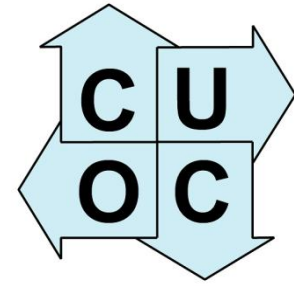




Cambridge University Orienteering Club
proudly present



BUCS 2012

17-18 March 2012

FINAL DETAILS – 11 MARCH 2011 (version 4)

Updates since version 1: Notes on full leg cover, party theme, Saturday map legends, change of timings for meal

These details may be updated, keep checking www.cuoc.org.uk

Location

Lake District, based at Broughton and Ulverston with Individual championships on Loughrigg near Ambleside and Relays on Bigland near Newby Bridge. See event specific information below for travel details.

Entries

Entries are now closed. Some kind of run may still be possible by emailing Ben Windsor on bucs@cuoc.org.uk. If you are a quest runner, please check you are entered when starts are published as BUCS have had some problems with quest entries.

Individual Competition – Saturday 17th March – Loughrigg, near Ambleside

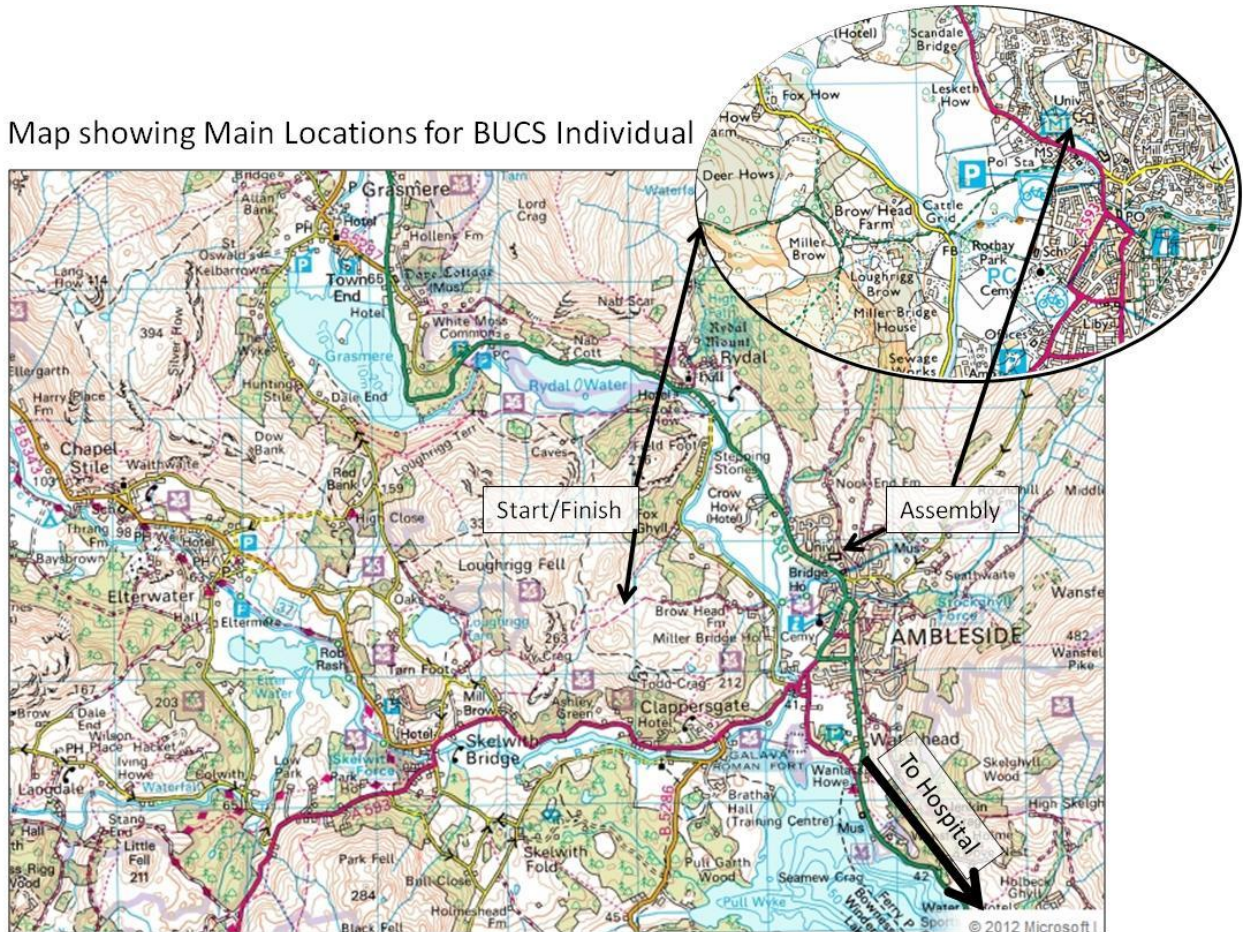
Travel and parking: Parking is kindly being provided by Charlotte Mason College of the University of Cumbria. This will be in car parks also available to the public so please park as directed by BUCS officials in the two areas of car park we have been allocated.

Charlotte Mason College is on the main road (Rydal Road) going north out of Ambleside. This can be a very busy road and the junction is very close to a roundabout so please be careful when turning. The instructions below take the most obvious routes and those most suitable for minibuses. If travelling in cars you may want to consult a map for quicker routes.

From the East and South: On approaching Ambleside, follow signs to Keswick and take the one way system through Ambleside. Rejoin the two way system, pass Bridge House on your left, straight on at the mini roundabout and immediately take the next small turning on the right into the University of Cumbria campus (o' flag at the entrance). Follow instructions to parking.

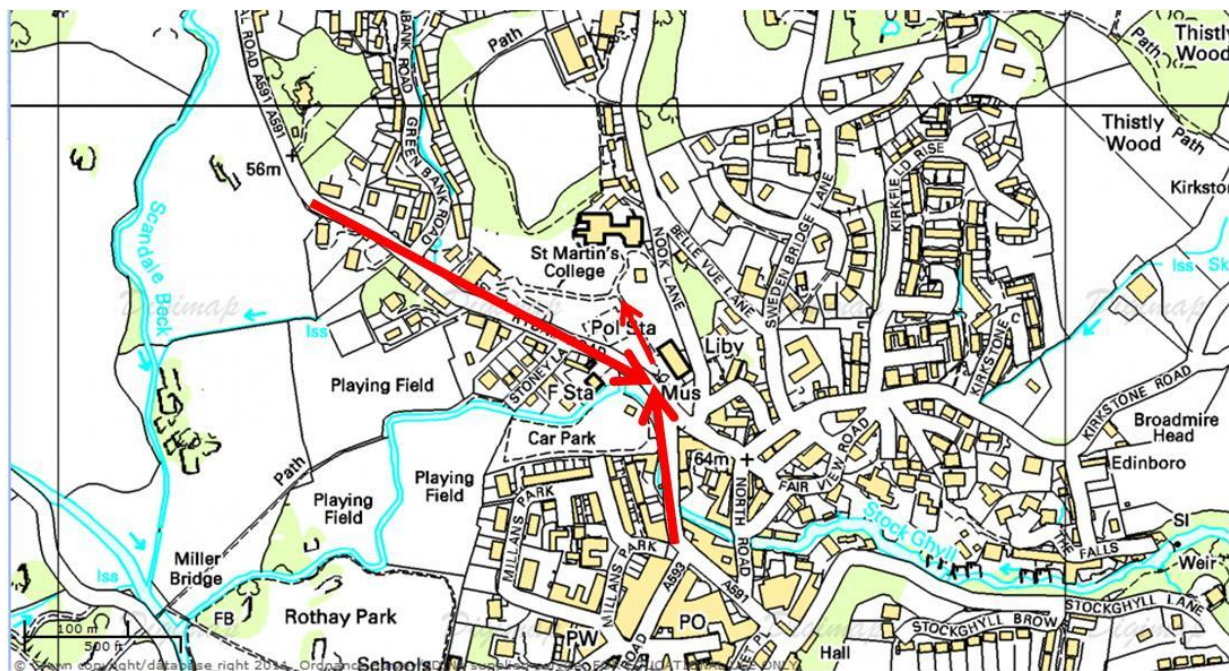
From the North: Approach Ambleside on the A591 and as you enter the built-up area of Ambleside, pass the health centre on the left, the public car park entrance on the right then immediately after this, take the turning on the left (before the mini roundabout) into the University of Cumbria campus (o' flag at entrance). Follow instructions to parking.

Map showing Main Locations for BUCS Individual

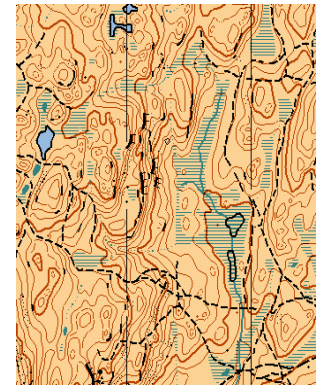


Above: Large scale map of area showing both assembly and competition area.

Below: Small scale map of Charlotte Mason College/University of Cumbria campus entrance.



Terrain: Loughrigg is a small fell to the west of Ambleside. It is almost entirely open fell, with lots of intricate contour and rock detail. Runnability is generally very good, with all bracken now low lying.



There is more climb on all courses than the recommended maximum of 5% of course length. Climb has been calculated in accordance with the BOF Rules, i.e. along the shortest sensible route, not necessarily either the shortest route or the optimum route. Appendix B advises 'As a rule of thumb, if a competitor will go over it, count it in; if you're not sure whether they'll go over it, count it in – only discount it if you are certain that all the competitors will go around it'. By careful route choice you should be able to reduce the climb you actually have to make to no more than 5% of your course length.

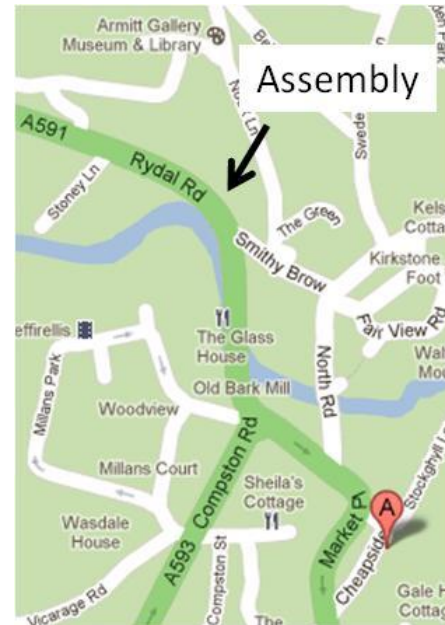
Map: Scale is 1:10,000 with 5m contours.

All maps will be laser printed on waterproof, but not tear proof, A4 paper. If you want to bag your map, please collect a free polythene bag at the start. Control descriptions will be printed on the front of each map.

The legend will **not** be visible on maps. Loose copies of map legends will be available on request from registration. Standard map symbols are used. Cairns are not mapped.

The mapping of paths has only been updated for the White, Yellow and Orange courses for the LOC Galoppen event on the Sunday. Competitors on the Saturday and competitors on the Light Green to Brown courses on the Sunday can therefore expect to find some distinct, but unmapped, paths on the ground and, equally, not find some mapped paths which are now overgrown.

Assembly: Assembly will be based at Charlotte Mason College alongside the parking. Enquiries, registration and download will be found here. Please be careful walking around assembly as there will be traffic moving around to park! There are public toilets in the public car park on the other side of the road. There will be no catering facilities within assembly, however Bilbo's Café (run by local orienteer Martin Bagness), in the LakesRunner shop is 5 minutes walk away and provides excellent food and drink (and kit).

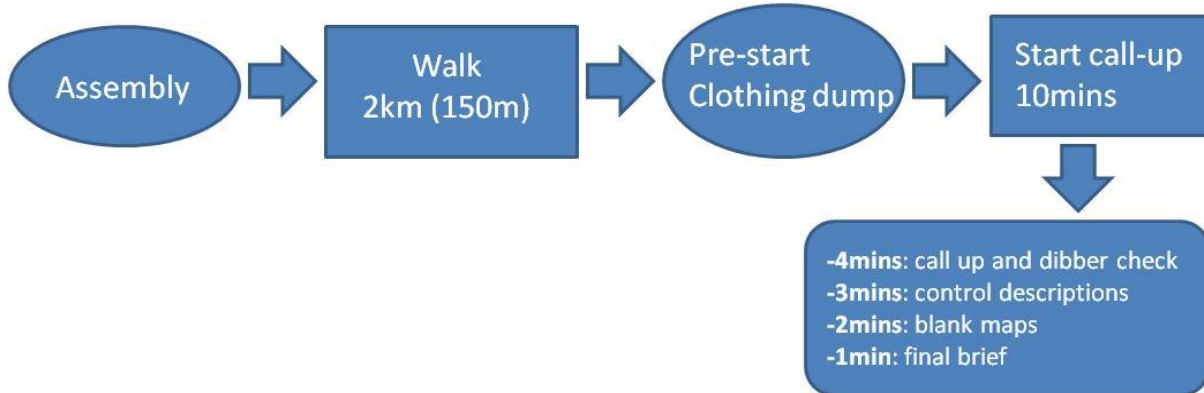


Hire dibbers should be collected from enquires. **If you are running the relay, keep your dibber for Sunday's event.** Lost dibbers will incur a £20 charge.

You must declare your relay teams for Sunday at enquiries before leaving the event.

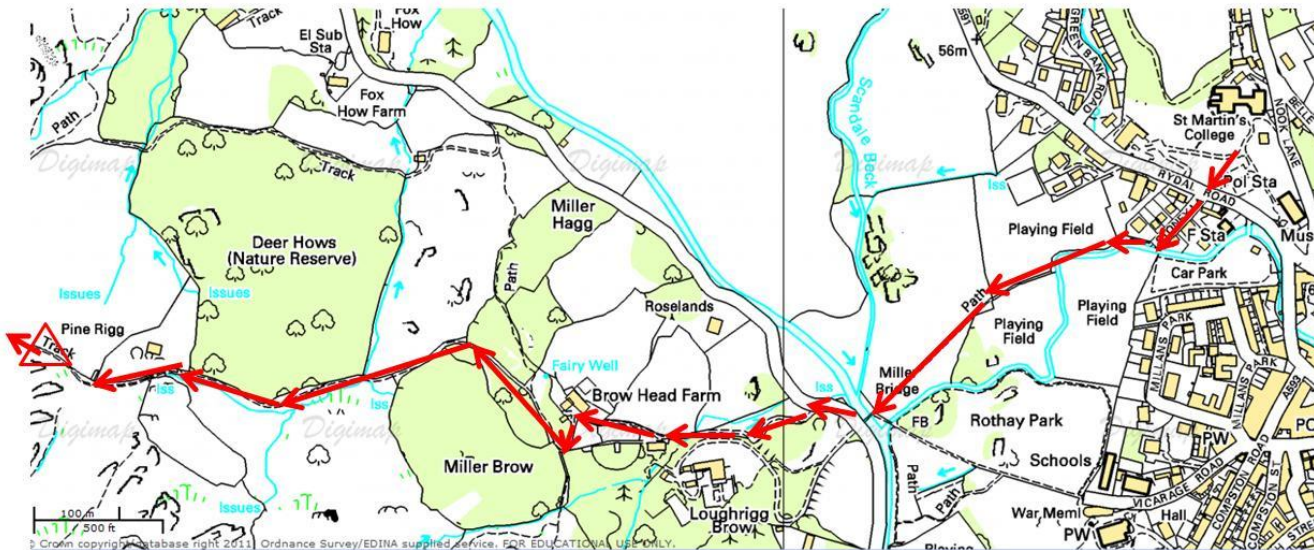
Map of Bilbo's Café in Ambleside (3-4 Cheapside, LA22 0AB)

Start: Due to the location of the event area we have been unable to park close to the start. From Assembly to Call-up is approximately 2km, 150m climb. Allow 30 minutes walk. You will be called 10 minutes before your start time. There will be a timed start. If you miss your start time you will be allowed to start late at the discretion of the start official, however your start time will not be adjusted. Helpers will have an open punching start. Due to the steep nature of the fell we are unable to provide toilets at the start. Start times are 11:00 until 13:00, with guest runners shortly before this. Start lists will be published at www.cuoc.org.uk before the event.



A clothing dump is available at call-up

MAP OF ROUTE TO START / FROM FINISH



Route to the start: Exit Charlotte Martin College via the entrance. Turn right then left to walk down Stoney Lane and join footpath at the end. Follow footpath until you reach the river. Cross over the footbridge. Turn right along road then take the next left up to Brow Head Farm. Follow footpath and tapes until you reach the pre-start/clothing dump. Please ensure all your competitors have seen the map above (it is fairly straight forward map memory and there will be tapes).

Punching: SportIdent Electronic Punching will be used for all courses. Control flags will be hung from bamboo canes, the SI box being mounted on a plastic plate, showing the control code, and laid on the ground. A sample control flag and SI box will be displayed in the pre-start area. Hired SI cards (as requested through entries) will be available from registration on the day. If the SI unit fails to register punch your map with the backup pin punch.

Finish: Very close to the start. No drinks will be provided as pre start/clothing dump is close by so please bring your own. Please follow the same route back to parking. Maps will not be collected. You are trusted not to show your map to competitors who have not yet run. **Courses close at 15:00. You must download at assembly even if you do not finish the course – this is a safety check.**

Courses: The courses adhere to BUCS Guidelines with the details as follows:

Course Name (Number)	Distance	Climb	Controls
Men A (1)	7.4km	520m	17
Women A (2)	4.9km	320m	12
Men B (2)	4.9km	320m	12
Women B (3)	2.5km	165m	9
Men C (3)	2.5km	165m	9

Safety: All competitors take part in this event at their own risk and are responsible for their own safety. Please dress suitably for the weather conditions. Cagoules may be compulsory, so please come equipped. If cagoules are compulsory, a sign will be displayed at the exit of the car park. Full leg cover will be compulsory. ***Whistles must be carried; there will be a whistle check at the Start.***

PLEASE BE SURE TO RETURN TO THE PRE-START AREA BY THE COURSE CLOSING TIME SHOWN ON YOUR MAP AND CONTROL DESCRIPTION SHEET (15:00); IF NECESSARY, PLEASE RETIRE. IF ANY COMPETITORS ARE MISSING AT THE COURSE CLOSING TIME, WE WILL HAVE NO OPTION BUT TO CALL OUT THE LOCAL MOUNTAIN RESCUE TEAM. If you become badly lost, particularly if it is misty, **HEAD EAST TOWARDS AMBLESIDE** AND FIND YOUR WAY BACK TO THE PRE-START AREA.

N.B. The same controls, plus others will be used again for a Galoppen event on Sunday. The extra controls may be hung during the event on Saturday. So you may see controls “appearing” whilst you’re out running!

Results: Will be displayed in the assembly area as soon as possible. A full set will be available at the evening ceilidh and at the Relays.

Officials:
Planner: Dick Towler, LOC (07771 998554)
Controller: Roger Smith, LOC
Day Organiser: Lucy Fryer, CUOC lakes_wanderer@hotmail.com (07786 582769)
BUCS Co-ordinator: Ben Windsor, CUOC bucs@cuoc.org.uk (07975 845569)

Thank you to all of those who have been involved in assisting with this event. In particular:

- Lakeland Orienteering Club who have kindly organised most of the event for us. Especially Dick Towler, Roger Smith, Derek Fryer, Dave Nield, Carol McNeill and Chris Heppenstall.
- All of the helpers on the day – they clearly cannot be competitive in this event so we are very grateful for them coming to help. Please show your gratitude.
- Landowners who have allowed us to use their areas. National Trust for Loughrigg Fell and Charlotte Mason College (University of Cumbria) for the parking/assembly.

Relay Competition – Sunday 18th March – Bigland, Nr. Haverthwaite

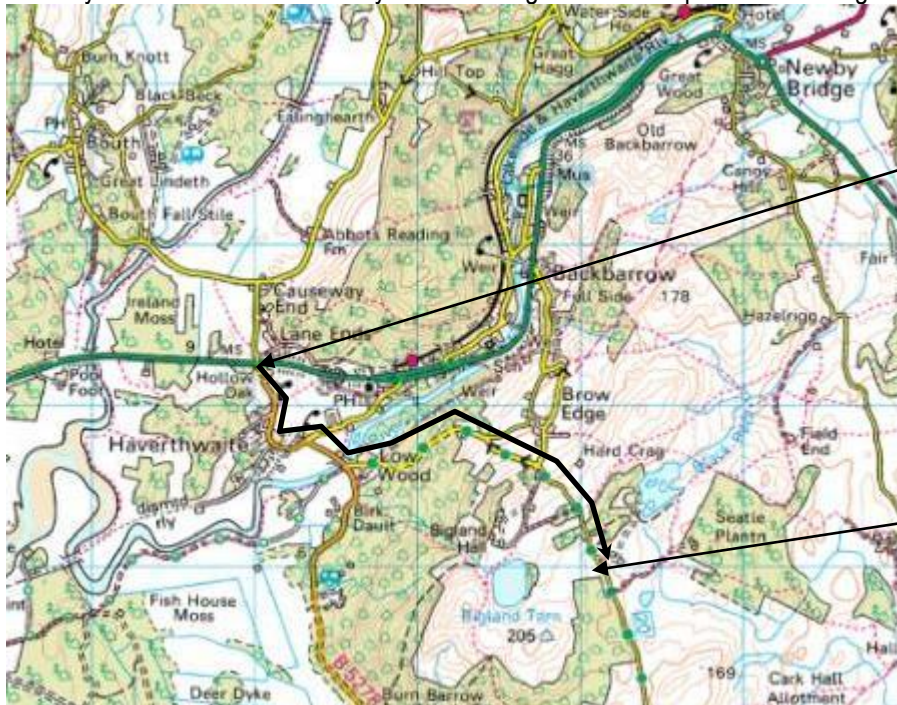
Timetable:

Registration	Sat
Car Park open	08:45
Men call up , map issue, check	10:15
Men thru' to Start Line, Women call up	10:25
Mass start Men	10:30
Women thru' to Start Line, Ad-hoc call up	10:35
Mass start Women	10:40
Mass start Ad-hoc	10:50
Estimated first leg first finisher	11:00
Estimated mini mass start legs 2	+40min
Estimated last leg first finisher	12:00
Mini mass start legs 3	+10min
Prize Giving	13:00
Courses close	14:30

Registration: Teams need to be declared before leaving the individual event on the Saturday. Please pick up declaration forms from Enquiries on Saturday. Hand completed forms back into Enquiries, where you can exchange them for your number bibs and tickets for the evening social.

Travel and Parking: The car park is at GR SD361830, the nearest postcode being LA12 8PB, it is suitable for both cars and minibuses. It is best approached via Haverthwaite on to the B5278 and then turning left just after crossing the river Leven. This route will be signed from the junction of the A590 and B5278 at GR SD340842.

The gate in to the car park is to be manned and closed once everyone has arrived to prevent stock getting out on to the road. If you arrive late or leave early and find the gate shut then please shut the gate behind you.

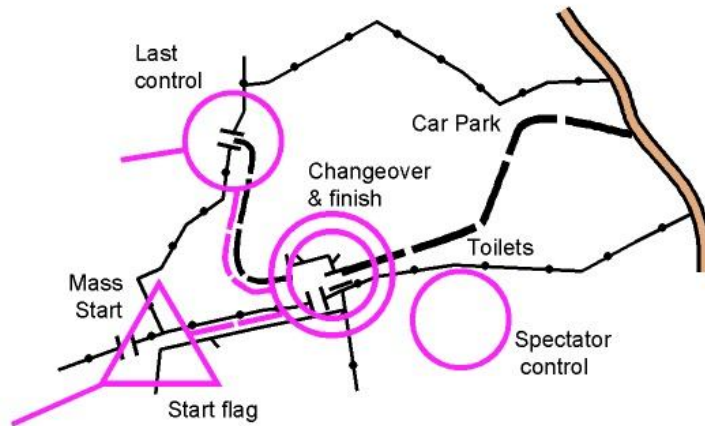


Signed from this junction

Car Park

Assembly: Assembly is at the far end of the car park field. The toilets will be situated somewhere between the two. Please bring your own food and water as there will be no catering or water provided in the assembly area.

Assembly Area

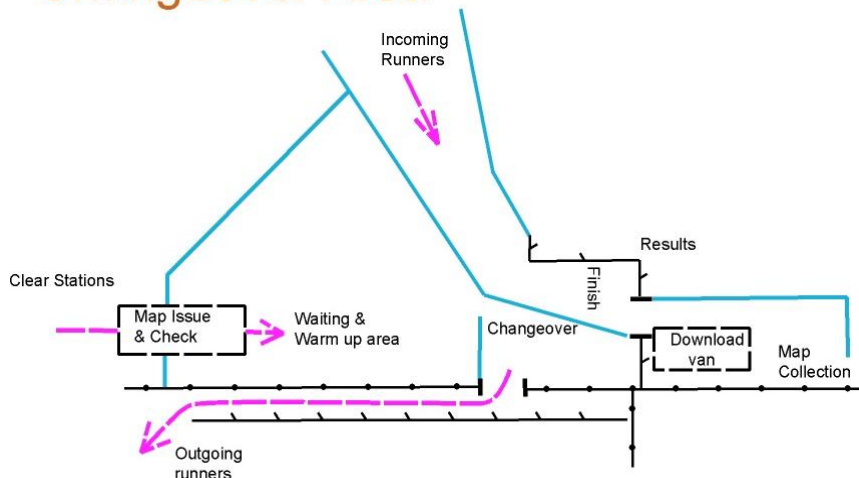


While not competing, spectators are asked to stay in the confines of the wall of the assembly field clear of the run-in and changeover area.

The spectator control is visible over the wall; this is purely for interest and not an indication of incoming runners. Other than being able to see along the run-in from the last control, if weather permits incoming runners will also be visible for the last 500m of their course. There will be no other method of warning of incoming runners.

All competitors must wear their team number on their chest. **You must collect these at enquiries at the individual event when you declare your teams.** The numbers have a colour background, red is to be used by first leg runners, white by second leg runners and blue for the last leg. Numbers 1-30 are for men, 101-120 for women and 201 upwards

Changeover Area



for ad-hoc.

All maps will be issued as runners pass through the map issue tent in to the waiting pen. Just before the tent will be an SI Clear station for competitors to use at any time prior to map issue. On entering the tent competitors should have their number clearly visible to allow the correct map to be issued. Please check that the numbered label on the map given to you matches your team number and leg number.

Once issued with the map and an SI check will be made, you must then remain in the waiting pen until your incoming runner arrives or a mini-mass start organised. The map unit is a folded map with a label holding it closed. It should not be tampered with until your incoming runner has handed over to you. Tampering could lead to your team being disqualified.

First leg runners will be called through to map issue 15 minutes before their start and asked to wait in the pen until 5 minutes before their start time. At this point they will be walked forward to the mass start line which has been chosen to avoid the narrow route out. Men start time 10:30am, Women start time 10:40am, Ad-hoc start time 10:50am.

Changeover: Outgoing runners will have to have passed through map issue and in to the waiting pen in good time prior to the arrival of their incoming runner. They will not be allowed to fast track the map issue SI check process. The incoming runner will follow tapes from the last control up to the changeover, physically touch their outgoing runner and then proceed to punch the finish. Download will be immediately beyond the finish. If a hired dibber has been used, it will be collected at this point. Maps will be collected: the runner should place the map in the bag labelled with their university before returning to the assembly area.

Outgoing runners follow a taped route ~80m between a wall and a fence to reach the start kite. Everyone must go via the start kite.

The relative position of the teams crossing the finish line on the last leg will determine final positions, not simply the finish time.

Mini-Mass Starts: These will be called once the majority of teams have changed over successfully to enable all competitors to get their run, please follow the instructions given. The times suggested are purely estimates.

Terrain: The courses cover both open rough pasture and natural deciduous woodland. The wooded areas are open with good visibility and fine contour detail.

The area contains a large number of stone walls. While ruined walls can be crossed anywhere, all other wall must be crossed at the designated crossing points which will be either gates or stiles highlighted by tapes. The lines between controls go via these crossing points and provide the optimum route. Any team found crossing a wall at any other point will be disqualified.



Map: The map is an updated version of the 2011 map. A copy of this version of map is available via the CUOC website. It will be printed at 1:10000 with 5m contours on A4 waterproof paper. Control descriptions will be printed on the front of the map. Be very careful when opening your map that you do not to tear it inadvertently.

Controls: SI punching is to be used. Within the open pasture area SI units will be mounted on stands with control number on the top of the SI unit. Within the wooded area control kites will be mounted on canes with the SI units on the ground fastened to base plates showing the control code.

Manual punches will be hung from the canes/stand that should be used to punch the boxes on the map if any of the SI units should fail to register.

Courses: All legs of all courses are gaffled and have been planned to TD5 standard due to the nature of the area. However, the shorter ad hoc leg should be possible to complete by a person who would compete on Light Green courses. All courses have a crossover near control 3 that may be confusing to the inexperienced, and care should be taken to ensure that the next control is correctly identified.

Course	Provisional Length	Expected Winning Time
Men	3x 5.3km 175m	30+
Women	3x 4.1km 140m	30-
Ad-hoc	3.9km 135m / 3.1km 105m / 3.9km 135m	25

The Ad-hoc course does not count towards the overall scoring of the BUCS competition.

Prizegiving: This will be held as soon as possible once the majority of teams have finished.

Personal Safety: All competitors take part in this event at their own risk and are responsible for their own safety. The area is known to harbour ticks. Please make the necessary checks after you have run to remove them as soon as you can. Sheep graze in the area so be aware of a potential e-coli risk. Please also dress suitably for the weather. In the event of bad weather, cagoules may be compulsory, so please come prepared. A notice will be displayed in the assembly area if this is to be the case. Full leg cover is compulsory. It is recommended that all competitors carry a whistle.

A first aid kit is provided at the assembly area.

YOU MUST REPORT TO DOWNLOAD, EVEN IF YOU RETIRE. Courses will close at 14:30.

Officials

Planner: Quentin Harding (SROC)

Controller: Andy Lewsley (BL)

Day Organiser: Matthew Vokes (CUOC) mjv26@cam.ac.uk

BUCS Co-ordinator: Ben Windsor (CUOC) bucs@cuoc.org.uk (07975 845569)

Thanks to all the people who have been involved with assistance for this event, in particular:

- South Ribble Orienteering Club who have provided most of the equipment and download
- Lakeland Orienteering Club for organising permissions
- All the helpers for giving up their time to help ensure that the event runs smoothly for you, we are very grateful to them.
- Landowners for the use of their land.

BUCS Regulations

BUCS Championships will be run in accordance with the regulations below. Individual and Team Championships will be held annually under the rules of the British Orienteering Federation.

ORI 1 Events

The Championships consist of Individual and Relay Championships for both Men and Women. There is also an overall Team Championship.

ORI 1.1 Each relay team shall consist of three competitors.

ORI 1.2 The overall team score shall be calculated for each University by the following system:

ORI 1.2.1 Adding the placings of the three best Men's and Women's individual competitors to the placings (multiplied by three) of its placed Men's and Women's relay teams.

ORI 1.2.2 For scoring purposes, the overall placing of a competitor on the B course is their placing plus the number of finishers on the A course, and the overall placing of a competitor on the C course is their placing plus the total number of finishers on the A and B courses.

ORI 1.2.3 Every missing runner is treated as though they finished one place behind the last finisher on the lowest course.

ORI 1.2.4 If a University has no place in a relay competition, it is deemed to have finished one place behind the last placed team.

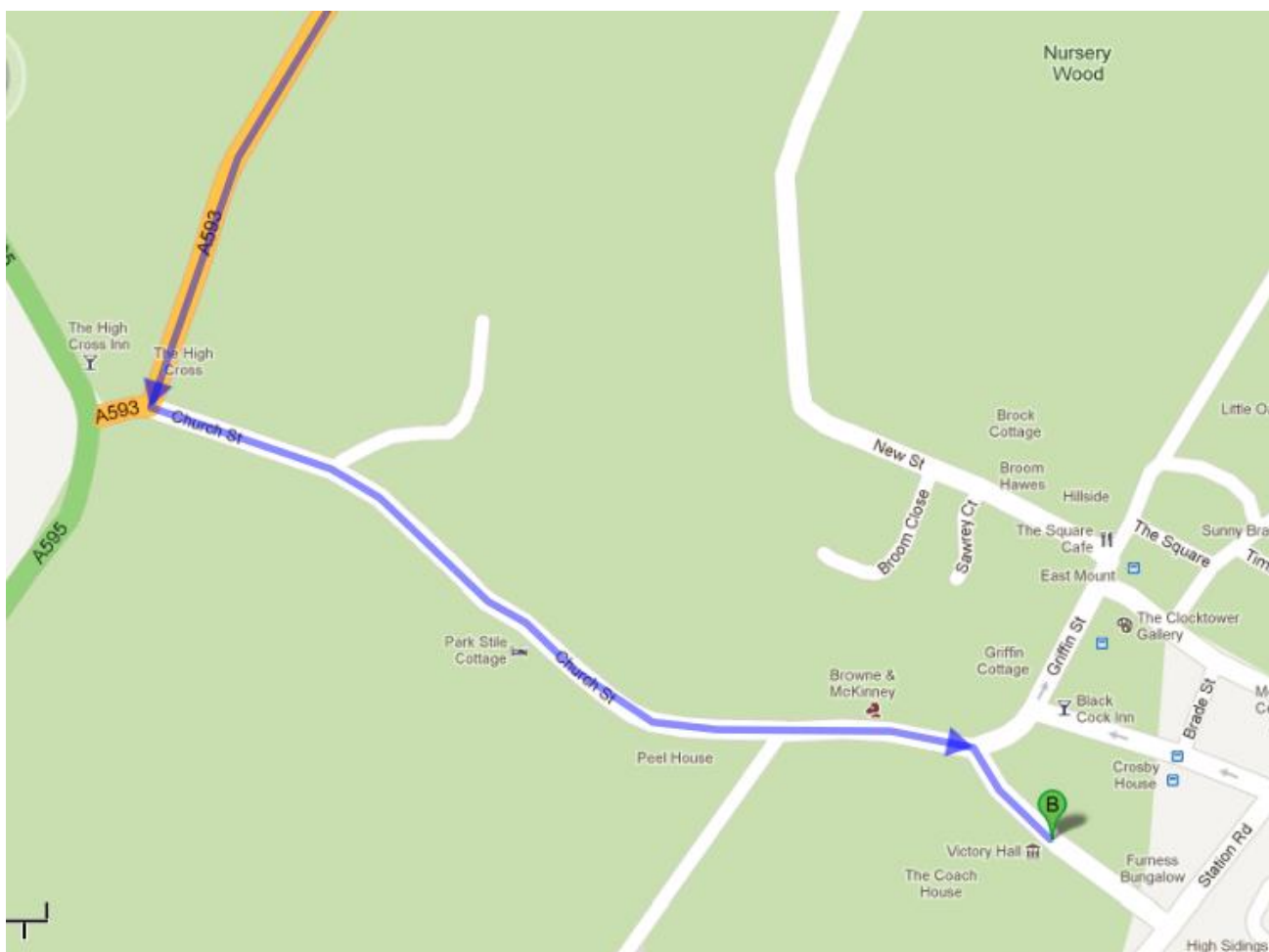
ORI 1.3 The University with the lowest aggregate score is awarded the Overall Team Championship.

Eligibility: The Championships are open to current students who satisfy the BUCS eligibility requirements (Section 7 of the BUCS Handbook) as member institutions. Please contact your Athletic Union / Sports office for a copy of the Handbook.

Social

The closing date for social attendance has passed. You may still be able to attend by emailing bucs@cuoc.org.uk. The theme for the social is "University Cities" – i.e. wear something which represents a city with a university in it!

1500	Individual courses close.
From 1530	Arrival at Victory Hall, Broughton. From Loughrigg, follow the A593 SW through Coniston all the way to Broughton. Turn left down Church Street just before the junction with the A595 and follow the map on the next page. Park anywhere suitable on the road in front of the hall (Station Road). Upon arrival, bring everything you need for the night inside and unpack. There will be no showers available. If you would like showers, there are leisure centres and swimming pools in Kendal, Ulverston (http://www.lakesleisure.org.uk) and Dalton (http://www.daltonleisurecentre.co.uk) Note alternative route is to take the A591 south to its junction with the A590 on the Kendal bypass. Follow the A590 (direction Barrow in Furness) until the junction with the A5092 at Greenodd. Take the A5092 (it becomes the A595 after Grizebeck) to Broughton turning right after about 16K to access the village.
From 1700	Arrival at Coronation Hall Ulverston. Detailed driving directions will be made available on the CUOC website shortly before the event and will be given out at the individual event along with relay declaration forms. It is 9.7 miles to drive. You will also be given tickets to the social when you hand in your declaration form before leaving the Individual event, which you must show to be allowed entry into Coronation Hall. Please do not arrive before 1700. Parking will be in Pay and Display car parks which charge until 6pm, so you will need to buy a ticket for up to one hour, cost £1.20.
1730-1930	Buffet meal. We will be sat around tables. Please arrive by 1730 and sit down. Wait for your table to be called up for food. A bar will be available.
1930	Ceilidh begins
Approx. 2100	Individual prizegiving and BUCS boat race. There will be an entry fee to cover beer.
2330	Ceilidh ends; music begins based on an expertly selected playlist by Hamish, CUOC's social secretary
0030	End of social
0100	Coronation Hall empty



Accommodation Details: This will be on the floor in Victory Hall, Broughton. See <http://www.victoryhallbroughton.co.uk/>. It is a 10 mile drive from Ulverston. Competitors may travel back at their leisure from the social and will be given a code which will allow them into the Victory Hall. This is a residential area and we are privileged to be allowed the use of this hall, so please do not give orienteers a bad reputation by creating noise for the local residents. A basic breakfast of cereal, milk, and toast will be provided in the morning at Victory Hall. There will be no caterers at the events, please make your own lunch arrangements.

You will need to bring sleeping bags/mats, as well as a bowl, mug, spoon, knife and plate for breakfast.

BUCS Orienteering Championships 2013

Would you like to organise the 2013 Championships? At the moment, we are still looking for an institution to organise next year's Championships. To volunteer, or to discuss the idea, please contact David Rosen BUCS Sports Advisory Group Chair for Orienteering dandmrosen@btopenworld.com

Contact: BUCS Co-ordinator: Ben Windsor (CUOC) bucs@cuoc.org.uk phone 07975 845569
BUCS Sports Programme Manager: Ed Curran, ed.curran@bucs.org.uk phone 020 7633 5080