West Cumberland Orienteering Club welcomes you to High Brow Galoppen event.

Safety information;
Please keep children under supervision near moving traffic.
If we have had to use verge parking there may be some enormous timber stacks adjacent to the road. Keep well clear!

You'll be running on exposed fellside - please dress appropriately.

You must carry a whistle. Also look for signs stating whether carrying a waterproof is compulsory. YOU carry the responsibility to do this.

North edge of competition area is bounded by the old coach road (also used for route to Start) where you may encounter off-road vehicles.
If you become disorientated, Safety bearing is East; if you come to the coach road track, follow it East & South. If you come to a wall, don't cross it, but follow it East & North. There is a safety bearing note on the map. Please ensure juniors understand this.

Courses close at 2:30pm. YOU MUST REPORT BACK TO DOWNLOAD BEFORE 2:45pm, EVEN IF YOU RETIRE. After that, we're calling Mountain Rescue Team.

Some longer courses cross peaty areas. There are occasional hags (some used for control sites) with unexpected drops into them greater than 1m. If you fall into one, you may land in soft peat, but equally you may be injured. Please be aware.

Yellow course maps will be issued at Registration. Please take the opportunity to coach juniors before they set off on their run.

Courses;

Yellow	1.6 k	65 m ascent
Orange	2.3 k	80 m
Light Green	3.1 k	100 m
Short Green	2.8 k	120 m
Green	3.9 k	140 m
Blue	6.3 k	210 m
Brown	8.2 k	250 m

Registration: Please complete a pink card for each runner and take to Registration with entry fee; Seniors £8 (£6 for BOF members), Juniors £3.
If you need to hire a dibber, ask at Registration. Hire charge is £1.

Distance to Start; 350 m along level track, passing Finish on the way.

Results will be updated periodically and displayed at the caravan. Full results will be published on WCOC website; www.wcoc.co.uk