

BL Schools League Report for Event 2 Rickerby Park West

First a big thank you to the Year 10 pupils from Trinity School who helped to run this event. Once again this group of youngsters were great ambassadors for their school. Another big thank you should go to Carlisle Cricket Club who most generously allowed us to park in their grounds. Without this we would not have been able to run the event on this part of Rickerby Park.

An apology from me, that you were not able to get a printout of your run immediately you finished. This was caused by me having to re-dib an event last Thursday because I forgot to wipe the memory of the download box on the mini printer. I configured the download box so that it would only download to my laptop rather than to the printer. What Pam & I had to do was to re-dib each of the 185 dippers used at home before we could prepare the results. Thank you for your patience.

Now back to the event; we were blessed with a glorious late afternoon and this part of Rickerby Park was at its best, the grass and nettles hadn't grown too much, the marshy parts were drier and it was generally quite runnable. I sited controls so that they were not too obvious on such an open area, making it important to keep in contact with the map to know where you were at any time.

There were some surprising mis-punches; quite experienced competitors failing to punch the last control, missing one of the earlier controls altogether, or punching the wrong control. It shows that if you stop concentrating on efficient navigation or run too fast you can get caught out! Fastest time of the day was posted by Archie Morley of Trinity who won Course E in a very fast time of 7 minutes! BL member Ewan Simpson was only 12 seconds behind Archie on this course. Stanwix School pupils Naomi Ward (8:46) and Liam McCall (8:52) won Primary Courses B and C and Alexa Weymouth of Hunter Hall school won Primary Course A (9:47). Finn Halford of Trinity School won Secondary course D in a time of 9:15.

Generally all who took part had better runs than at Ratlingate and were reading maps better, orientating them and using the control descriptions. Talkin Tarn next week is a step up in difficulty from this part of Rickerby Park.

Helpful hints for next week:

- Folding and Thumbing tips from last week and setting the map to the features on the ground. Thumbing helps to keep in contact with the map and helps to avoid missing a control; many mis-punches this week were because of a missed control!
- Using the map legend to identify where you are. As you run from one control to another, try to plan what you will pass. Ticking off features like gates, trees, fence bends will help navigate to control sites
- Knowing what contours are. Pam talked to the children about contours this week (the brown lines on the map). The contour interval (one contour to the next) is 5m (the height of a double decker bus). The closer that contours are together the steeper the up or down.
- Recognising depressions and re-entrants (small valleys) from the map legend. A depression is a huge bowl shape in the ground.
- Finally, slow down a bit! Having a clean run is more important than running fast and missing a control, mis-punching (remember check control descriptions and control codes before dipping.)

Travel information to Talkin Tarn;

I am assuming that everyone knows where Talkin Tarn is so all the information I will give you this week is the postcode **CA3 8QW**

Please note that there is a charge for parking at the Tarn of £1 for 1 hour and £2.20 for longer than this. An outside contractor checks cars for valid tickets so please bring sufficient change for the parking meters.

John and Pam Roelich