Eggerslack Woods

Parking: Windermere Road public car park in Grange-over-Sands.
Grid Reference: SD 411783. Please remember to Pay & Display. There are several other car parks in the vicinity if this car park is full.
There are no toilets at assembly - there are public toilets 200 m SW from the parking in the ornamental gardens (20p) or in the railway station, 200 m SSE.

Assembly: 750 m walk, 75 m climb. Allow 10-15 minutes. The route will be partially taped. Turn right out of the car park and follow the road for approx. 200m before turning left when the pavement ends onto the footpath (through narrow gap in wall). Follow this path approx. 500 m uphill to assembly. There will be a small tent available at assembly to store bags if the weather is bad, but no other facilities. Hire dibbers will be available for collection from this tent.

Please keep the path free for members of the public.

There will be a warm up area adjacent to assembly. You must not venture outside this area (the boundary will not be marked) as you will enter the competition area. Maps will be provided in assembly, but there will be no controls out in the terrain. Please return your maps when you have finished



for others to use. The path to assembly can also be used for warming up.

Start: Adjacent to assembly. Start times: 10:30 - 11:10 (alumni), 11:30 - 12:36 (Varsity Start Block), 12:55 - 13:00 (alumni).
Call up & whistle check will be at -3 minutes
Loose control descriptions will be available at -2 minutes
Punching or timed start will be advised on the day.
You must visit the start kite (60 m from the start line).

Finish: At assembly. Courses close at 15:30. Download will be in assembly next to the finish.

You must report to download, even if you retire.

Maps will be collected from early finishers until the last Varsity Match competitor has started. Additionally, alumni should take care when discussing their runs after they have finished so that Varsity Match competitors yet to start are not unscrupulously listening in...

Controls: SI Punching. Controls will be mounted on a stake, with the number displayed both on top of the box and vertically. If the SI unit fails, punch your map with the backup pin punch.

Terrain: Two distinct areas, each providing their own challenges. The eastern part is runnable but complex rocky woodland with steep slopes and sections of intricate contour detail. The western part is fast open fell, with patches of woodland, some of which is low visibility. The whole area is limestone rock underfoot and in places this is exposed as limestone pavement. If it is wet, this will be very slippery - take care! Even in the dry, the limestone can be slippery, especially in the woods.

The open fell is divided and bound by a number of drystone walls, marked with purple overprint.

These must not be climbed and the marked crossing points MUST be used to cross them. Anyone seen climbing a wall will be disqualified.

(The planner does not want a repeat of BUCS Relays 2012).

The connecting lines between controls have been bent to go through the most obvious crossing point, though any crossing point may be used. The crossing points are all permanent gates or stiles and hence there will be no special marking of them in the terrain. Please close gates behind you.

Map: Scale 1:10,000, 5m contour interval.

The map was updated for the Lakes 5 days in 2014 by Martin Bagness. Standard IOF symbols, with a plain grey screen depicting limestone pavement. The legend will not be on the map.

There are numerous small paths, especially in the wood, that may not be mapped. Power lines are not mapped.

Course Details:

<i>Course</i>	<i>Class</i>	<i>Length</i>	<i>Climb</i>	<i>Controls</i>
1	Men A	7.1 km	220 m	21
2	Women A, Men B	4.6 km	150 m	14
3	Men C, Women B	3.8 km	105 m	12

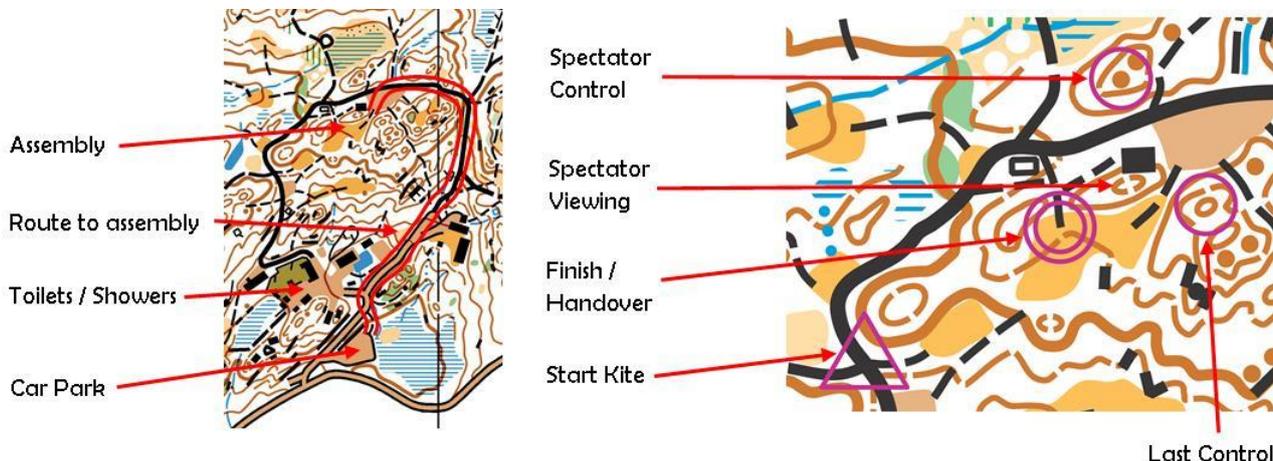
Course 3 is planned to be slightly easier than Courses 1 & 2

Relay, Sunday 29th March 2015

Great Tower

Parking: In main Great Tower Scout Camp Car Park. Grid Reference: SD 394914.

Assembly: 450 m walk, 25 m climb. Allow 5-10 minutes. Follow the track NE from parking past main camp buildings (toilets / showers here) to assembly. Warm up only along this track please - competition area on both sides of the track.



Terrain: Typical Lake District woodland with good contour and rock detail.

Map: Scale 1:7500, 5m contours. New map, re-surveyed in 2014 using LiDAR data.

Format: 3 person relay. Legs 1 & 3 long (4.0 km), leg 2 short (2.7 km).
The teams will be decided on Saturday night. These may be mixed-club teams with the aim to make all teams as equal as possible, or it may be club teams to make the relay “semi-competitive”. The decision will be made in consultation with club captains.
All teams must contain at least 1 man and 1 woman.

Mass Start at 11:00 BST (*note: clocks change this weekend!*)

There is a spectator control for all legs, approximately 55 - 60% round the courses. Legs 1 & 3 have ~ 1.8 km remaining, Leg 2 has ~1.1 km remaining. It is also hoped that there will be a view of incoming runners to the penultimate and last controls.

Handover will be on touch. You must not open you map until after your incoming runner has handed over to you. Anyone seen breaking this rule will be seriously penalised... The incoming runner will then proceed to the finish punch. A finish line will be set up in case of a sprint finish - competitors should punch the finish in the order they cross this line.

Mini-mass starts will be organised as appropriate. Maps will be collected from all finishers until after the last mini-mass start.

You must report to the finish even if you retire.

The courses are heavily gaffled (*everyone* will run a different course...)

Therefore, do not just follow the person in front of you (even if you have had a few controls the same previously) as it is likely that they will be going to a different control. Check your control codes...

Results

Varsity Match results will be available at the Social.

After the event, results (from both the Varsity Match and Relay), Routegadget, Winsplits etc. will be posted on the DrongO website - <http://new.drongo.org.uk>

Safety

All competitors take part at their own risk.

In the event of bad weather, competitors may be required to wear a cagoule. This will be notified in assembly (and in the car parks if possible too).

All competitors must carry a whistle.

First aid will be available in both assembly areas.

Both areas have some large crags, please take care around them.

Hampsfell: Limestone pavement is slippery, especially if it is wet. The area is well used by the public, especially dog walkers - please be courteous.

Great Tower: It is possible that you may come across groups of Scouts - please be courteous, especially if there are young people present.

Accommodation & Social, Saturday 28th March 2015

Cartmel Fell Parish Hall

Directions: Grid Reference: SD 416879

Accommodation: Floor space accommodation is available to all (student & alumni) who requested it on their entry form. Please bring sleeping bags & mats.

A simple breakfast and food to make sandwich lunches on both Saturday & Sunday will be provided. There will be NO food provided on Friday evening, but there are cooking facilities if you wish to bring your own food to cook.

There are no showers at the hall, but showering facilities have been arranged for the Saturday afternoon (between 2 - 5 pm) at a local campsite (only for those who are staying at the hall as we are being charged per person for their use - if you have alternative accommodation, please use your showers there!) Details & directions will be available at assembly on Saturday. Showers should be available for all at Great Tower for those who wish to shower after the Relays.

Please leave the hall tidy on departure on Sunday morning.

Friday Night: The hall will be open from 5:45pm onwards on 27th March for those staying on Friday night.

The Saturday night social will also be at Cartmel Fell Parish Hall

Social Timings:	5:30 pm	The Boat Race
	6:00 pm	Pre-drinks
	6:15 pm	Buffet Meal starts
	Post-meal	Varsity Match Prize giving

Buffet Menu: Dressed Fresh Salmon
Sliced Roast Topside of Beef with Black Pepper and Mustard
Our Home Roast Ham Slices
Coronation Chicken with Apple and Sultanas
Seafood Platter with Prawns, Smoked Salmon and Mussels
Selection of Vegetarian Quiches
Homemade Pork Pie
Egg Mayonnaise, Cucumber & Paprika
Tomato & Red Onion Salad with Basil Vinaigrette
Greek Salad with Feta Cheese and Olives
Choice of Potatoes or Bread Rolls and Butter
Leek & Orange Roulade

Dessert: Cartmel Sticky Toffee Pudding

No dishes contain nuts (however can't guarantee no traces as nuts are used in the same preparation place)

Costs

Entry fees & social costs will be worked out post-event based on the actual costs incurred per person. Details for payment will be provided after the weekend.

Acknowledgements

Thanks to SROC & LOC for allowing us to use their areas and to WAOC for the loan of SI kit.

We look forward to seeing you on Saturday 28th March, for what we hope will be an enjoyable Varsity Match weekend.

Any further questions, please get in touch with Matthew or David (details below).

Organiser: David Maliphant (dmaliphant@gmail.com)

Social Organiser: Ben Windsor (benwindsor@gmail.com)

Planner: Matthew Vokes (mjvokes26@gmail.com, 07731 936822)

Varsity Match Controller: Quentin Harding