



British Championships 2012

A guide to the individual race only

Main information source

<http://www.boc2012.org.uk/>

Final Details – available from website

General Information



From car park to start the organisers have allowed 2hrs15mins

Including 35mins in assembly to collect your bib and prepare.

There is a competitors marquee, for changing and shelter.

The Long/High start 30 minutes from assembly, route is

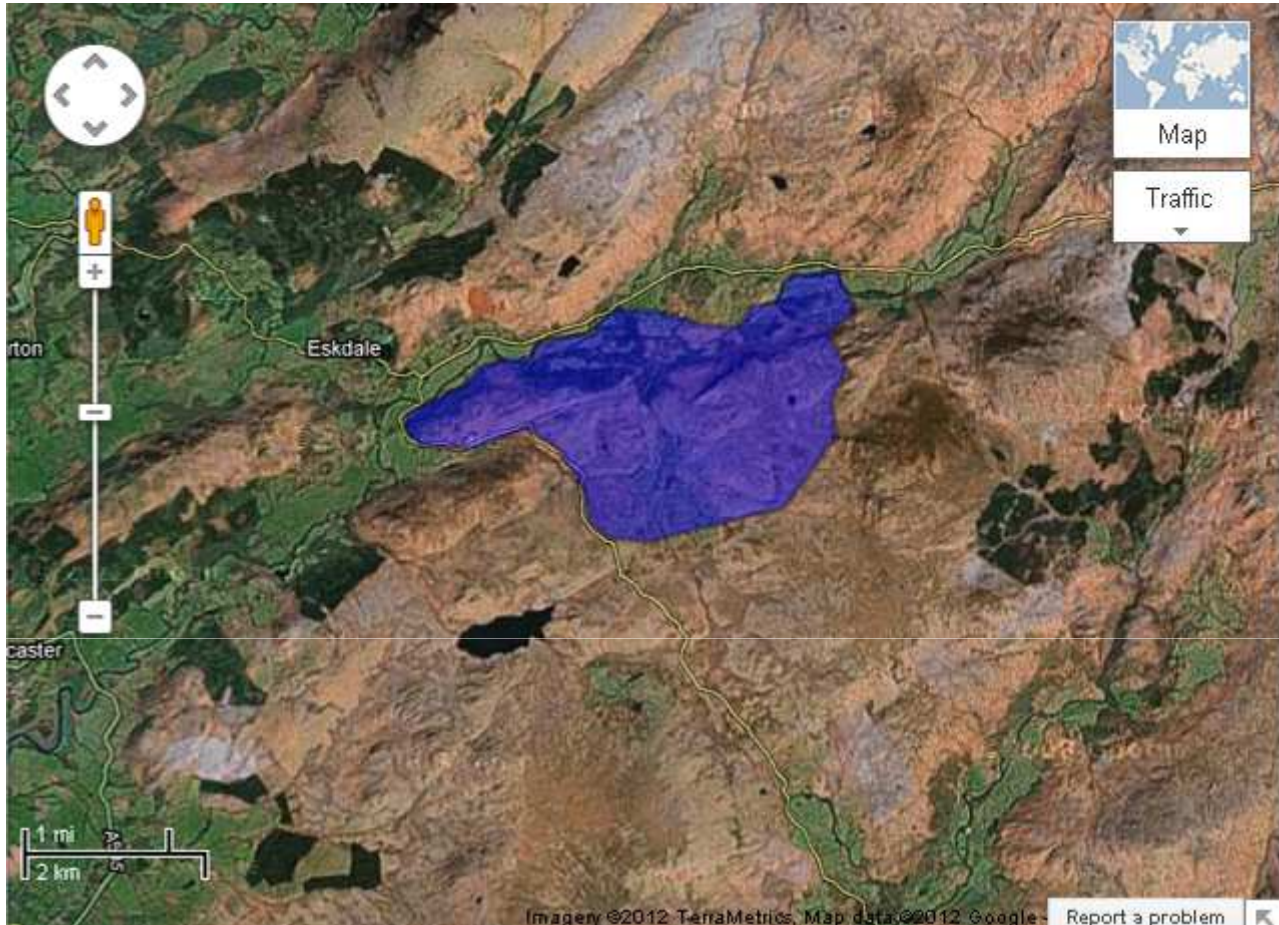
800m on flat paths & tracks, then 400m on fields and open
fell with crossing points, and 100m of ascent.

Call-up will be at -4 minutes

Loose descriptions at -3 minutes

Blank maps at -2 minutes (old maps will be displayed in assembly)

Don't miss your start – you may have a long wait for a spare slot !

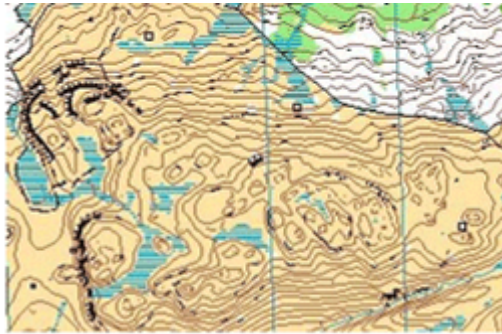


Embargoed area

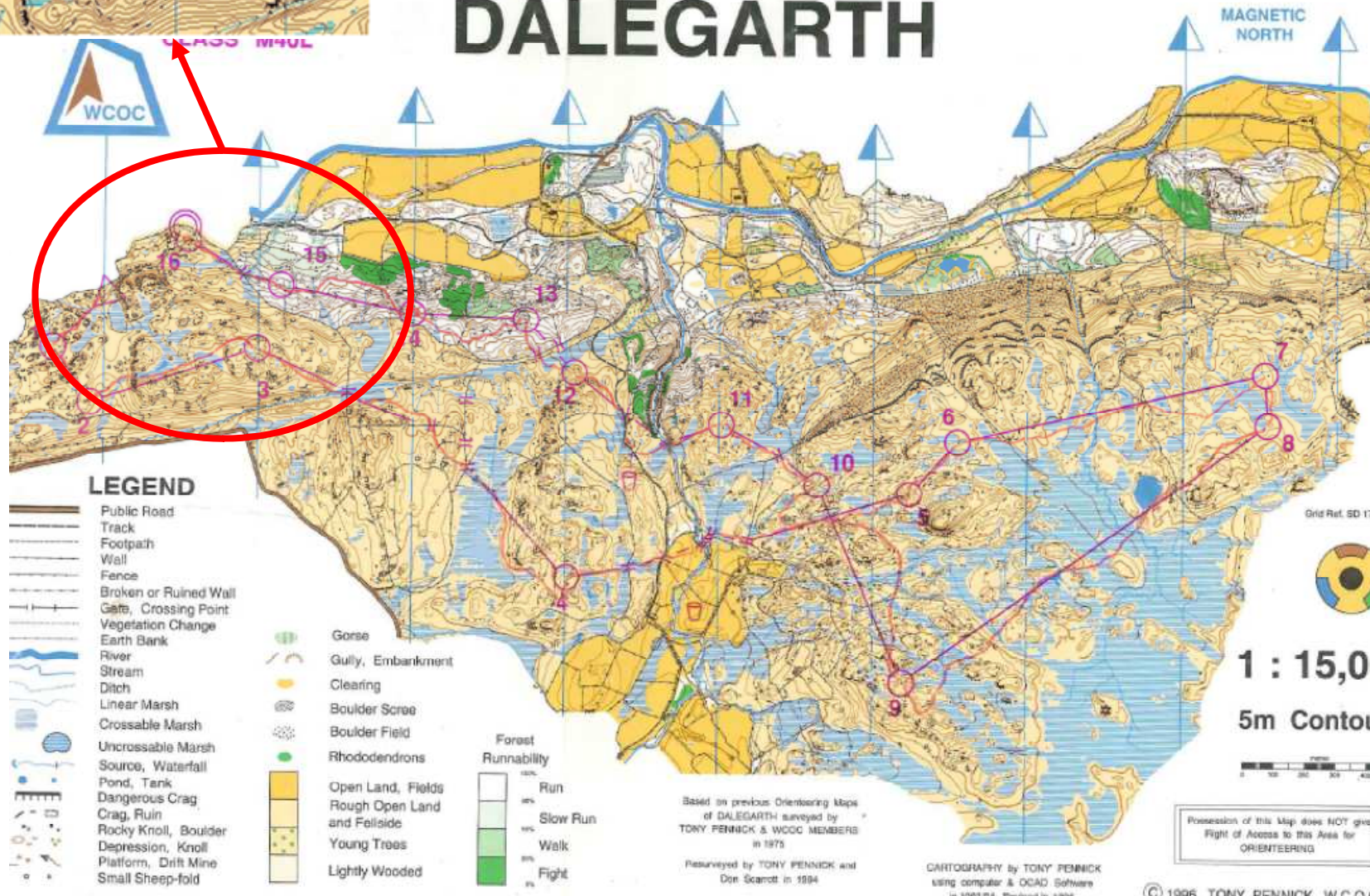
Looks very similar in shape to the 1996 map

New map but not likely to be extended, significantly

National Event – May 2000



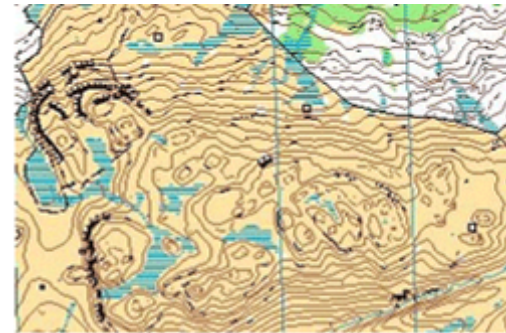
DALEGARTH



New verse Old Map



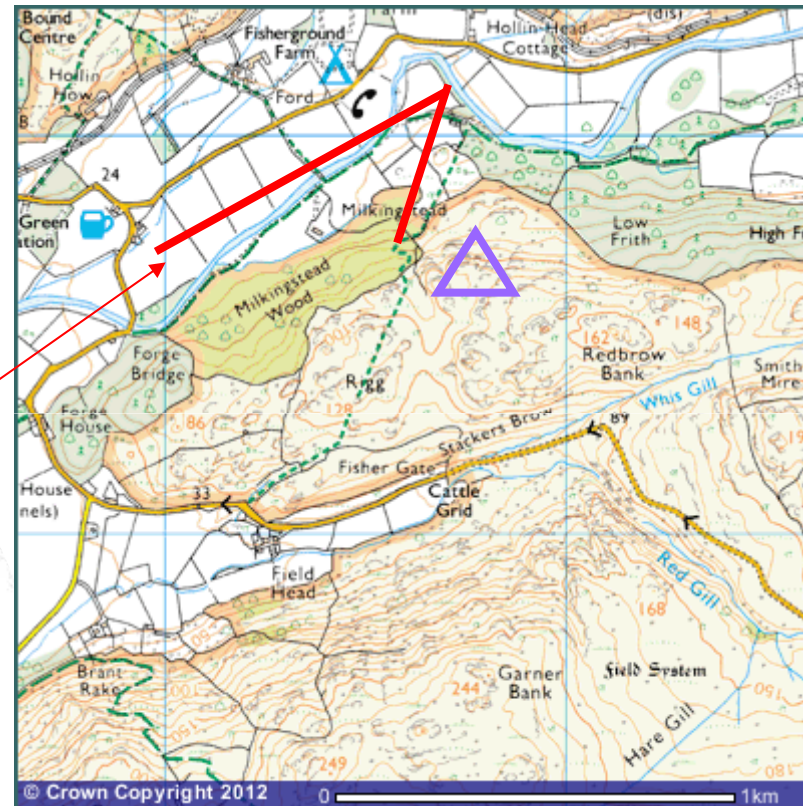
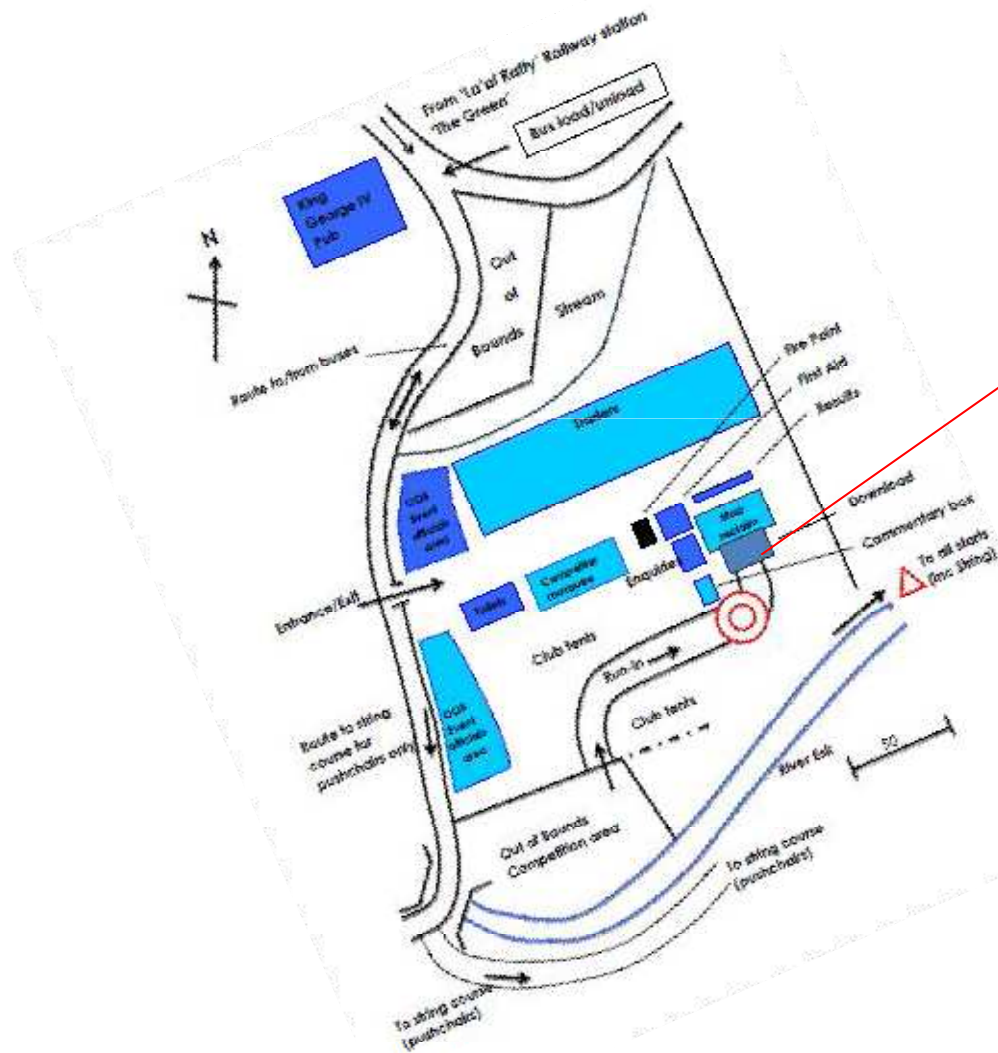
- New map appears to be less cluttered
- Marsh edges better defined (?)
- Thickening of the forest
- Contours cleaner/easier to read
- Rocky ground = small black dots
- Tussocks in marshes = vertical green lines
- Western area is undulating with some steep slopes and crossed by several walls
- Eastern area landforms are generally less distinct, a high plateau with many small hills and large marshes, few man-made features
- Areas divided by a stream, only crossed by courses longer than 8km



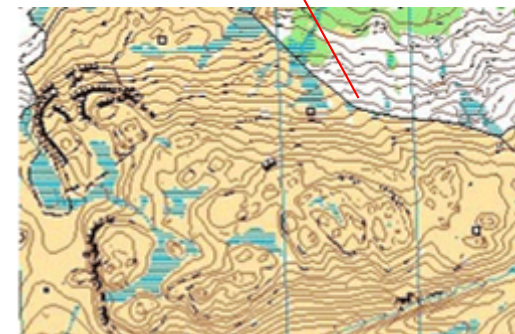
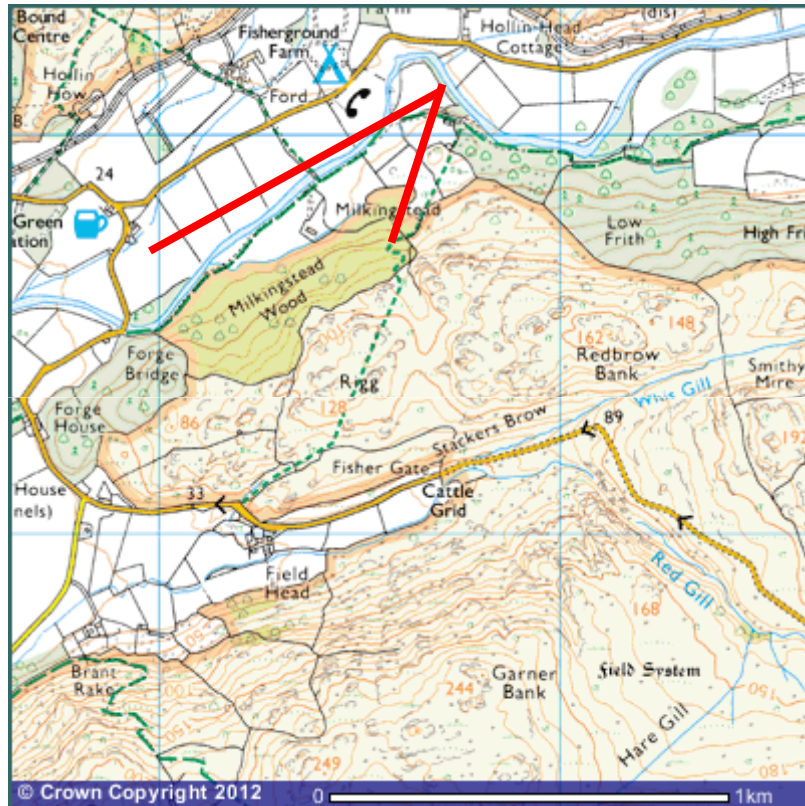


Google Earth View
Western most area of 1996 map.
Same as map sample

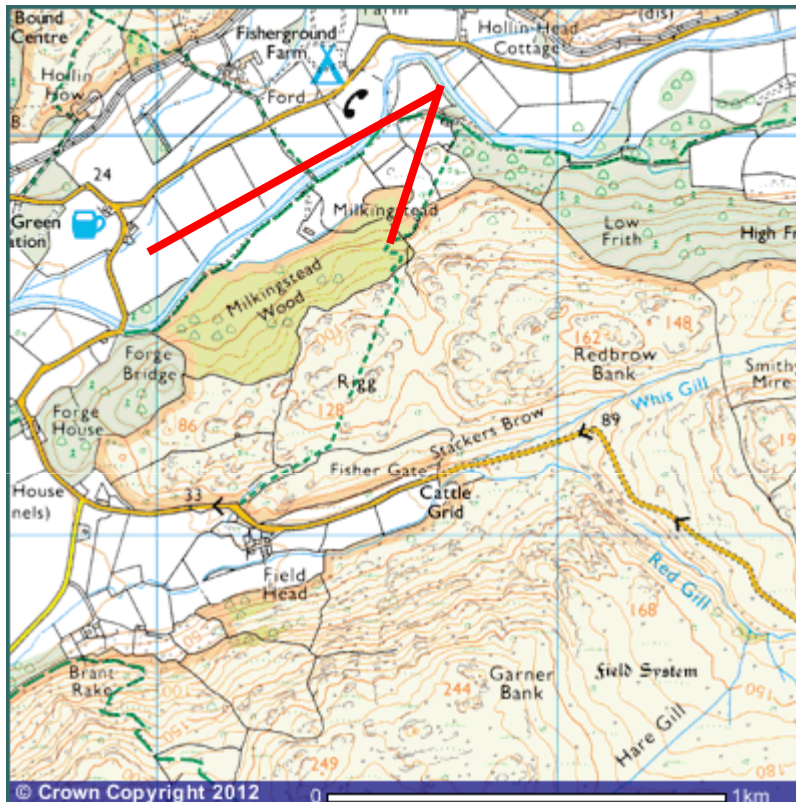
Assembly Area & Walk to the Start



Various Maps



Start & Possible 1st Controls



The start is probably somewhere around the crags, NW corner of the o-map

Therefore 1st controls are likely to be SE

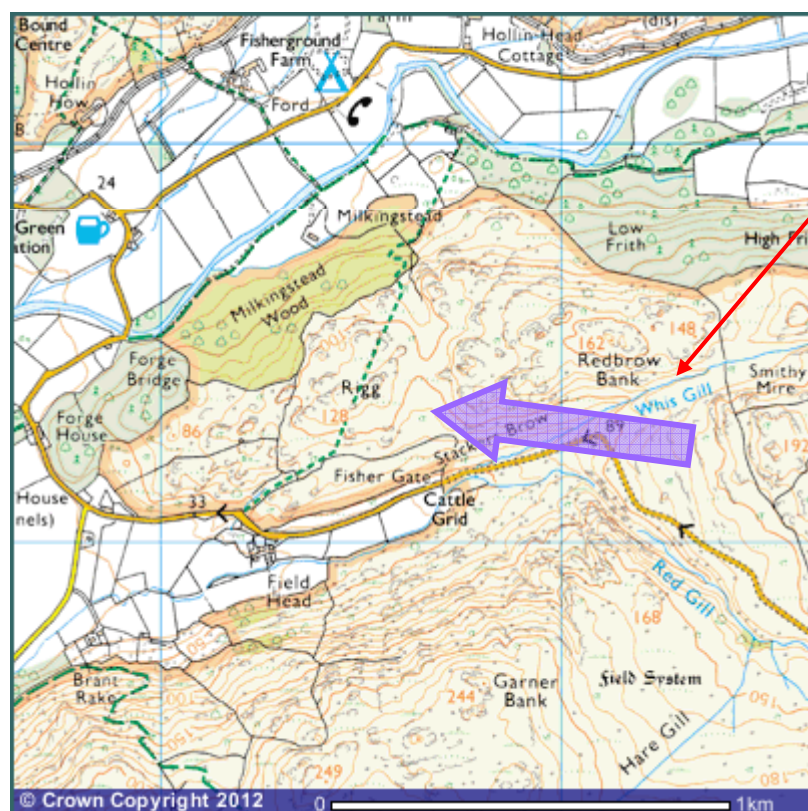
Look back to the old map – leg 3 to 4 is a possible 1 to 2; How would you do it ?

There is also the possibility of crossing a wall and entering the forest ...

Last few controls & finish



Competitors will exit Forge Wood after the penultimate control on all courses. They will then cross Forge Bridge via a single file passage. A crossing point takes all competitors into the final stage of the race.



The end of the course ...

Likely to cross Whis Gill below Redbrow Bank

At least 2 walls need to be crossed before the finish

Expect there to be a lot of competitors all heading in the same general direction

Likely to be quite a few controls ... don't be distracted

The Finish is just NE of Forge Bridge, in the field.

Penultimate control on all courses is in Forge Wood, south of Forge Bridge.

Expect maybe 2 controls, one in the wood itself, and one just before you exit near the bridge

Leg Types on this Terrain



- Distances would suggest fast area – 6min/km for top-elite runners

Planners Options

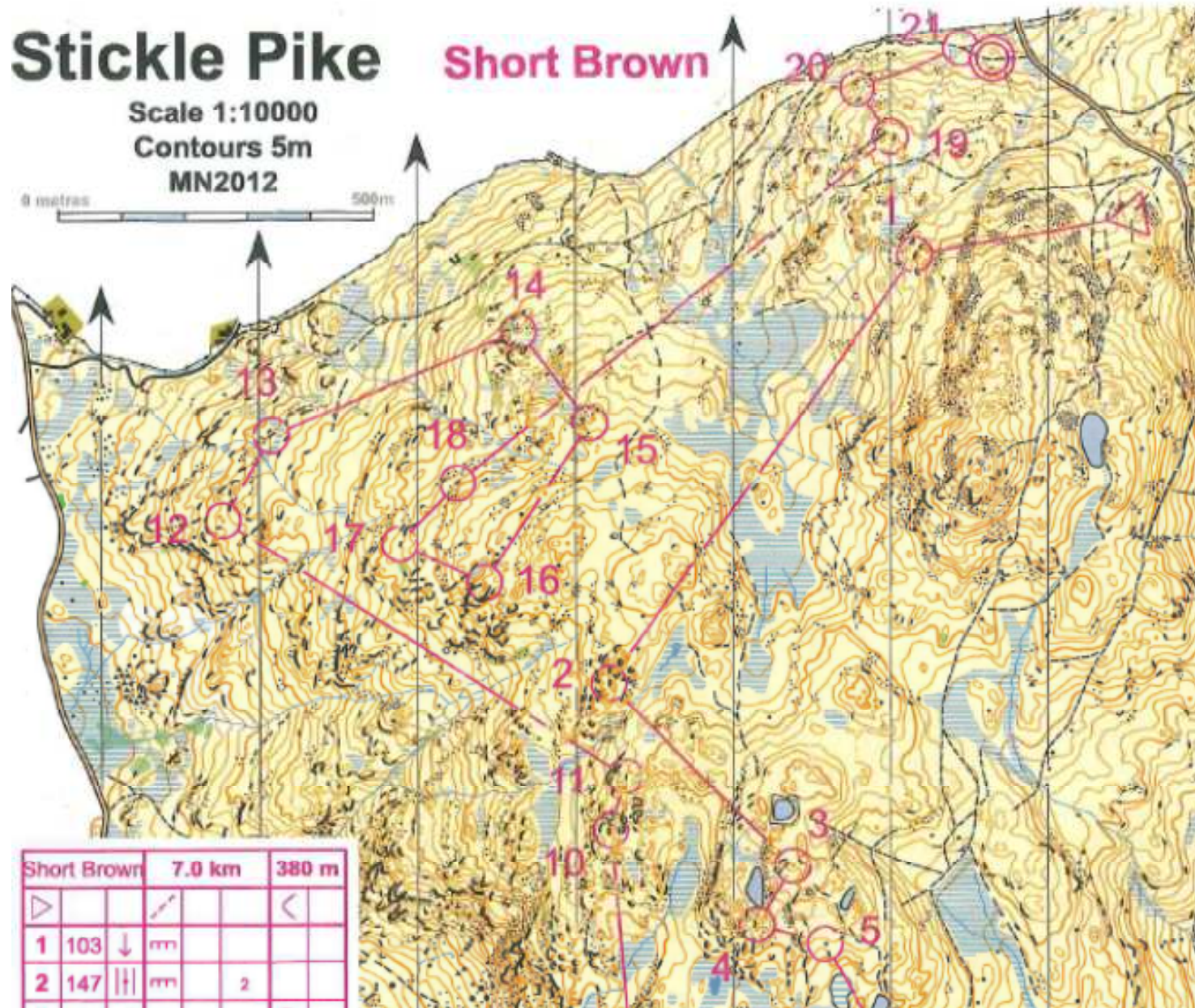
- Long legs
 - Typically across large featureless marshes, or across two or three hills, with walls in between
- Medium length legs
 - Generally from hill to hill
- Short legs
 - Generally feature to feature on a hill

The following maps from Stickle Pike, last weekend, show all these types of legs – they should be easy to identify

Stickle Pike

Short Brown

Scale 1:10000
Contours 5m
MN2012

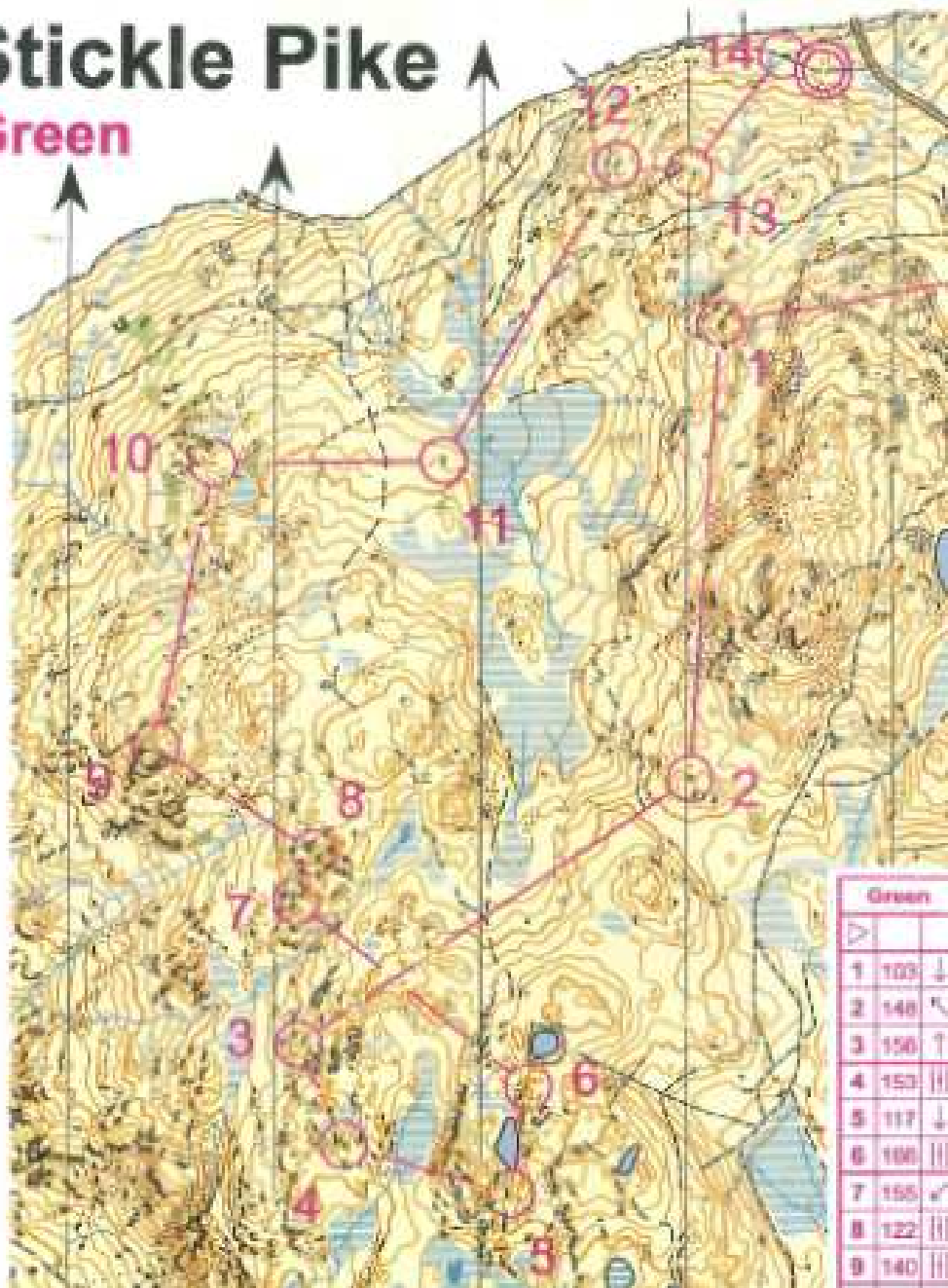


Short Brown	7.0 km	380 m
▷		◁
1	103 ↓ mm	
2	147 mm	2



Stickle Pike

Green



General Tips for different leg types



General Tips:

- Short legs – feature to feature on same hill
 - think control pick – compass & read the fine contour detail
- Medium length legs – hill to hill
 - look for a series of features to get you to your attack point, then do as above
 - look for re-entrants, spurs, linear marsh to take you from the base to the top of these hills
- Long legs – across featureless marshes or multiple ridges
 - easy to make big mistakes ... looking on the wrong hill
 - identify the big features to get you close, then do as above
 - don't arrive at the right hill without a plan or knowing where you are !

General Tips or Information



- There are 3 water points on the area, close to some controls but not at them.
- Plan in advance, if you are carrying water, or drinking in advance, and having some for when you finish.
- Check all you kit before Saturday morning, **whistles are compulsory**, cagoules maybe – check on the day.
- Remember that
 - Boundaries that may NOT be cross are shown with a thick, purple overprint
 - Designated crossing points are shown with the)(symbol
 - In a few place where the walls are ruined for a short distance, and there is a low fence, the thick, purple overprint has been removed – you can cross here with care
 - If the line connecting controls is bent through a specific crossing point you must use that crossing.
 - On some legs there may be a choice of crossing points, in which case the connecting line is broken at the not-to-be-crossed boundaries
- The last control is common, in a copse, symbol being used on descriptions is a cross in a triangle