West Cumberland Orienteering Club

ESKDALE - DALEGARTH GALOPPEN SUNDAY MAY 21ST 2023 v2

Welcome to West Cumberland Orienteering Club's Eskdale - Dalegarth orienteering race. Part of the Galoppen series – for other races in the series involving all the Cumbrian orienteering clubs please see the website https://cumbriangaloppen.co.uk/2023-3/

One of WCOC's best areas - Open complex fell. Rough underfoot in parts, undulating with abundant marshes, boulders, crags and knolls.





Update 12 May WEEKEND ROAD CLOSURE – A595 at Moresby

Official alternative route from North (Cockermouth) is via the A5086

ROUTE TO START contains important safety information

The route leaves the car park by the access gate for a **short stretch of road walk** (TAKE CARE) before following a bridleway alongside the river Esk. It then follows a path, rough open land and woodland to climb to the fell wall. The route has been agreed with the landowner to avoid sensitive habitats and you MUST follow the taped route. Allow a good 30 minute walk. The route back from the finish is the same.

IMPORTANT SAFETY INFORMATION re courses

The area contains many high crags and other rock features. Please be careful and warn your juniors regarding watching out for these hazards. Hooded waterproof jackets may be compulsory if weather is bad. Whistles are compulsory. The road is out of bounds to all competitors (while competing), it is overprinted with X X X

PARKING AND ASSEMBLY

Parking and assembly is in the show field just south of King George pub in Eskdale valley.
£2 payable for parking – please pay the marshal in the parking field.

Grid Ref: **SD1489 9961** Google Maps: google maps link

FACILITIES

Toilets and First Aid at assembly. Cake stall also selling hot drinks will be available – please support our club juniors.

ENTRIES

Entries close Wednesday May 17th, for entries and to view entry list see this link ENTRIES There will also be EOD for the yellow course.

START TIMES

10.30am to 12.30pm – courses close 2.30pm. The Start and Finish are close, so competitors may leave clothing at the Finish.

You must remember to download on your return to the parking field, even if you do not finish your course. Due to the nature of the terrain, any missing competitors will result in a mountain rescue call out.

COURSES

Course	Length km	Climb m	Map scale	Map size
Brown	7.6	350	1:10,000	A4
Blue	6.4	290	1:10,000	A4
Green	3.9	200	1:7,500	A4
Short Green	2.9	130	1:7,500	A4
Light Green	2.4	90	1:7,500	A4
Orange	1.9	70	1:7,500	A4
Yellow	1.7	50	1:7,500	A4

Controls will be SIAC enabled. It is a punching start. Descriptions are on the front of the map and loose control descriptions are available at the Start.

Terrain

The area is open fell and generally runnable but rocky in places. Bracken growth should not be such to impede progress but marshes may. There are some unmarked minor paths and quadbike tracks. Bracken is not mapped. The mapping of trees on the open fell with the white screen is inconsistent, not all trees are mapped.

Some of the dead bracken from last year is sharp. **Full leg cover** advised.

Given the nature of the terrain, it has not been possible to use line features for all of the Yellow and Orange. These courses have some fully or partially taped legs. The Light Green course shares some of these taped legs.

Only Blue and Brown course competitors will need to cross any walls or fences. Other than those obviously ruined, these MUST only be crossed at marked crossing points. Walls and fences have not been marked as uncrossable by an overlay so as not to obscure map detail. Please leave gates as you find them.

Planner: Ann and Richard Cummings
Controller: Roger Thomas
Organiser: Helen Rennie any queries please email jamie.rennie@btinternet.com