



DFR Navigation Activity

10am Sunday 18th July 2021

Information for Participants; Please read before starting

The map used for this event is OS map **OL 31 1:25000**.

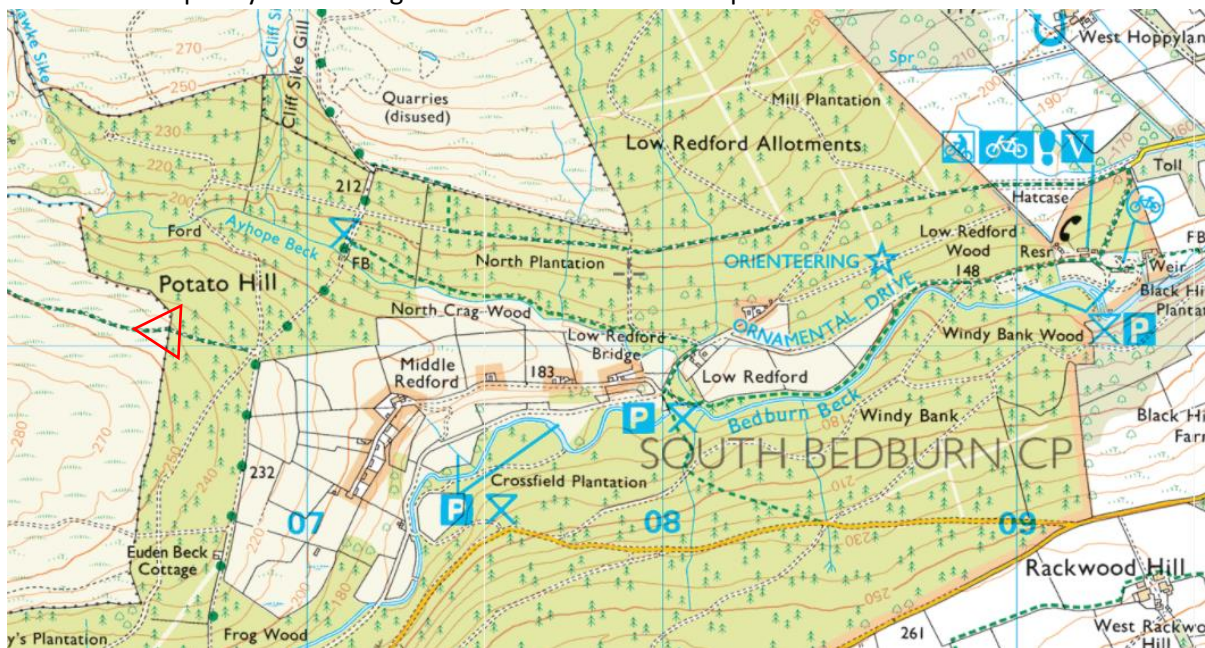
You must be able to read a map and be fit enough to cover the open fell and look after yourself should the weather change. **You will need a pen.**

An A4 printed paper copy map of the activity area will be provided at the start.

The map is printed on one side which will cover the whole activity area. The other side has **control point descriptions**, grid references, scores, emergency information, and time penalties

No GPS for route plotting (as if you would), but GPS watches can be used to track your route.

The start is over the stile onto Hamsterley Common (red triangle) up from Potato Hill grid reference 066310. Allow plenty of time to get to the start from the car park.



You will need a pen

Safety is a priority. You must carry the mandatory kit listed below

Mandatory Kit
Mobile phone
Whistle
Compass
Pen: to write the control code onto your control card
FRA recommended kit: hat, gloves, waterproof jacket (the minimum)
Covid Kit- gloves, face cover (mask or buff) hand gel
If the weather is hot then fluid for hydration must be carried.

- **Emergency Phone numbers:** 999 for Mountain Rescue, ambulance, police
- **Marshal's phone numbers:** these will be available on the back of the map and only to be used in the event of an emergency
- If you get injured, seek or phone a marshal, whistle for attention, or make your way to the finish if possible.



- If you find someone injured or needing help, **your priority is co-athlete safety not finishing the event.**
- If you retire you **must go to the finish** to inform the marshal and hand in your control card. Do not leave the event area without informing the event team.
- There are a number of ponds in the activity area, assume they are deep and avoid the edges especially where they are steep, the ground is soft and loose.
- There are lots of grouse, pheasants, sheep and an occasional goose on the fell, please be careful and treat the area with respect. Absolutely no littering.
- Sorry, no dog companions with competitors.

You must carry a watch with a timer to set at the start and stop at the finish and **a pen**. You will be responsible for setting your time.

At the start

- **Start time is from 10.00 am-10.30am.** You can start any time in that 30-minute window.
- You have 150 minutes to get as many checkpoints as you can. If you go beyond the 150 minutes you will be penalised.
- Complete your Control Card details (see below): Name, car reg, and start time. This is to be handed to the marshal at the finish. On the back will be your competitor number.

ALL COMPETITORS MUST REPORT TO THE FINISH									FOR OFFICIAL USE ONLY			COMPLETE AND HAND THIS SECTION IN AT THE START					
Have you got your: whistle <input type="checkbox"/> pen <input type="checkbox"/> map case <input type="checkbox"/> watch <input type="checkbox"/> map <input type="checkbox"/> description sheet <input type="checkbox"/> and... your SILVA compass									Name _____			Finish _____ :			Vehicle Reg No. _____		
SILVA LIMITED									Class _____ Course _____			Start _____ :			Name _____		
									Club _____ Start Time _____			Time _____ :			Class _____		
19	20	21	22	23	24	25	26	27				Club _____					
	19	20	21	22	23	24	25	26	27				Course _____				
10	11	12	13	14	15	16	17	18				Finish _____ :					
	10	11	12	13	14	15	16	17	18				Start _____ :				
1	2	3	4	5	6	7	8	9				Time _____ :					
	1	2	3	4	5	6	7	8	9								

- You will be given a map; a note of your start time will be made by the start marshal.
- Your start time will begin as soon as you enter the fell.
- **You will need a pen**

Out on the Fell

- You must aim to finish within your 150 mins
- Start ; Contol (number with points) 2(20); Finish
- If you think you are running out of time, head for the finish.
- Do not attempt to collect controls beyond your 150 mins.
- Controls are the traditional orange and white flags, but smaller (15 x 15 cm) than traditional size (see picture).
- Make a note of the control code in the corresponding control number box (i.e. put control code 2 in box number 2 etc) with your **PEN** on your control card (see picture above)
- Do not cross out of bounds sections, you will be disqualified if you do.



Control code		PB	Please do not remove, an event is in progress.	1		Control Number
Property of Durham Fell Runners: Tel: 07973499730						



At the Finish

- Make sure you touch the gate at the finish (with a foot will do, or any other part of the body).
- Stop your watch, make note of the time
- Hand your control, card to the marshal.
- If you intend to wait for other competitors to finish, please move away from the finish area.

Penalties

- For every minute over your 150 minutes but up to 155 mins you will lose 2 points
- Minute 156 to 160 you will lose 5 points for every minute.
- Minutes 161 to 190 you will lose 10 points for every minute (The Lumb Effect)
- Minutes 200 just go home!

We hope you have an enjoyable time and we value your feedback

And don't forget your PEN