



High Rigg Galoppen 8th March 2020

(|Details v2 25/02/2020)

West Cumberland Orienteering Club welcomes you to the first Cumbrian Galoppen of 2020 located on High and Low Rigg, at the northern end of St John's in the Vale near Keswick.

Terrain: High Rigg is open fell with complex contour, rock detail and marshes. There are some linear features such as walls and a limited path network. Low Rigg is lower with a more distinct path network and walls. It also has rock, marsh and a small tarn. There are some significant areas of bracken (dead and new growth) and so full leg cover is mandatory. The area is grazed by sheep so check afterwards for ticks.

Car Parking & Approaches: Parking will be along the old A66. Please use the single road entry from the A66 as described below, (GR 290243). This will make car parking more manageable and avoid competitors heading to the starts.

If approaching from the West the junction, signed Burns, is just after the A66 bridge past Keswick (GR 290243). Take care crossing the A66.

From the East, ignore the first turn left just beyond Threlkeld (GR 315248). Carry on (~2.5km) to the next left turning to Burns at (GR 290243).

From the South (via the A591) please use the B5322 (GR 318189) St John's in the Vale and **continue to the A66**. Turn left and follow directions approaching from the East as above. Please DO NOT approach from the turning part way along the B5322 at Wanthwaite.

Please follow the instructions of the car parking marshals.

| Please also take care on the road near the parking area as local traffic will use this road.

Registration & Starts: EOD only.

Entry fees: Seniors £7 (BOF members), £9 (non BOF) and Juniors £3.

Dibber hire £1 (if lost £30 charge).

Registration: 10:00 to 12:00 (note walk to far start)

Starts: 10:30 to 12:30

Courses close: 14:30

| Control Descriptions and Yellow maps will be handed out at Registration.

There will be a Near and Far Start. The walk to the far start (High Rigg) is ~2.2 km and 70m total ascent (~30-40 mins). It is along minor roads, a footpath and track with a moderate amount of ascent at the end. It passes nearby farms and houses so please close all gates, be courteous and do not drop litter. The route will be marked.

The walk to the Near start (Low Rigg) takes a footpath off the route to the far start and is ~1km (10 mins).
 Punching starts will be used.
 SIAC will be enabled.

The Finish for all courses is close to the near start.

Enquiries & Download: These will be in the caravan near Registration.

ALL competitors MUST download their SI card on return. This is important and is a safety measure. The area is moderately high and the long courses will extend quite a distance from the cars and enquiries.

Clothing Dump: Due to transport logistics, there will not be a clothing dump at the far start.

Safety: Suitable bad weather clothing may be compulsory. This will be clearly signed on the day. If in doubt check at registration. Whistles **are compulsory**.

Competitors take part at their own risk and are responsible for their own safety.

|Courses:

Colour	Length (km)	Climb (m)	Controls	Scale	Start
Brown	8.3	435	22	1:10000	Far
Blue	6.6	410	17	1:10000	Far
Green	4.9	260	15	1:10000	Far
Short Green	3.6	185	10	1:10000	Far
Light Green	3.7	230	11	1:7500	Far
Orange	2.5	100	10	1:7500	Near
Yellow	2	85	10	1:7500	Near

Mapping: 1:10 000 or 1:7 500, both with 5m contours. USE MARKED CROSSING POINTS ONLY.

High and Low Rigg has a developing path network, only the main paths are mapped, there are numerous other minor paths not shown.

Dogs: No dogs allowed on the courses. Dogs must be on a lead in the parking area.

Facilities:

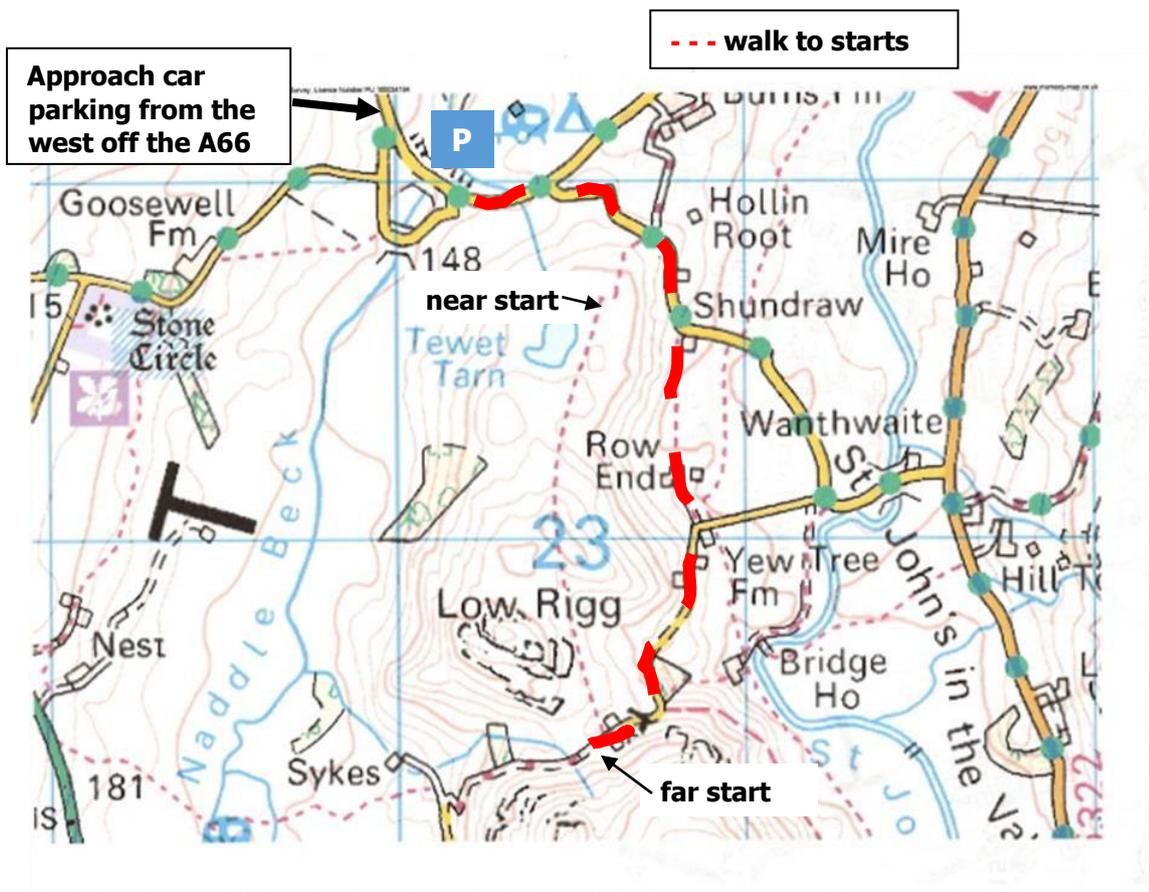
Toilets will be near the parking.
 North West Junior Squad cake stall will be at assembly.

Event Officials:

Planner: Scott Ashworth WCOC

Controller: Steve Birkinshaw WCOC

Organisers: Liz Elliott (m: 07857 034248, e: lizdelliott@btinternet.com) and Anne Burbidge WCOC



Thanks to the landowners for granting access permissions.