

The 4th Ravenglass Seaquest - Saturday 17th April 2010, Version 3

SEAQUEST: A spring paddle in a (*usually!*) sheltered estuary in which you (solo, pairs or groups) navigate to as many “controls” as you can returning to start point within **3 hours**. Navigation is easy. Suitable for paddlers of Sea Kayaks, tourers and Canadians. Under 18's welcome provided accompanied by parent/guardian.

There will be 18 numbered controls of values 10, 20 or 30 points and you choose a route taking into account tidal flow to enable you to collect as many points as possible in 3 hours. The controls are situated in the 3 arms of the estuary well within the area:

- River Esk – bridge on A595 near Muncaster Castle
- River Mite – bridge on A595 near Muncaster Flour Mill
- River Irt – railway bridge near Drigg

A 1:25000 map (OS Leisure 6 - English Lakes, SW area) will be over-printed with numbered controls, values and control description. You will receive map at registration – hence incentive to arrive early so you have time to study it whilst having a snack in a local café.

Controls are situated in obvious places like under bridges, by streams, on fences, etc, and most require you getting out of your boat to punch (don't let boat or paddle float away!). Some will be floating again on buoys . A compass is not essential but advised in case of mist or you lose your sense of direction. GPS up to you. We definitely don't think it is possible to visit all controls this year because of big tide!!!

REGISTRATION AND ENTRY FORM: If you are interested just register by e-mail and complete the form on the day. I need to know you category – age, solo, double, pair, type of boat (kayak or canoe), BCU club and BCU number (if applicable).

EVENT CENTRE - Ravenglass south beach GR084962.

FORMAT ON THE DAY (times to be confirmed with start details)

1. Register between 10.30am and 12.15pm - complete the entry/safety form (see attached) and donate £7 (£6 for BCU club members) to cover cost of maps, punch cards, BCU insurance and donation to our chosen charity (Search Dogs).
2. Unload boat by about 12.15pm - drive on to Ravenglass south beach, unload and then park car in main free car park (300 metres away) (otherwise car will get washed away when tide comes in!), NB no parking in Ravenglass main street
3. Collect map, plastic bag and punch card on a string. Control locations and values are on map giving you lots of time to visit a local cafe and chose your optimum route in comfort.
4. Place map under deck lines or think of another method of not letting it blow away

5. 12.30 – compulsory briefing
6. Mass Start at 12.45pm
7. Select route, visit controls, help others in difficulty, take care, etc
8. Aim to return within 3 hours (or you will soon be stranded on mud & lose points!)
9. Hand in control card otherwise we'll send out rescue party
10. Prize-giving and refreshments at Holly House pub. Bar snacks available.

NB Penalty points for coming in late (after 3 hours)

- 1-5 minutes late - 1 point loss per minute (so no problem being a few minutes late)
- 6-10 minutes late - 2 points loss per minute
- 11-15 minutes late – 5 points per minute (too risky!)
- >15 minutes -lose all points (don't be late!)

High tide at 14.00+/-20 mins depending on rainfall in fells, wind direction & how far up-stream you are. It's a very big tide (9.3 metres) so lots of assistance but only some of the time!

Non-kayaking partners: For non-kayaking partners/friends it is possible to walk along the banks of the Esk and watch the fun unfold. Also to catch a La'al Ratty Train and wave at us in the Mite. See piccies and maps on: <http://www.visitcumbria.com/wc/raveng.htm>. We will have more water! If there are spare maps you can visit some check points and act as another of my look-outs for safety.

SAFETY AND KIT: Kayaking/canoeing kit suitable for cold weather sea paddling – at a minimum:

- Buoyancy aid compulsory. Spray deck for kayakers.
- Paddle leash recommended
- Spare clothes in boat (in case you fall in when getting in or out)
- Mobile phone (in case of emergencies as we can drive round to most places)
- Whistle - blow it to attract other kayakers if you're in trouble
- Food and drink!
- Compass recommended (GPS if you like)
- Watch - to time your 3 hours

NB Windy weather alternative is Seaquest in just the Esk – decision at briefing.

Sea State: Occasionally wind over tide sets up some challenging conditions in the middle of the estuaries and also under the bridges but mostly just gentle tidal flows, which help enormously when you are with them.

ACCOMODATION: Ravenglass Camping and Caravan Site is the recommended site. Please phone them quoting Seaquest Sea Kayak event on 01229 717250. It's in a great location walking distance from start, pub and beach. Hotels and B&Bs are also available in Ravenglass: <http://www.lakedistricts.co.uk/Ravenglass/>. There are many B & Bs and several camping barns in the area, eg Nether Wasdale, and many other camp-sites, eg Santon Bridge.

For more information or to register please contact Annette Morris on annette@blengdalerunners.co.uk.

01900 829090, 07740 740516

REGISTRATION FOR SEAQUEST FOR COMPLETION ON THE DAY

Name
Male/Female*
DoB
e-mail
Address
Class: Solo/Double/Pair/Group* Sea kayak/Canoe/other*
Name of team mates (if in double, pair or group)

*ring correct one

Information for your safety in case of emergency
Colour and make of boat
Colour of buoyancy aid
Mobile number you are carrying
Car registration
Name of travelling companions

Club, BCU and donation details
Canoe Club (if any)
Donation - £6 for BCU club member, £7 other, £2 child if have map =
Gift Aid to Search & Rescue Dogs Yes/No Signature:

<p style="text-align: center;">Disclaimer</p> <p>I understand that sea kayaking and canoeing can be a hazardous activity. I have read the risk assessment (at start of event), understand the risks and control measures. I am competent and fully equipped to take part. I acknowledge that the organisers are not liable for any adverse event that occurs.</p> <p>Signature:</p>
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