



Jan Kjellström Festival of Orienteering TrailO Event Details

Latest Event Information

Will be posted at www.thejk.org.uk/jk2015, on twitter @thejk2015 and at the JK Facebook page <https://www.facebook.com/events/444578712345314> (before and during the event).

Pre-JK Training

The training area at Tarn Hows (situated between Hawkshead and Coniston), available from Saturday 28 March until Sunday 5 April inclusive, will have a TrailO course.

Parking is the National Trust car park. Free parking for National Trust members. Grid Ref SD 326995. No convenient post code but see directions at www.nationaltrust.org.uk/tarn-hows-and-coniston/how-to-get-here

How to get Maps: The map will be available for purchase (cash only please) at the following outlets:

- Bilbo's Café, 3-4 Cheapside, Ambleside, LA22 0AB, 015394 33660, between 10am-4pm
- Old Hall Farm, Bouth, between 10am and 5pm
- At Enquiries at the Wednesday 1 April Foot O Training Evening and at Individual Day 1 and 2 Arenas.

Each map will cost £3, which will be donated to Macmillan Cancer Support after deduction of costs.

Entry on the Day

Entry on the day is subject to map availability

	Junior/Student	Senior
Day 1 TempO	£2.50	£5.00
Day 2 Novice PreO	£2.50	£5.00
Day 2 Elite PreO	£6.00	£12.00

Shadowing/Pairs

Shadowing (or competing as a pair) is not permitted on the Elite PreO course. Shadowing is permitted on the Novice PreO course and on the TempO. Competitors shadowing may only do so after they have completed their own course.

Prize Giving

The TempO and PreO prize giving will be part of the main event ceremony taking place in the Day 3 Arena at Bigland at 16:00.

Individual Prizes

TempO Junior (M/W16-) & Open classes: Medals for 1st, 2nd & 3rd
PreO Junior (M/W16-), Open & Paralympic classes: Medals for 1st, 2nd & 3rd.

Day 1: Friday 3 April
Lancaster University, Bailrigg Campus
TrailO (TempO)

Assembly & Registration

TempO assembly and entry on the day registration is at the Lancaster University Sport Centre at Grid Reference SD481576 (long: 54.012, lat-2.792). Please follow the travel directions for the Sprint Event (below), but if you are doing only TempO or TempO before the Sprint then you can park at the Sport Centre.

Note that you must not enter the Out of Bounds area and if you are moving on foot between the two Assemblies then you must follow the route marked on the map below.

Travel Directions

Location: Post Code: LA2 0RT, Grid Reference: SD481564,
Lat: 54.001750 Long: -2.7921608

All vehicles are to approach from Junction 33 of the M6. From the junction with the A6 follow signs to Lancaster northbound for approximately 2.5km. Shortly after Galgate village turn right at traffic lights (signed Alexandra Park NOT Lancaster University). The parking is signed with O signs from here. Do not approach from M6 Junction 34 as there are a large amount of roadworks in the city centre.

Those going to TempO only or going to TempO before doing the Sprint can proceed direct to the University Sport Centre (and park there) which is on the main University Drive, Post Code: LA2 0PH Grid Reference: SD 480575 Lat: 54.011419 Long: -2.7942261
This entrance will NOT have O signs to direct you to it.

If you want to then go to the Sprint you MUST reverse your route and access the parking as above via Alexandra Park.

Public Transport

By Rail

There are direct rail links between Lancaster and many of the UK's major cities and airports. For train times, visit National Rail Enquiries (www.nationalrail.co.uk). The X4 bus service operates between Lancaster Railway Station and Lancaster University every hour from 13:15 on Friday 3 April. Taxis are available at the station, which is a five minute walk from the city centre.

Local taxi services can be contacted on: +44 (0)1524 32090; +44 (0)1524 35666 and +44 (0)1524 848848.

By Bus

For bus information call 'Traveline' on 0871 200 22 33. Alternatively, visit the Stagecoach website for current timetables and further information.

In the City: The bus station is situated on Damside Street in the City Centre. Buses (number 42) for the University operate at 2 hourly intervals on Friday 3 April.

Please Note: All JK 2015 competitors arriving by bus must get off at the Sport Centre (the TempO venue) and follow the route shown on the Day 1 Overview Map to the Sprint Arena.

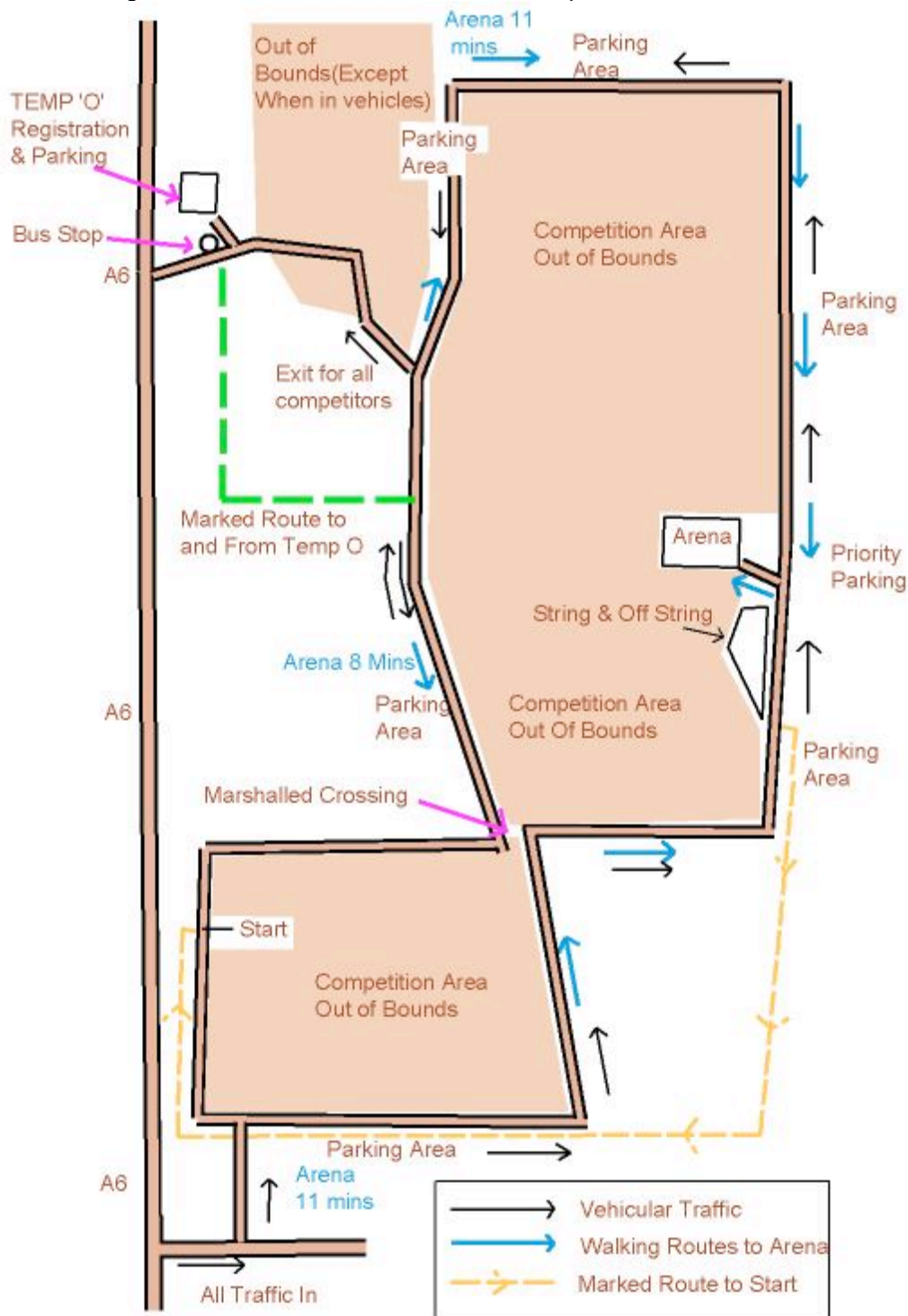
Parking

Parking is entirely within the Lancaster University campus. Most of the parking is around the perimeter road. Please follow directions from the parking officials. Priority Parking (please display Priority Parking Permit prominently in your vehicle) is close to the Arena. Coaches will be directed to a separate area near the entrance. Please drive considerately and observe the 20 mph limit. There are no parking charges.

Exit from the parking area is down the main University drive (not the same as the entrance) and will also be well signed.

If you are taking part in the Sprint and then TempO, park as directed for the Sprint. After

you have completed your Sprint race, you can either drive and park at the TempO parking or walk along the route shown in the Overview Map.



The FootO Sprint competition area is Out Of Bounds until courses close at 16.45. People leaving the Sprint Arena before then should return to their transport the same way that they arrived.

Dogs: On leads in close proximity to your car – and please clear up after your dog.

Distance/Walking time to TempO Start

The model cluster and course start are close to TempO Assembly. The TempO Assembly and Sprint Arena are approximately 1200m (15-20 minutes walking) apart. Please keep to the pavements and be aware of traffic movements.

Start Times & Procedure

Start times: 13:45-16:15

Those with a late Sprint Race start time should be at the TempO Assembly area for 13:45 for an early start.

Note that TempO Pre-entries will have priority in the event of any queues forming.

Course Details (subject to final controlling)

There is a single course of 700m for all competitors. There will be 6 stations, each of which will have 4 problems which must be answered continuously (if you have not done TempO before then please check the links on the JK2015 website) with a maximum time of 2 minutes per station – you will get a warning after 1:40 has elapsed. Each station has 6 kites (from left to right: Alpha, Bravo, Charlie, Delta, Echo and Foxtrot). As well as these possible answers, a “Zero” answer may be given when you believe that no kite is correct. For problems where the correct answer is zero, the nearest flag is either on a different feature, its position on the correct feature deviates by more than 135° from that described or its distance to the centre of the circle is more than 5m.

Terrain

The route follows a tarmac path.

Map

1:4,000, ISSOM, 2.5m contours, no special symbols

Finish

In TempO Assembly

Results:

Results will be posted on the JK website as soon as possible after the event.

Event Officials

Coordinator: Pete Owens, DEE

Planner: John Kewley, MDOC

Controller: Pete Owens, DEE

Day 2: Friday 4 April
Haverigg Dunes
PreO

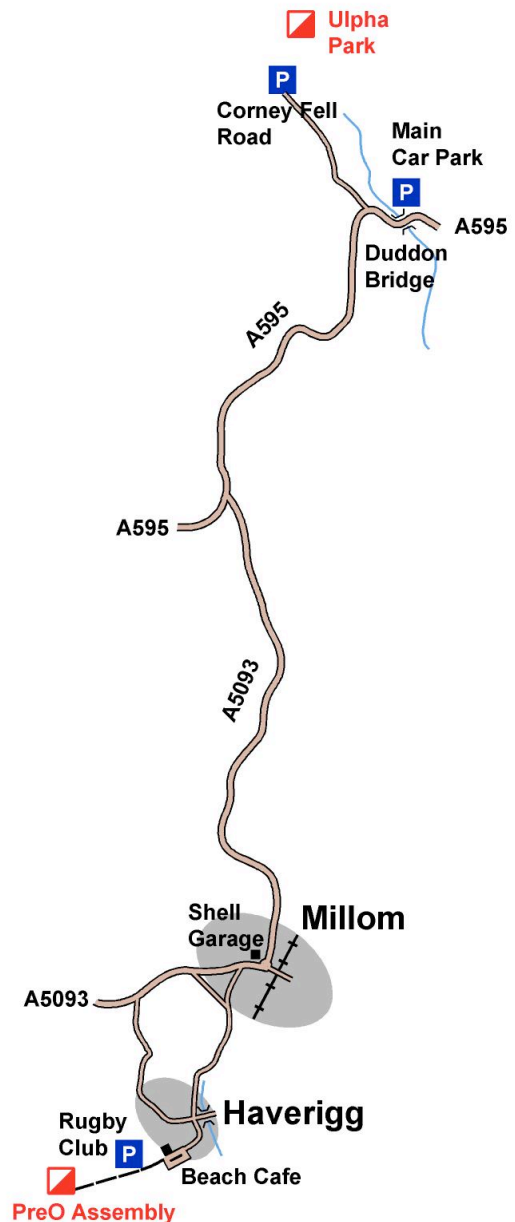
Location: Millom Rugby Union Club, Haverigg
Post code: LA18 4ER, Grid Ref: SG 156784, Lat:
54.194214 Long: -3.294016

Travel Directions

It is a 20 minute drive from the Day 2 competition car parks at Duddon Bridge.
Go to Enquiries and collect a map showing the route from Day 2 parking to the PreO parking.
Turn right from Duddon main field parking over bridge & right from Corney Fell road (priority parking & campervans) onto the A595. Both turnings will be marshaled & sign posted Trail O.
After 4km fork left onto the A5093, signposted to Millom. Turn right at the roundabout in Millom (beside Shell garage) signposted Haverigg and then take the first left into Moor Road. At the crossroads in Haverigg by the Harbour Hotel keep straight on Sea View signposted to Beach.
At the beach there is a small car park, café and toilets. Continue straight through the car park (event signing) and follow the single track road for 300m to reach the Rugby Club on the right.

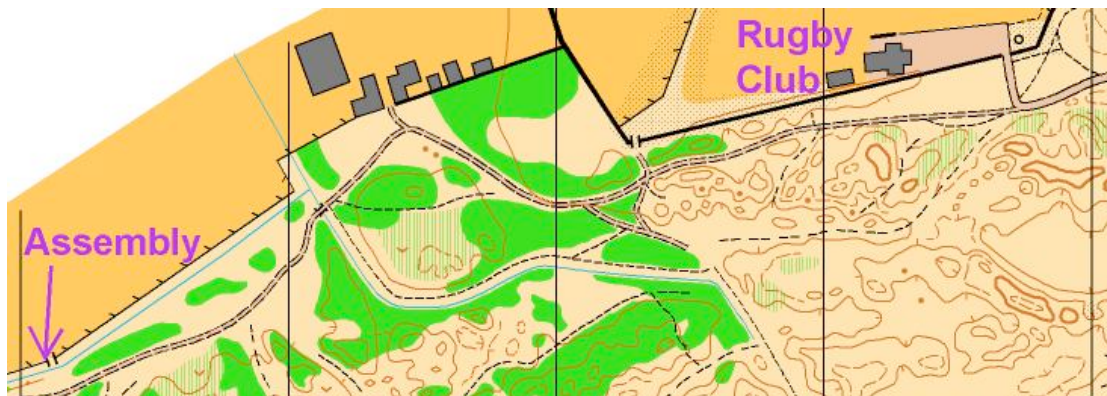
Parking

In the Rugby Club car park. Toilets (including disabled toilets) are located in the Rugby Club.



Assembly

Distance from car park to Assembly: 600m along a level, firm track. Competitors are encouraged to use this warm-up map (below) to familiarise themselves with the mapping.



Entry on the Day Registration

At the tent in the Assembly area from 13:30. See page 1 for entry fees.

Distance to start

The timed controls and course start are close to Assembly.

Start times & procedure

Start times: 14:00-16:30

Competitors on the elite course will complete two timed controls with two problems at each before proceeding to the course start. Competitors on the novice course will go directly to the course start.

Course closing time: 18:00

Course Details

Elite Course: 20 controls + 4 timed controls, 1km, 90 minutes

Novice Course: 14 controls, 1.8km, 96 minutes

For problems where the correct answer is zero (Z), the nearest flag is either on a different feature, its position on the correct feature deviates by more than 90° from that described or its distance to the centre of the circle is more than 3m.

There is a **total silence** rule for PreO and there should be no discussions between competitors whether competing as a pair or not. Any comments or discussion can distract or influence other competitors.

Terrain

Fully accessible – competitors must keep to a firm level vehicle track through open dunes and **must not enter the terrain**. The track is used as the access route for the Lakeland Outdoor Club campsite so if the weather is fine you may encounter some vehicles.

Map

1:5000, ISSOM, 2.5m contours, size A4, digital printing on waterproof paper.

Special symbols:

Black **x** - wreck

Blue **x** - water tank

Pictorial control descriptions will be printed on the map.

Finish

The Novice finish is close to the assembly area. The Elite finish is 1km from assembly; competitors are reminded to remain silent as they return to assembly along the route of the course.

Results:

Results will be posted on the JK website as soon as possible after the event.

Event Officials

Coordinator: Pete Owens, DEE

Planner: Pete Owens, DEE

Controller: John Kewley, MDOC