**The 10th Ravenglass Seaquest - Sunday 5th June 2016**

**Event Details**

Attached is the Entry Form for the 10th Ravenglass Seaquest to be completed on the day. Keep advertising it amongst your friends/club members, and e-mail me beforehand if possible with names and categories so that I can get the start list up to date. Under 18s are welcome provided they are accompanied by parent/guardian.

The 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!) - do remember it's an estuary which is usually sheltered but occasionally choppy.

**Key timings**: - Registration opens at 9.30am, briefing at 10.30am and mass start at 10.45am and please be back by hopefully 1.45pm (and definitely by 2pm). HW 1206 at 8.5m. We’ll do prize giving at the Ratty Arms near the car park between 3pm and 3.45pm.

**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 there is an 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 - 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**: Entry on the day using either a downloaded entry form or you can pick one up from us at registration. 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...

Please note that organisers reserve the right to allocate boats to the most appropriate category.

Looking forward to seeing you on Sunday 5th June

Karen

seaquest@copelandcanoe.org.uk

077210 39596

Important Information on Safety and Timings

**Format on the Day**

1. Register between 9.30am and 10.30am at EVENT CENTRE vehicle - Ravenglass south beach GR084962.

 Complete the entry/safety form (see attached)

 Donate £7 adults, £4 under 18, £15 family, to cover cost of maps, punch cards, BCU insurance and donation to our chosen charity (TBC), (last year we donated £100 to Whitehaven First Responders.

 Collect punch, waterproof map ( & string and plastic bag if required) Control locations and values are on map

 Read the risk assessment on side of event centre vehicle

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

2. Unload boat by very latest 1015am 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 – the 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. **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. Please take care to clearly punch your card for all controls visited to help us avoid any mistakes, thanks.

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 water at 1206 +/-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 again this year so there 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 - On top of 5 points lost for the first 5 minutes, 2 more points lost per minute up to 15 minutes ( too risky! )

 >15 minutes -lose all points – sorry! (So don’t be late!)

A printed breakdown of each point lost will be available on the day should you wish to verify.

**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 (019467 82777). Also recommended, Seven Acres Campsite at Gosforth, only a few miles from Ravenglass and very near the excellent pubs of Gosforth (019467 25480). 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 on the Mite. More details on http://www.visitcumbria.com/wc/raveng.htm.

Chosen Charities. Over the years, Ravenglass Seaquest has supported several local charities. Recent beneficiaries: Whitehaven First Responders, The Great North Air Ambulance, Search and Rescue Dogs (SARDA), to Wasdale Mountain Rescue and St Bees Life Boat.

**We look forward to seeing you there!**

**Have a question? Just email us at seaquest@copelandcanoe.org.uk**

**Registration for Seaquest... one form per team please**

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

**Category: - (**Please circle as appropriate, we'll allocate on the day if you're not sure)

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

Kayak Pair: male /female / mixed

Kayak group: (more than 2) : No. in group.........

Canoe solo: (surely nobody will be in this category)

Canoe pair (or more): male /female /mixed

Canoe group

Donation per person (£7, children U16 £4, family £15 Total:

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

\*We need this information for safety reasons in case 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**: