



# Border Liners Orienteering Club Long-0

## Bampton Common and Helton Fell

Sunday 26<sup>th</sup> September 2021

### Covid 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 British Orienteering [Participant Code of Conduct](#). In particular you must not attend if you or a member of your household has COVID-19 symptoms, or if you have been asked to isolate by NHS Test and Trace.

### Entries and Course Changes

There is no entry on the day. Limited late entry is available by contacting the organisers in advance ([BLdanandkaren@gmail.com](mailto:BLdanandkaren@gmail.com)). Maps for the Long and Medium courses have almost run out but there are still plenty for Short and Very Short. If you have entered Long or Medium and can't come, please can you let us know so that your map can be used by someone else.

If you want to change course, contact the organisers in advance ([BLdanandkaren@gmail.com](mailto:BLdanandkaren@gmail.com)). Course changes on the day will be VERY limited, even for changing to Short or Very Short.

### Travel Directions and Parking

The event centre and parking are at High Howe Farm, 4km SW of Helton.

Post Code: CA10 2QL Grid Reference: NY 491192. What3Words: fairly.plodded.sensibly.

The event will be signed from the road between Askham and Bampton, 1km south of Helton at NY 5066 2108. It's not recommended to approach along minor road that heads west from Bampton – it has multiple gates and potholes. Campervans by prior arrangement only.

Car Parking fee: £2 per car. Please try to bring suitable coins.

Dogs are permitted in the car park field, but must be kept on leads and please clean up any dog poo. Dogs on leads are also permitted on courses.

### Toilets

There will be a portaloos in the car parking field.

### Registration

When you are ready to start, go to registration (near the car park entrance) to collect your map. If you need to hire an SI card, collect this here too.

### Start

The start is 100m from the car park entrance. Make sure you have collected your map from registration before you go there. Start times are 10:00 to 12:00. Start time slots have not been allocated so start whenever you want, but make sure it's early enough to get back before courses close at 15:30. Those on the Long and Medium are strongly advised to start before 11:00. If you are running as a pair, make sure both of you dib the start.

### Finish and Download

The finish is in the car park field. Download is in the same place as Registration.

## Course Details

	Length (km)	Climb (m)	Map Scale
Long	18.4	700	1:12500, 5m contours
Medium	12.5	475	1:12500, 5m contours
Short	7.8	280	1:10000, 5m contours
Very Short	4.9	170	1:10000, 5m contours

All controls are SIAC enabled (but won't be "woken up" in advance meaning very early starters may need to dib some controls). The start and finish require dibbing.

Courses close at 15:30.

## Control Descriptions

Descriptions are on the map. Loose descriptions will NOT be available. All courses have pictorial descriptions.

## Terrain/Map

High open fell across several valleys. Runability is generally good but with some marshy sections that can be hard going particularly after wet weather. It is mostly grassy but with patches of bracken (mapped) and low heather. There are sections of rock and contour detail.

Open fell is shown on the map as white, rather than the standard yellow. There are numerous vague paths formed by quad bikes and animals. In general, they are not mapped.

A previous map of part of the area is here <https://www.bl.routegadget.co.uk/rg2/#119> . It has been extended west to include Loadpot Hill and Bonscale Pike.

## Clothing and Safety

Shorts are permitted

*Long, Medium, Short:* Cagoules and whistles are compulsory. If the weather is bad, waterproof trousers plus hat and gloves will also be compulsory - make sure you bring them just in case.

*Very Short:* Cagoules will be compulsory only in bad weather.

(A notice at registration will let you know if the weather is "officially" bad.)

Sheep and deer roam the area so please check for ticks after running. Fell ponies may also be encountered.

## Refreshments

Tea and cake will be available after your run. Please bring a mug if possible,

## Results and Route Gadget

These will be on the BL website (<https://borderlinersorienteering.org> ) very soon after the event

## Officials

Organisers/Planners: Dan and Karen Parker (Queries to [BLdanandkaren@gmail.com](mailto:BLdanandkaren@gmail.com) )

## Acknowledgements

Thanks to Chris Atkinson for the use of the parking field at High Howe Farm. Thanks also to Dalemain and United Utilities for allowing us to stage the event on their land.