

# The 5th Ravenglass Seaquest - Saturday 2nd April 2011

## Start Details

Attached is the Entry Form for the 5<sup>th</sup> 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 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 could get choppy in early April, which can prove tricky for open canoes.

**Key timings:** Registration open at 8.30am, briefing at 10.30am and mass start at 10.45am and please be back by hopefully 1.45pm (and definitely by 2pm). We'll do prize giving at Holly House Hotel nearby between 3pm and 3.30pm.

**The event:** 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 (if we can persuade them to open that early!).



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.

**Camping:** Contact Ravenglass Camping & Caravan Site directly on 01229 717250. State you're with the Seaquest Sea Kayak event to get the special price.

## Important Information on Safety and Timings

### Format on the Day

1. Register between 8.30am & 10.15am at **EVENT CENTRE** - Ravenglass south beach GR084962.
  - Complete the entry/safety form (see attached)
  - Donate £7 (£6 for BCU club members) to cover cost of maps, punch cards, BCU insurance and donation to our chosen charity (Coast Watch)
  - Collect punch, map & placcy bag for map (control locations and values are on map)
  - Read risk assessment on side of car
  - See Phil for brief on orienteering and ask him any questions about event
2. Unload boat by very latest 10.15am on to Ravenglass south beach
3. 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
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. 10.30am – compulsory briefing. Mass Start at 10.45am
6. Select route, visit controls, help others in difficulty, take care, etc
7. Aim to return within 3 hours (by 1.45pm (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 Holly House Hotel. Bar snacks available.

**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:** High tide at 12.00 noon +/-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 but mostly just gentle tidal flows, which help enormously when you are with them. NB Penalty points for coming in late (after 3 hours)

**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!)

**General Information:** For information on previous Seaquests have a look at the following:

- <http://www.performancesekayak.co.uk/Pages/Articles.html>
- <http://jimskisblog.blogspot.com/2007/05/ravenglass-seaquest.html>
- <http://jonlynch.wordpress.com/2010/04/17/ravenglass-seaquest/>
- <http://manckayak.blogspot.com/2007/05/ravenglass-seaquest.html>
- <http://bluggery.spaces.live.com/Blog/cns!6CBA75716863F8CE!220.entry>
- [http://www.oag.me.uk/ravenglass\\_seaquest\\_08.html](http://www.oag.me.uk/ravenglass_seaquest_08.html)



**Accommodation:** Ravenglass Camping and Caravan Site is the recommended site and are kindly offering us a special price of £6pppn – please ring in advance so they can select the area to put us in (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.

**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>.



**Sunday:** Some people enjoy a leisurely paddle to help me collect controls in. Wastwater is a scenic paddle just a few miles away and there are the St Bees red sandstone sea cliffs nearby to explore for the more adventurous.

**Annette**

[annette@blengdalerunners.co.uk](mailto:annette@blengdalerunners.co.uk), 07740 740516



**REGISTRATION FOR SEAQUEST FOR COMPLETION ON THE DAY**  
(One form per team please)

**Name of team (or person if solo):**

**Category:** Please circle relevant bits!

Kayak Solo - *Gent or Lady*                      Kayak Double - *Gents, Ladies or Mixed*

Kayak Pair - *Gents, Ladies or Mixed*      Kayak Group (more than 2)

Kayak Generation (1 person less than 18)

(Kayaks include Sea Kayaks, Sit on tops, K1s and K2s - but please state what boat you have so we can decide on categories for prizes on the day)

Canoe Solo (surely nobody will be in this category!)

Canoe Pair or more - *Gents, Ladies or Mixed*

Canoe Generation (1 person less than 18)

Other, eg rowing boat, wind surfer, pedallo, walker, biker, jet ski (without engine running), etc, ??!

	Person 1	Person 2	Others
Name			
Address			
e-mail			
BCU Club & number (if applicable)			
Colour & make of boat*			
Colour of buoyancy aid*			
Mobile number*			
Car registration*			

\*We want this information for safety reasons in case we find a lone boat or you go missing!

Donation per person- £6 for BCU club member, £7 other, £2 child if have map =

Gift Aid to Coast Watch Yes/No                      Signature:

**Disclaimer**

I understand that 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.

Signature: