



High Rigg Galoppen

Sunday 19th March 2023

(Provisional Details 08/03/2023)

West Cumberland Orienteering Club welcomes you to the second Cumbrian Galoppen of 2023 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.

Large areas of both High and Low Rigg have significant bracken growth. The dead bracken can impede progress in places.

Parking & Approaches: Parking will be along The Old Coach Road, (old A66). Nearest post code: **CA12 4AJ**, Sunset Hill Business Park. Parking and assembly are a short distance east of this.

Grid Ref: **NY302239**

what3words: **///taped.repeat.gearbox**

Please DO NOT attempt to park near St John's church or the Youth Centre.

Approaching from the West, use the junction signed Burns just after the A66 road bridge past Keswick (GR 290243). The event will be O-signed from this road junction.

Approaching from the East, turn left off the A66 just beyond Threlkeld (GR 315248 and signed Castlerigg Stone Circle), however, if you miss this turn, in 2.5km, the event is O-signed from the next left turning to Burns (GR 290243).

Approaching from the South via the A591, take 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 along the minor road off the B5322 at Wanthwaite. This road is narrow and will be used by competitors heading to the start.

Please follow the instructions of the car parking marshals. Take care on the road at the parking area and supervise small children.

Entries:

Online entries via SiEntries. Entries close 15th March.

Entry fees: Seniors £9 (BOF members), £11 (non BOF) and Juniors/Students £5.

Dibbers are available to use, (if lost £30 charge).

Assembly:

Enquiries:

Yellow maps and hire dibbers will be handed out at enquiries.

Key drop available.

First Aid Kit.

Starts: 10:30 to 12:30
Please note 30-45mins walk to start.
Loose control descriptions will be available at the start.

Courses close: 14:30 You **must** have downloaded by course close.

The walk to the start on High Rigg is ~2.6 km and 180m ascent, (~30-45mins walk). Please allow plenty of time. The route passes nearby farms and goes through one property, so please close all gates, be courteous and do not drop litter. There will be traffic heading to church so please keep to the roadside. The route will be marked.

Punching start.
SIAC will be enabled.

The finish for all courses is approx. 10mins walk from assembly.

Download: will be in the caravan at assembly.
ALL competitors **MUST** download, even if you retire. Please download as soon as you return to assembly.

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

Safety: The event is on quite open and exposed terrain so bring suitable bad weather clothing. Waterproof top may be compulsory. This will be clearly signed on the day. Whistles are compulsory.
Full leg cover is compulsory and as the area is grazed by sheep check afterwards for ticks.

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

Courses (subject to controlling):

Colour	Length (km)	Climb (m)	Scale	Map Size
Brown	8.9	380	1:10000	A3
Blue	6.7	330	1:10000	A3
Green	4.7	210	1:7500	A3
Short Green	3.0	100	1:7500	A4
Light Green	3.7	130	1:7500	A3
Orange	3.1	100	1:7500	A4
Yellow	2.5	80	1:7500	A4

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

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 at assembly.

North West Junior Squad cake and drinks stall will be at assembly. Please bring some extra cash and support them.

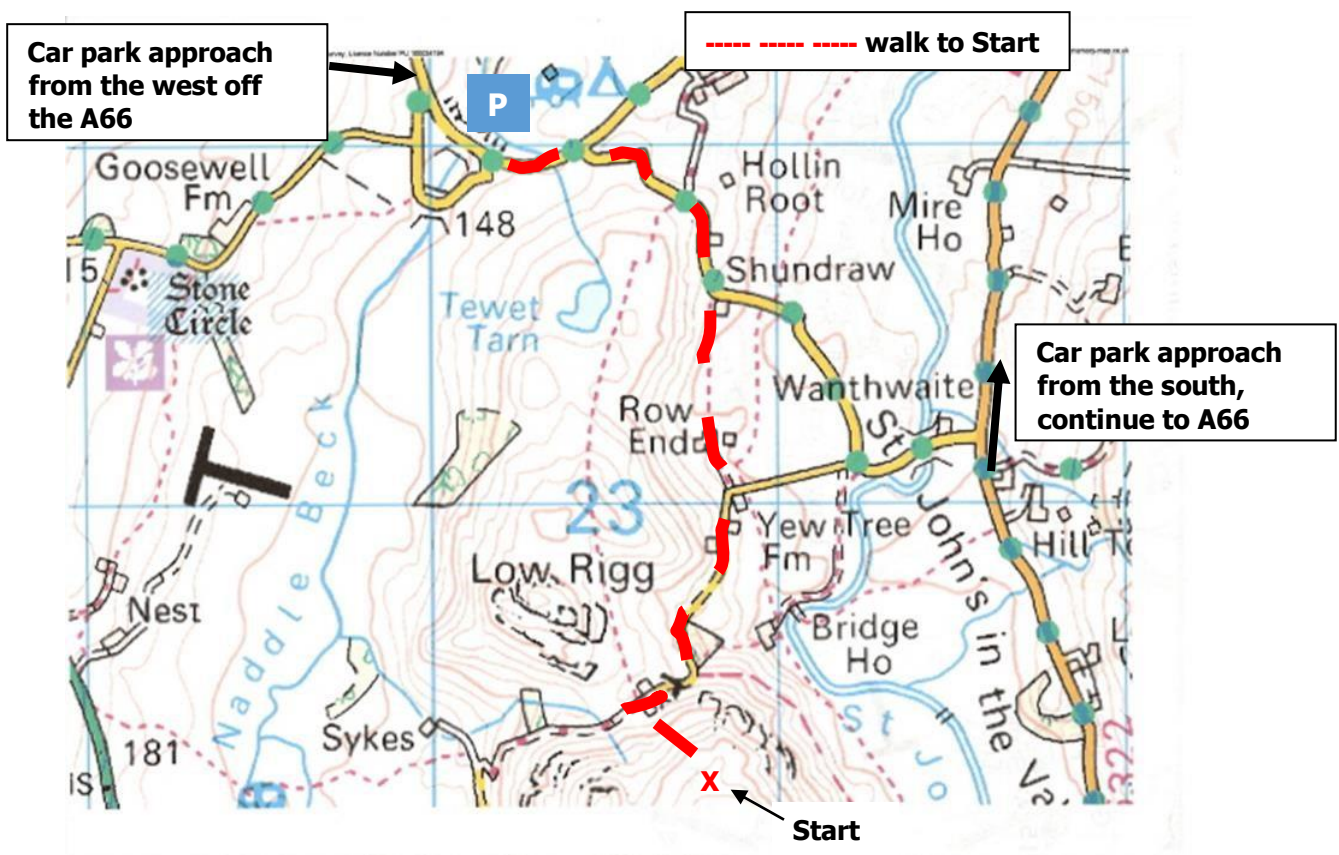
Event Officials:

Planner: Bob Barnby WCOC

Controller: Steve Birkinshaw WCOC

Organisers: Liz Elliott (lizdelliott@btinternet.com) and Anne Burbidge (anne_burbidge@hotmail.com) WCOC

Emergency number on the day: 07857 034248



Thanks to the landowners for granting access permissions.