

BL Schools League 2016 Event 1 Ratlingate Scout Camp

Results will be posted on the Border Liners website ([www.bl-orienteering .co.uk](http://www.bl-orienteering.co.uk)) hopefully by the weekend.

We haven't used Ratlingate Scout Camp for a number of years. It is an ideal (but more difficult) venue for a Schools event. Although there is a path network, it was slightly more overgrown than the last time we used it, making it slightly more difficult for first timers. Although there were a number of missed punches (shown as mp in the results) all who took part did very well indeed.

When I went to update the map, it seemed to me that there was ample room for car parking, I was proved to be totally wrong. The car park filled up and were it not for the fact that there were different entrances and exits and sufficient room (only just) to park on the lane we would have been gridlocked. Can I thank the drivers who came when the car park was full and I was trying to sort out what to do, for their patience and good humour. We all got out in the end (just!)

Hints to improve your run time for next week

- Run times for the Primary courses varied from 7 minutes 10 seconds to 36 minutes (a sign that people were determined to have clean runs). Those of you who mispunched must make it an aim for the next event at Rickerby Park to have **a clean run**, even if it means **slowing down**. Checking off controls on the control descriptions on your map and memorising what control number you last visited will stop you missing out controls.
- **Fold the map and thumb**; this is a most important thing to do as it allows you to run and to locate where you are on the map when you stop running. Move your thumb from control to control as you visit them. Folding the map makes thumbing easier. At the start of next weeks event the helpers will fold the map and encourage you to thumb it properly.
- **Set the map**; If your map is not set to the features on the ground you will not be able to use it to navigate properly. The area (bounded by the River Eden) is easy to set the map to face north. Remember when you turn back **to move your body round the map** to keep the map set properly. **Have a look at the blank map that I have attached to this email and familiarise yourself with the legend before you come to next week's event.**
- **Finally**; Avoid following other people, they are unlikely to be on the same course as you.

Travel Directions for Event 2 Rickerby Park West

Carlisle Cricket Club have very kindly allowed us to park on the grassy area in their grounds. The Ground can be accessed from the road leading up to Stanwix Bank. Those of you coming down Stanwix Bank should go round Hardwick Circus and back up towards where you have come from, rather than crossing the road.

The forecast between now and Wednesday is for rain. Please come suitable dressed for wet, cold weather. I intend to inspect the grassy area, on Monday to see if it is in a suitable condition to park. In the event of it not being in condition to park, I will contact all Schools on Tuesday (please check your emails on Tuesday for any changes caused by the weather). If this is the case, we will need to use the Sands Centre Car Park (charges are £1 for 1 hours £1.80 for two hours) The Cricket Club can be accessed by using the underpass into Bitts Park, up the steps and walking along the pavement on the opposite side of the road to the Chinese Gardens to the cricket Club (walk time approx. 10 mins).