**The 7th Ravenglass Seaquest - Sunday 12th May 2013**

**Start Details**

Attached is the Entry Form for the 7th Ravenglass Seaquest to be completed on the day. Keep advertising it amongst your friends and e-mail me beforehand with names and categories so that I can get start list up to date. Under 18’s welcome provided accompanied by parent/guardian

Format will be mostly the same as previous years - 3 hours to navigate in kayaks or canoes to as many controls as you can in the 3 estuaries of Ravenglass (West Cumbria). Any boats allowed (provided they don't have an engine!) - but do remember it's an estuary which is usually sheltered but occasionally choppy.

**Key timings**: Registration open at 9.45am, briefing at 11.45am and mass start at 12noon and please be back by hopefully 3pm (and definitely by 3.15pm). We’ll do prize giving at the Ratty Arms near the car park between 4.15pm and 4.45pm.

**The event**: There will be 21 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 (of the 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 a lot 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.

**Entry**: If you haven’t already, please e-mail me letting me know your intention to enter including details whether you will be in kayak or canoe, solo, pair, generation, etc..

Look forward to seeing you on Sunday 12th May

Karen

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077210 39596

Important Information on Safety and Timings

**Format on the Day**

1. Register between 9.45am & 11.15am at EVENT CENTRE - Ravenglass south beach GR084962.

 Complete the entry/safety form (see attached)

 Donate £5 to cover cost of maps, punch cards, BCU insurance and donation to our chosen charity (Wasdale Mountain Rescue) and CCC.

 Collect punch, map & placcy bag for map (control locations and values are on map)

 Read risk assessment on side of car

 See any member for brief on orienteering and ask them any questions about event

2. Unload boat by very latest 11.30am on to Ravenglass south beach

3. Park car in main car park (300 metres away) (otherwise car will get washed away when tide comes in!), NB no parking in Ravenglass main street. Sorry – car park is not free any more.

4. Place map under deck lines or think of another method of not letting it blow away, and tie punch card to something (eg on string round neck or attached to buoyancy aid)

5. 11.45am – compulsory briefing. Mass Start at 12 noon

6. Select route, visit controls, help others in difficulty, take care, etc

7. Aim to return within 3 hours (by 2pm (or you will soon be stranded on mud & lose points!)

8. Hand in control card otherwise we’ll send out rescue party

9. Prize-giving and refreshments at Ratty Arms snacks available.

**Safety and Kit**: Kayaking/canoeing kit suitable for cold weather sea paddling – at a minimum:

 Buoyancy aid compulsory. Spray deck for kayakers.

 Spare clothes in boat (in case you fall in when getting in or out)

 Mobile phone (in case of emergencies)

 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: High tide at 13.30 +/-20 mins depending on rainfall, wind direction & how far up-stream you are. Occasionally wind over tide sets up some challenging conditions in the middle of the estuaries and also under the bridges. It’s a spring tide this year so will be some fairly fast moving deep water for the first 2.5 hours and then sand banks quickly appearing near the end. Will be perfect for a cruise up the beautiful Esk, a picnic and then turn around when the tide turns. This will be the recommended route for novices and canoes if windy.

**Penalty Points for coming in late**:

 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 – sorry! (so don’t be late!)

There will be well deserved servings of hot dogs in the mess tent at the end of the race in exchange for a small donation

**Ravenglass 12th May 2013**

**Accommodation:** For those who want to camp, Ravenglass camp-site is available for us this year at member prices, if you want to stay for 2 nights also recommended, the Seven Acres Campsite at Gosforth, only a few miles from Ravenglass, and very near the excellent pubs of Gosforth. 019467 82777. They also have a camp-site at St Bees where you can surf if windy or potter underneath the sand-stone cliffs if calm. Hotels and B&Bs are also available nearby.

**Non-kayaking people:** For non-kayaking people who want to take part, it is possible to walk along the banks of the Esk and visit quite a few controls and also watch the kayakers. Also to catch a La’al Ratty Train and wave at us in the Mite. More details on http://www.visitcumbria.com/wc/raveng.htm.

Chosen Charities: Over the years, Ravenglass Seaquest has supported several local charities. The 2011 event raised nearly £200 (plus Gift Aid) to National Coast Watch, who will be opening a station in Workington soon. This follows on from previous Seaquest donations of £567 to the Search and Rescue Dogs (SARDA), £437 to Wasdale Mountain Rescue and £600 to St Bees Life Boat. Last year we made a donation to Cumbria Canoeists in support of coach training. and to Living Seas www.irishsea.org .

**Registration for Seaquest One form per team please**

**Name of team:** .....................................................................

**Category** Please circle as relevant :

Kayak solo over 18 male / female Kayak double over 18 male / female / mixed

Kayak group (more than 2) over 18 No in group.........Kayak group generation (1 person under 18 No in group.........

Canoe solo (surely nobody will be in this category)

Canoe pair or more male /female /mixed

Canoe generation (1 person under 18)

Donation per person £5 children U16 £3 :

|  |
| --- |
| Name Person 1 Person 2 Person 3  Address  Email  \*Boat make  / colour  \*Buoyancy  Aid colour  \*Mobile no.  \*Car reg |

\*We need this information for safety reasons incase we find a lone boat, or you go missing!

**Disclaimer**

I understand that kayaking and canoeing can be a hazardous activity. I have read the risk assessment (at the start of the event) and 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.

**Signature**: