



LAKELAND LANEQUESTS

2 hour bike orienteering events on country lanes

Suitable for all bikes and all ages

Register from 5pm, start from 5.30pm - latest start 7pm

What is a Lanequest?

There will be 30 controls placed in the area each valued at 10 points. Your aim is to collect as many points as possible and return to the finish within the 2-hour time limit. Penalty points will be deducted for late return.

The event map will be provided, pre-marked with control sites. The map will be an A4 colour copy based on an OS 1:50 000 map. *Look out for slight reductions or enlargements.* The precise point (e.g. the side of the road) where the control is placed is marked on the map with a red dot, the number for that control is also on the correct side of the road. Controls are wired onto clearly marked features - *usually footpath / bridleway signs.*

Prizes awarded for **best 4 scores out of 6 events.**

In addition, all participants in 4+ events will be included in a prize draw, courtesy of Wheelbase. Winners cut the cake at the final event.

How do I enter?

Pre-enter for as many events as you like at www.bmbo.org.uk

What happens on the night?

	If you have already entered		If you haven't yet entered
1	Go to the <i>fast track table</i>	1	Go to the <i>entry table</i> and complete an entry form (if your first week)
2	Collect your control cards for all events entered	2	Then go to the relevant table (go straight here if you have already completed an entry form at a previous event in this series) <i>Registration table 1 - Solo entries</i> <i>Registration table 2 - Pairs / groups / juniors</i>
3	Tick your name, add your emergency contact number and collect your map	3	Hand in your form / get ticked on entry list Pay your fee Give an emergency contact number Collect your map and control card
4	Plan a route to visit as many checkpoints as you can in 2 hours		
5	Prepare yourself, your equipment and your bike		
6	Go to the start and check your watch so you know your time limit		
7	Return to the finish within 2 hours and follow the marshals		
8	Add up your own score before handing in your control card		

NB if you start after 7pm, your finish time will still be 9pm.

Results for each event will be posted at www.wheelbase.co.uk

What happens if I'm late back?

- 2 points per minute (or part minute) up to 5 minutes late
- 5 points per minute (or part minute) for 5 -10 minutes late
- 10 points per minute (or part minute) for 10 - 20 minutes late
- More than 20 minutes late lose all score

Rules of the event

1. Follow the cycling code at all times. In particular, keep left, stay alert and ride in control.
2. This is a road event. Do not use any footpaths, bridleways or tracks.
3. Do not do anything that you would regard as cheating if someone else did it.
4. Pairs / groups must remain in speaking range at all times and visit control points together.
5. You must report to the finish even if you retire.
6. Cycling helmets are compulsory and must be worn at all times. Other equipment recommended: waterproof clothing, watch, basic first aid, whistle, tools, puncture repair kit, pump, mobile, money for payphone.
7. Competitors must offer help to others who are injured or need assistance. Compensation for time lost will be at the discretion of the organiser.
8. If a control is missing or located in the wrong place, do not waste time looking for it. Notify the organiser at the end of the event. If this is confirmed, you will be credited with the points.
9. You compete in this event at your own risk and are responsible for your own safety. Take care on narrow country lanes, some of which are very steep.
10. You must sign the disclaimer on the entry form

Parents / guardians signing for under 18s and group leaders

Generation pairs & leaders of groups of 3 or more

- I understand the nature of the event and take full responsibility for all those in my group.
- We will cycle together for the full period of the event.

Parental consent for 16 and 17yr olds

- I understand the nature and associated risks of the event.
- I confirm that the named young person is competent to take part safely.
- I have checked that his/her bike is fully roadworthy.
- I accept that he/she takes part at their own risk.

Parental consent for 12 to 15 yr olds

- I understand the nature of the event and have spoken to this week's organiser to familiarise myself with any specific hazards on the course.
- I confirm that the named young person is competent to take part safely.
- I have checked that his/her bike is fully roadworthy.
- I accept that taking part is not without risk and those taking part do so without any direct supervision by the organisers and at their own risk.

Parent/guardian must be present throughout the event and discuss the course with the organiser and young person at each event registration.

Under 12's

- I understand that any under 12's I take with me are NOT covered by the event insurance.
- I will take sole, total and absolute responsibility for them throughout the event.