Eskdale Weekend Galoppen
Saturday 13th & Sunday 14th May (Final details v3)

As part of the WCOC 50th anniversary celebrations we are holding a double Galoppen over the weekend of the 13th and 14th May. Registration and car parking for both days will be at the Fisherground campsite and all participants are encouraged to camp overnight and hopefully enjoy some impromptu BBQs and fun activities. Go to www.fishergroundcampsite.co.uk for more details.

EVENT DETAILS – Please note there will be some further updates. You are also advised to check the website for any last minute changes in the event of bad weather or other unforeseen circumstances.

Venue Eskdale. Registration and car parking for both days will be on the Fisherground Campsite (NY 154002). Saturday will see courses on the area around Blea Tarn and Fell End on the north side of the valley and Sunday will use the Dalegarth area on the south side.

Access There are several ways to access the Eskdale valley. The main access is from the A595. The turning for Eskdale Green will be signed for both those travelling from the north and the south. There will not be signs from Hardknott or Birker Fell.
Fisherground Campsite is situated on the minor road between Eskdale Green and Boot. The most obvious landmark for those travelling in from the west is the King George IV Inn. From here the campsite is reached by turning off, following signs to Boot. The campsite is 500 metres on the left. Please take care as you approach and enter the campsite as there will be competitors on the road.

Parking Parking for both days is on the Fisherground campsite. You are encouraged to car share if you are not camping. There will be a charge of £4 each day (not applicable to anyone already camping). Once you arrive at the campsite, please follow the directions of the marshals. The parking area can accommodate small minibuses.

Toilets These will be available at the registration only using the campsite facilities.

Entry on Day Cost £8 seniors (£6 for BOF members) and £3 juniors.

North West Junior Squad A cake and refreshments stall will be available near the registration caravan on both days. They will be fundraising for the squad activities including the legendary Norwegian coaching trip they undertake every two years. Please support them, they are the future.

Terrain Open fell with complex contour detail on both days.

Safety Competitors take part at their own risk and are responsible for their own safety. Whistles are compulsory and there will be a whistle check before the start. **NO WHISTLE NO GO.** In the event of bad weather a hooded waterproof top, hat and gloves may be compulsory. You will be advised at registration if this is the case. The event is in May and out on the open fell - it can still be very cold and wet. Come prepared.

Full leg cover is required. The area is grazed by sheep, so check afterwards for ticks.

First Aid on both days will be available at registration/enquiries/download (all one place)

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SATURDAY – BLEA TARN AND FELL END (the north side of the valley)

Registration, Start Times and Course Closure
Registration on Saturday is from 12:00 to 14:00. Starts from 12.30 to 14:45. Courses close at 16:30. YOU MUST download, even if you retire. This is a safety requirement. The download will be near registration at the campsite.

Walk to the start/finish.
There will be two starts and two finishes. The yellow and orange courses are close to the campsite – 300m (allow 10 minutes). The track does involve crossing a narrow gauge railway track. There is a crossing point but please ensure that if necessary juniors are supervised. The finish for the yellow and orange courses is in the same area and the way back to the campsite/registration returns along the same route used to get to the start.

For all other courses the start and finish are further away from the campsite. The start is approx. 500m with 170m climb (allow 20 to 30 minutes). Start and Finish are NOT in close proximity to each other, and there is no official clothing drop. The narrow gauge railway will be crossed both on the way to the start, and returning from the finish. There is a crossing point but please ensure that if necessary juniors are supervised.

Map 1:7500 and 1:5000. You should USE MARKED CROSSING POINTS ONLY.

Courses

Course	Distance (km)	Climb (m)	Controls	Map scale	Start	Finish
Brown	5.9	270	25	1:7,500	Far	Far
Blue	4.7	240	24	1:7,500	Far	Far
Green	3.9	225	21	1:7,500	Far	Far
Short Green	2.8	110	15	1:7,500	Far	Far
Light Green	2.7	145	12	1:7,500	Far	Far
Orange	1.4	80	9	1:5,000	Near	Near
Yellow	0.9	55	7	1:5,000	Near	Near

First Aid will be available at registration/enquiries/download (all one place)

Planner: John Taylor

Organiser: Ange Jackson (angejackson@hotmail.com, Tel :01900 821844)
: Scott Ashworth (scottlashworth@hotmail.com, Tel : 01900 825420)

Controller: Roger Thomas

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SUNDAY – DALEGARTH (the south side of the valley)

Registration, Start Times and Course Closure
Registration on Sunday is from 10:00 to 12:00. Starts from 10.30 to 12:30. Courses close at 14:30. YOU MUST download, even if you retire. This is a safety requirement. The download will be near registration at the campsite.

Walk to the start/finish.
There will be one start and one finish within close proximity on the open fell. The distance from Fisherground to the start is approximately 1.5k and is mostly level easy walking with a 60m climb over the last 0.5k. The route to the start passes close by the finish, so clothing can be dumped if required.

Map 1:10,000 with 5m contours. There will be several crossing points. You **MUST USE MARKED CROSSING POINTS ONLY.**

Courses

Course	Distance (km)	Climb (m)	Controls
Brown	7.8	340	23
Blue	6.5	260	18
Green	4.0	170	14
Short Green	2.9	120	13
Light Green	3.3	140	12
Orange	2.3	90	14
Yellow	1.5	60	11

First Aid will be available at registration/enquiries/download (all one place)

Planner: John Bacon

Organisers: Ann and Richard Cummings (rwcamc@btinternet.com Tel. 01900 64321)

Controller: Chris Emerson