

# Tamar Triple 2022

## Day 2 – Leskernick Hill, Bodmin Moor

### Event Officials

Planner	Will Hancock	KERNO	willhancock@hotmail.co.uk	07747 565553
Controller	Steve Robertson	QO		
Organiser	Ivor Marshall	KERNO		07733 103281
Mapper	SUTMAP updated by Ben Mitchell 2019			

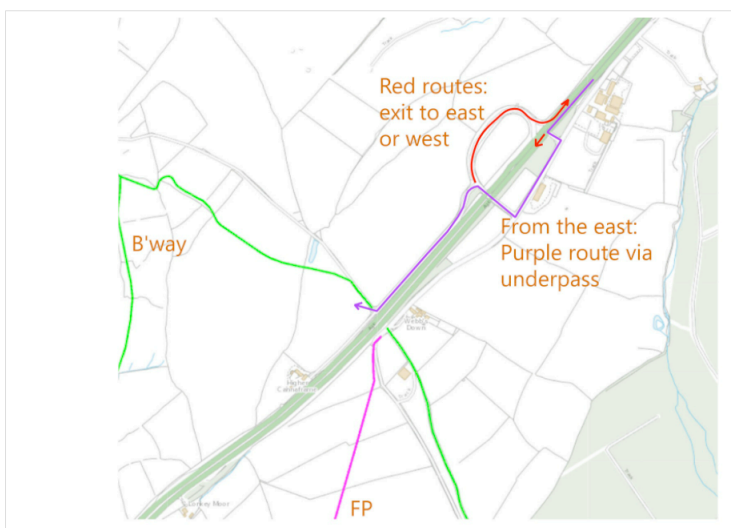
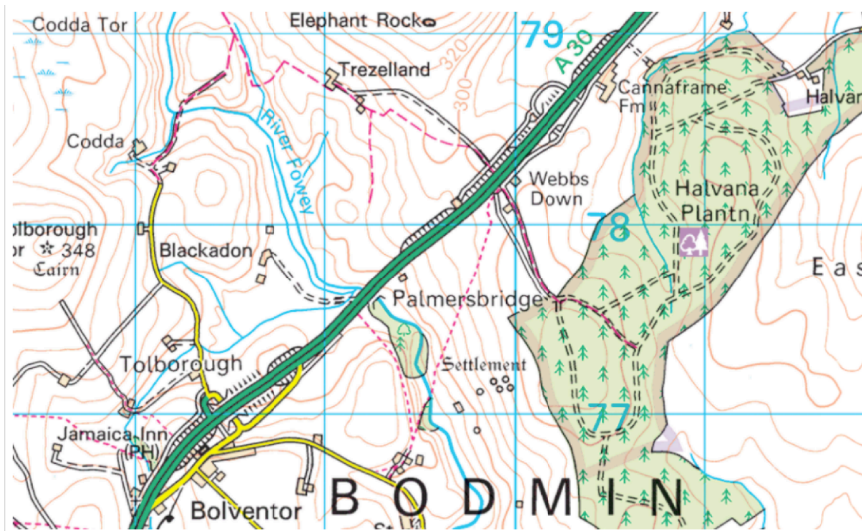
### Travel Directions and Parking

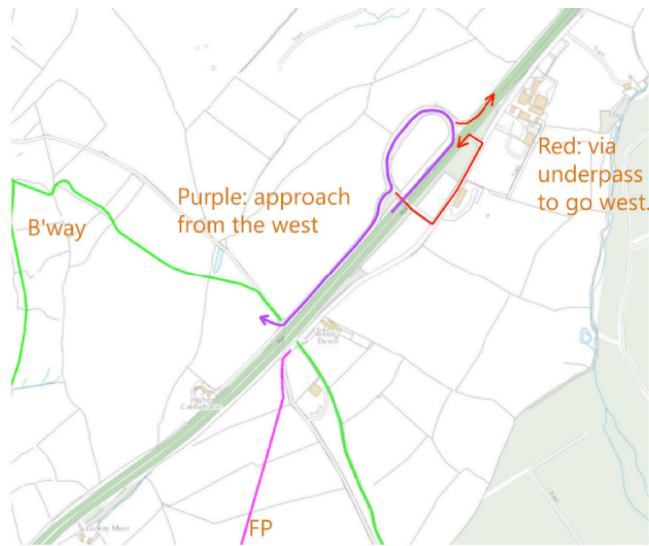
The area lies about 9 miles west of Launceston, on the north side of the A30.

Parking will be in a field adjacent to the A30. Postcode for the site is PL15 7TD.

It will be signed off the A30 via a slip road and farm track.

The following maps show the location and the access and exit routes. Traffic on the dual carriageway tends to be fast on this section. Please take care when leaving and joining the A30.





### Assembly Enquiries and Download

Competitors on the Yellow course will collect their map from the Assembly Tent.

The start will be accessed via a taped route from the Car Park and is approximately 1 km away. Given the remote and exposed nature of the start (scenic views!) we will provide a Clothes Dump. The walk is hilly with around 70 m of climb so allow 30 minutes.

On completion of your course the walk back to the Car Park will be via the outward route to the start.

Total distance will be 1.5 - 2 km. This will involve approx 60 m of climb and will be via the Clothes Dump.

**Safety:** Competitors travelling alone may wish to hand in car keys at Enquiries. Competitors are reminded that the sport can be hazardous and that they run at their own risk and are responsible for their own safety. A whistle is compulsory. An advisory to carry a Mobile Phone and the compulsory wearing of Cagoules will be advised in the Assembly field should conditions dictate, particularly bearing in mind the open and exposed nature of Bodmin Moor, potentially even in June!

The area is remote in nature and little visited by the general public. As might be expected there are local residents in the form of cattle and sheep. Whilst the cattle are long horned and fearsome looking they are generally docile in nature! Competitors should be aware for the potential of ticks and make checks on return from the competition area.

Being a moorland area water related features are guaranteed! Some are more ephemeral than others. The courses have been planned to avoid the worst of these, but as ever not all route choices can be foreseen, so take care when traversing them. The moorland area is generally grassy in nature but does contain some steep slopes, particularly into the historical tin streaming areas and rock/boulder fields. Care should be taken throughout.

The event takes place under the most recent British Orienteering COVID guidelines. Competitors are reminded that they should NOT attend the event if exhibiting any COVID like symptoms and a full refund will be offered in the event of this. Whilst at the event competitors should respect the space of others particularly whilst downloading and at the start.

**Cancellation:** In the event of cancellation, the organising club reserves the right to retain all or part of the entry fees to defray expenses incurred.

**Entry Errors:** Please check your competitor information. In case of error please revisit Fabian4.

**General Enquiries:** General enquiries may be made to the Organiser: Ivor Marshall 07733 103281

## **Dogs**

Due to the presence of grazing livestock and in accordance with the Landowners wishes dogs are NOT permitted on the courses

## **Toilets**

There will be portable toilets in the assembly.

## **First Aid**

First Aid will be located at Enquiries in the Assembly area and will be manned by club members.

## **Traders**

British and Continental Catering will be present in the Assembly area

## **EPS - Sportident**

SI will be used for all courses. Dibbers are available for hire at £1 per competitor for one or both days and can be collected from the Registration tent in the assembly area on each day. (Lost dibber fee £30)

The controls will be SIAC-enabled. Clear boxes and SIAC Battery Test boxes will be located at each pre-Start. Start and Finish controls are NOT SIAC-enabled. In other words, ALL competitors must punch at the Start and Finish.

In the event of an SI control box seeming not to function (no beep or flash of light) you should use the pin punch on the stake to punch in the reserve boxes on your map.

## **Clear and Download**

Clear boxes will be located at each pre-Start only.  
Please do not forget to download after your run.

## **Starts**

There is one Start accessed via a taped route from the Car Park and is approximately 1 km away. Given the remote and exposed nature of the start (scenic views!) we will provide a Clothes Dump. The walk is hilly with around 70 m of climb so allow 30 minutes.

## **Start Times for Pre-entered competitors**

**Day 1:** Start times from 11:00 to 13:30 will be pre-allocated. There will be a -3 minute call-up.

In the case of unavoidable delay, eg due to traffic holdups, start times will be re-allocated by the start official dependent upon availability. Helpers may have flexible start times.

Please ensure that you tick the Check box when required before you start each day. This is a safety check.

## **Course Closing Time**

Courses will close at 1530

## **Control Descriptions**

All courses from Light Green to Black will have pictorial descriptions printed on the map. The Orange course will have both pictorial and written descriptions printed on the map. The Yellow course will have written descriptions printed on the map

Loose descriptions will be available in the start lanes.

## Water Points

It is not proposed to provide water points on the courses or at download. Please come prepared.

## Results

Individual splits will be available at Download. Course results will be displayed and updated from time to time in the assembly area each day.

**Complaints** – should be made either orally or in writing to the organiser at the enquires tent before the close of courses each day. The organiser is the adjudicator of a complaint. A protest can be made against the Organiser's decision in writing to the Controller. Protest and appeals will be handled under the 2020 British Orienteering Rules.

## The Map

### *The area*

West Moor lies in the shadow of the highest peak in Kernow, Brown Willy. But this is no beastly moor with perhaps the jewel in its crown being Leskernick Hill. Leskernick at 329m is notable for its density of archaeological remains and has panoramic views of most of Bodmin Moor. The hill itself has been newly mapped for Tamar Triple 2022 and all the technical courses will enable competitors to fully appreciate it.

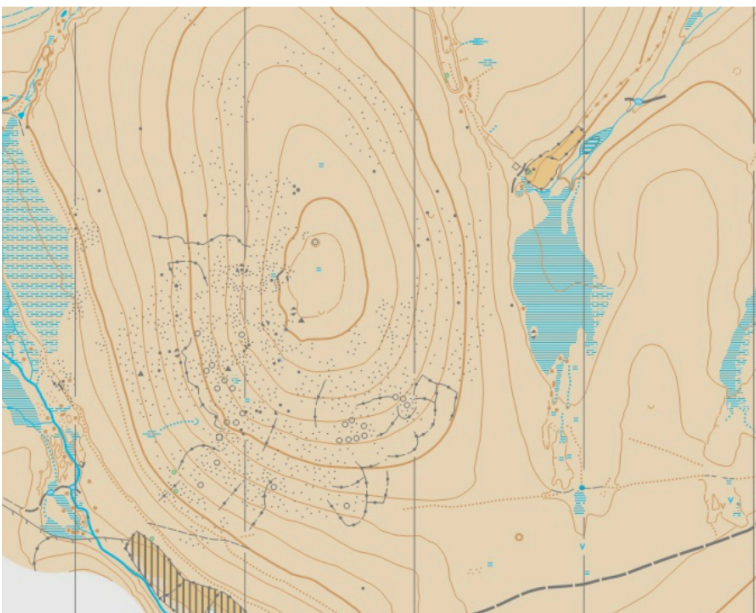
Away from the hill itself the surrounding granite moorland is also very runnable and is a living history of the past 3000 years. There are further archaeological remains including standing stones, peat burning platforms and hut circles. Moving slightly further ahead into more recent times there are also very obvious traces of open cast tin mining (think gullies and re-entrants!) together with a Second World War Tungsten mine that the longer courses will visit. Given the proximity to the Atlantic and the elevation it goes without saying there are areas of bog and associated 'water features' including the source of the River Fowey! We are indebted to the Farmers and Commoners for permitting our access into this very special part of our Cornish Moor - so come see it for yourself.

### **The Map**

Is based on the 2012-2015 map of Davidstow Moor by Will Hancock and SUTMAP. The map has been updated in 2019 by Ben Mitchell to include Leskernick Hill with recent selective enhancements for the 2022 event. All courses will use a 1:10000 map with 5 m contours. Printed on Waterproof Paper at A3 with Control Descriptions, Course and Legend overlaid.

### *Map symbols*

Are standard ISOM with the exception of the circle symbol used to denote Ancient Hut Circles – the black circles on the map below (extract of Leskernick Hill)



## Course Details

	Length km	Climb m	Age Classes
Black	12.7	280	M21
Brown	11.1	245	M18 M20 M35 M40 M45 W21
Blue	7.6	165	M16 M50 M55 M60 W18 W20 W35 W40 W45
Green	5.7	140	M65 M70 W16 W50 W55 W60
Short Green	4.2	65	M75 M80 M85 W65 W70
Very Short Green	3.2	40	W75 W80 W85
Light Green	4.8	60	M14 W14
Orange	4.2	35	M12 W12
Yellow	2.8	30	M10 W10