

WCOC High Brow Cumbrian Galoppen

Sunday 2nd May 2021

FINAL DETAILS

This event will be run under British Orienteering guidelines for Covid secure events. All participants must familiarise themselves with the British Orienteering Participant Code of Conduct. (Link below). They must NOT attend if they or any member of their household has Covid symptoms. Maintain social distance at all times from fellow competitors and event officials, use the hand sanitising stations provided and do not linger to socialise. Arrive, Run, Depart. Thank you.

[BO Participant Code of Conduct](#)

TRAVEL DIRECTIONS

The event will be signed from the A5091 at GR 391243 sign posted Douthwaite Head and High Row. All participants must approach the event from this direction. A one way system will operate with competitors departing from High Row to Dockray village. Please do not attempt to arrive at the event directly from Dockray village.

PARKING

Parking is a sensitive issue at this event so please read these notes carefully and comply with the instructions of the parking marshals.

The usual parking field adjacent to Assembly is not available due to lambing. In addition, the Parish Council has asked that we minimise parking on the roadside verge and that we do not block the road to local traffic.

Please share transport as much as your family and support bubbles will allow. Also, if you are able to park elsewhere and cycle in to the event that would be a great help. There is very limited parking for large vehicles and campervans. If you have to bring a large vehicle please contact the organiser in advance.

There will be three parking areas:

1. A forest road adjacent to the access road. We will fill this first with cars having only one or two occupants. Walk to the start from this parking will be 2.0 – 2.5km along the quiet access road with minimal climb.
2. Along the grass verge of the access road where this is possible. Please park as directed by the parking volunteers ensuring access for local traffic. Please share travel. You may be parked up to 2km away from assembly. Take care walking to assembly and on return after your run.
3. The National Trust 'quarry' car park 700m south of Dockray village is also available, but we do not have exclusive use. This will be the most convenient parking for large vehicles. The usual NT parking charges will apply but it's free to members with their membership card. The walk to Assembly is 2.3km and 140m climb. The first 700m to Dockray is along the A5091 and there is no footpath. The remainder is on a very quiet minor road from Dockray up to High Row. This option is not recommended for families with children.

FACILITIES AT ASSEMBLY

Assembly is located in the informal car park at High Row. If you are parked in areas 1 and 2 simply carry on walking along the minor road. No Entry on the Day. Two box toilets close to the fell gate - please use the provided hand sanitiser. Enquiries, Yellow map collection and download will be available from a car close to the gate. No results splits will be provided on the day. No key drop available. A First Aid bag will be available. Please try and self administer First Aid.

STARTS/FINISH

There are two starts. All competitors must go through the fell gate and be checked off the start list. Whistles are recommended. Cagoules will be checked here if deemed compulsory. Please sanitise your hands at the fell gate before and after your run.

Start 1 - 250m / flat walk from fell gate - green, short green, light green, orange, yellow.

Start 2 - 150m / flat walk from fell gate - brown, blue.

Finish is unmanned and is 150m from the fell gate, in a different direction to the starts. Clothing may be left, at your own risk, at either the starts or the finish.

START SAFETY PROCEEDURE

Please try and arrive at the start in your pre entered time slot. Follow the instructions of the start officials and maintain social distancing. It is a punching start at 1 minute intervals.

COURSES/TERRAIN NOTES

No loose control descriptions – only on maps.

High Brow is an area of open fell lying between 400m and 570m above sea level. It has some contour and rock detail and few line features. There are some marshy areas but, at the time of writing, these are relatively dry after the recent dry weather. The runnability is generally good but will be slower in the areas of marsh and tussocks. Shorts are permitted.

A black circle on the map is a wooden post. The corresponding control description is X.

| | | |
|-------------|-------|---|
| Brown | 8.3km | 1:10000 |
| Blue | 6.2km | 1:10000 |
| Green | 4.5km | 1:10000 |
| Short green | 2.8km | 1:7500 |
| Light green | 3.6km | 1:10000 |
| Orange | 2.7km | 1:7500 |
| Yellow | 1.9km | 1:7500 - Collect map from Enquiries car in Assembly |

High Brow is exposed, high Lakeland fell. Please come suitably equipped. Whistles are recommended and cagoules may be compulsory. If this is the case signs will be placed on the event access road. The safety bearing is East, which will eventually bring you back to start/finish area.

EVENT OFFICIALS

Organiser: Nick Evans evansnj2018@gmail.com Phone 07967 647028. Calls only before 10pm.

Planner: Michael Billinghamurst

Controller Steve Birkinshaw

Nearest A & E Hospital:

Penrith Urgent Care Centre
Bridge Lane
Penrith
CA11 8HX