

## Cowms Rocks Regional Event Sunday 22<sup>nd</sup> September 2024 – final details

***NB Due to the remote, high location of the Start & Finish & the distance from parking, there are some unusual requirements. It's important to read thoroughly***

### Parking

Parking at Rowlee Farm 4.4 miles west of Ladybower Inn Signposted off A57.

S33 0BJ, 53.399549, -1.773150, **What3Words** [///limp.allies.surpassed](https://www.what3words.com/limp.allies.surpassed).

The access track will also be used on the walk to the Start/Finish.

**NO Motorhomes!** Please park in the layby alongside Ladybower reservoir and get a friend to pick you up- the parking field is sloped and gates on the narrow side.

Please take extreme care when leaving and joining the A57 as vehicles travel extremely quickly on this section.

**Entry to the car park can only be made from 09 40 until 11 00 and exit from the car park only after 12 45.**

This is to enable our safety marshals to run and help!

There will be a marshal at the top of the track at the entry into the field who will give advice on where to park but you will choose your own parking spot & will need to take care. The field has been used for event parking before & is mostly reasonable but there are rough patches.

There are 2 toilets in the farmyard to the west of the parking field.

Exit is from the lower gate (see map)

### Dogs

As we are firmly in sheep country the farmers have said that dogs are not allowed.

### Assembly

**Download** is en-route to & from the Start/Finish (1.9km 40m climb from parking), near Hayridge Farm.

SI collection is here and bags/clothing may be left or taken to the start/finish.

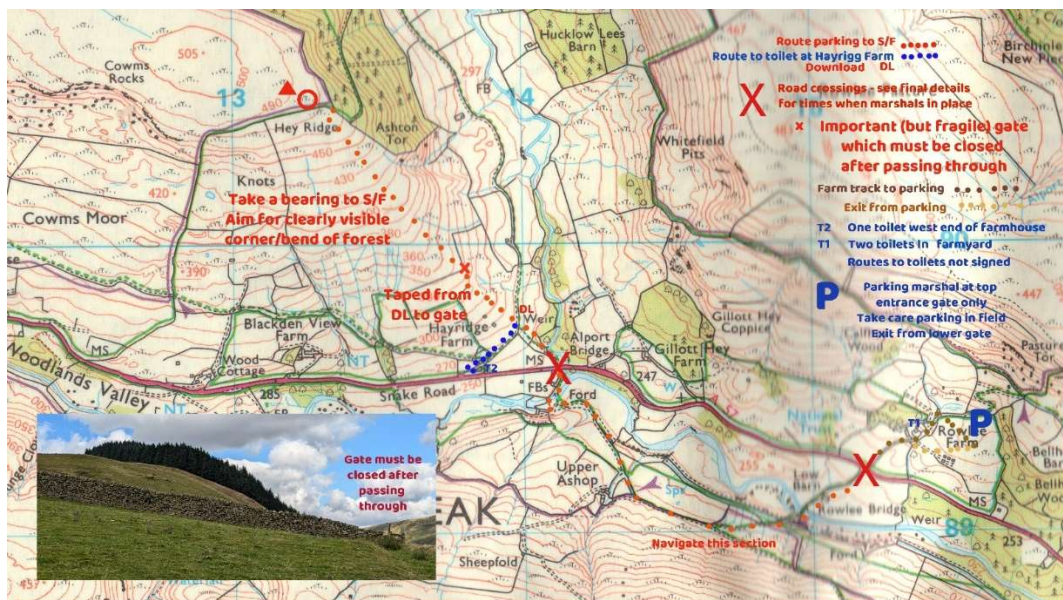
An outside toilet is available next to Hayridge farmhouse.

### Route between parking & Start/Finish (see map)

2.6km and 260m climb from parking to start

Follow good tracks via two marshalled crossing points of A57 to/from Download then 700m / 220m climb up sheep cropped fell finishing at 490m altitude. Only the 200m section between Download & the unmarshalled **gate which it is critical is closed when you pass through it** will be taped.

**Do not leave Download until 12 30** to ensure crossing marshals in place.



## Start

**Start times from 11am to 12.00pm.** Non-helpers will not be allowed to start early for road crossing safety & download availability reasons. Given the long walk to the start, these blocks are not being rigidly enforced; you should expect to be able to start soon after you get there. Courses close 2pm promptly. If you think you might take a long time, please select an early start block. (See course details below)

## Finish

The finish is adjacent to the start. Clothing / drinks can be left at the finish.

## Courses

Due to the nature of the terrain only technically difficult (TD5) courses are available. Provisional course lengths as follows:

Black - 10km 400m climb

Short(ish) Brown – 7.1km 260m climb

Blue - 5.9km 205m climb

Green - 4.7km 125m climb

Short Green - 3.4km, 100m climb

## Additional Event Information / Safety

Emergency phone – 07551323970 (If issues with signal try 07768122767 Colin Drury, organiser or 07833587537 Pete Tryner , Controller)

Emergency Bearing from the area – If you are not able to get back to the start and finish head to the bottom of the landslip area and follow the public footpath east to the farm and download. Do not attempt to try a walk / run down the Snake Pass road, there is no path next to the road and this would be very dangerous.

Whistles compulsory. In bad weather waterproofs, gloves & hats will also be compulsory and will be advised in the car park. Mobile signal is good near the Start/Finish but patchy elsewhere.

A comprehensive risk assessment has been carried out by the organiser & hence many of the restrictions. However, participants take part at their own risk and are responsible for their own safety during the event.

If a competitor has a pre-existing medical condition that they think should be declared, please complete a medical form at download & give to the organiser who will be stationed there. The sealed envelope will only be opened in an emergency.

There is no vehicular access except for quad bikes to the remote Start/Finish & few line features on the map so rescue would be slow & difficult. *Those who are at clear risk of requiring rescue or help should not enter the event.*

## Late entries

Late entries are available until maps run out until 6pm on Saturday 21<sup>st</sup>.

Seniors - £16, (£14 British Orienteering Members) including parking

Juniors/Students - £6

## Planners Notes

Courses are probably on the long side for all but the fittest, so if you think you might be out for a while, perhaps consider dropping down a course. Alternatively, carry some food and water and treat it as a long-O, but if doing so please START EARLY. We will start collecting controls from 2pm promptly even if people are still out.

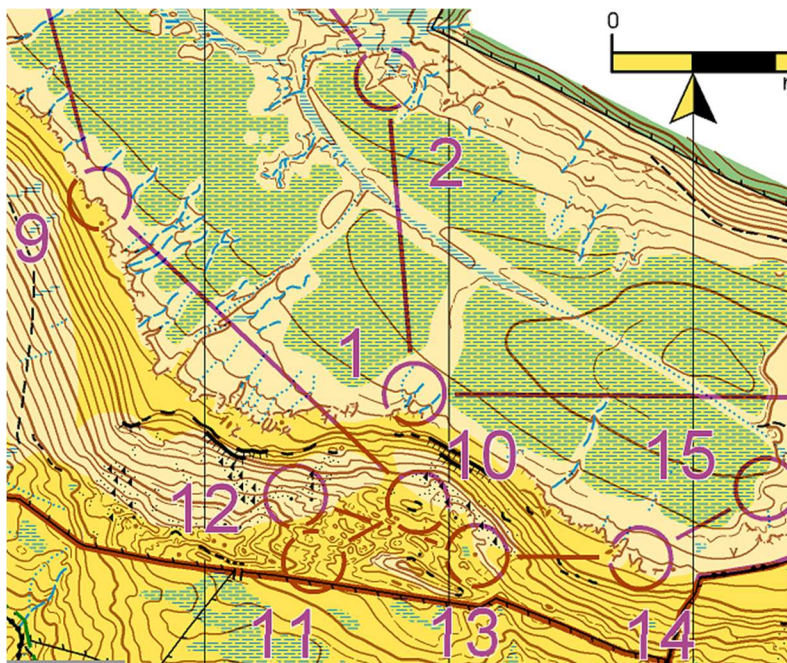
The courses don't visit the woods, so running in shorts should be fine.

The Short Green is as physically manageable as I could make it whilst still having a technically challenging course. There is one steep descent, into the landslip area, and one steep climb out of it.

Competent Light Green runners could consider tackling Short Green, but if the weather on the day is bad we would strongly recommend only doing so if accompanied by an experienced adult.

Dark Peakers and other fell running variants are very welcome to come and practice their navigation, and will hopefully find it a suitable and enjoyable challenge. Required skills include being able to follow a compass accurately and knowing when you're beaten. As a rough guideline, unless you are used to navigating using orienteering maps, you will probably not average much faster than 10 mins per km over the course as a whole. For further reference, I'd expect Jonny Crickmore to take 70 to 80 mins on the 10km Black.

## Map



Map from previous event above

1:10,000, 5m contours. Peel Land surveys 2019. Updated Pete Tryner 2021 mainly to indicate runnability on the moorland - see below.

There will be an enlarged section of slippage area (shown above) at 1:5000 in the bottom left corner of the map to aid navigation in this area.

Note that earthbanks, ditches and narrow marsh symbols have all been used to help visualise the peat groughs. Steep peat bank lines are shown with an earthbank symbol, the ditch symbol generally indicates a deep grough with the narrow marsh symbol indicating a more shallow grough.





The open land symbol is used to show open land where running speed could be 80% or more (if you're a young strong runner!), rough open indicates a slower speed, mainly due to longer grass, heather and bilberry. Just like the marsh and seasonal marsh the usage is generalised i.e. it should be used for route choice decisions rather than fine navigation! Generally there is good runability on the edges of the plateau and the flat areas on top getting worse as the angle increases with the heads of the valleys tending to have larger areas of heather. There are some small patches of burnt / mown heather but they are not mapped and do not impact route choice.

Control descriptions on front of map. Loose descriptions on waterproof paper also available.

### **Terrain**

Cowms Moor below Cowms Rocks is a fascinating highly contoured area of old-land-slip ground above the A57 west of Ladybower Reservoir. The map also includes moorland between Oyster Clough and Alport Valley. The plateau is at 500m above sea level and has a network of intricate ditches/gullies and runnable/marshy moorland. The marshes are quite dry and are fairly runnable. There are a number of sheeptracks particularly along the top of the steeper slopes.

There are lots of sheep on the area and whilst planning we have seen a few cows often in the intricate area beneath Cowms Rocks or further down the valley.



### **Event Officials**

Organiser: Colin Drury - colintd@gmail.com

Planner: Richard Baxter

Controller: Pete Tryner