

Gallopen High Rigg 29th April 2018

(Details 08/04/2018)

West Cumberland Orienteering Club (WCOC) will be hosting the Gallopen at High Rigg, Near Keswick. Situated at the North end of St Johns in the Vale.

Event: This is colour coded event, competing for points towards the Borrowdale Trophy.

Terrain: This is two areas, High Rigg is open fell with complex contour, rock detail and marshes, with a limited path network and some linear features such as walls. Low Rigg which is separated by a col which has some buildings and road access, this 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.

Registration & Start EOD is from 9:30 to 11:30. All competitors travelling alone must leave car keys at registration for collection on return. Entry £7 Seniors £3 Students & Juniors.

Control descriptions will be issued at registration and printed on the map.

Courses open at 10.30 till approximately 12.30pm depending on numbers of entries. Courses close at 14:30.

The walk to the start is approx 2.5 km and 70m ascent (~40 mins). It is along minor roads, 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. Sunday service at St Johns Church which is close to the start is at 11am so expect some local traffic. The route will be marked.

Punching start will be used.

The finish for all courses is close to the assembly.

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

Whistles **must be** carried.

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

Courses:

1	Brown	9k			
2	Blue	7k			
3	Green	4.8k			

4	Short Green	2.7k			
5	Light Green	4k			
6	Orange	2.7k			
7	Yellow	2k			

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

Uncrossable Boundaries

There are some walls and a few fences which must not be crossed. To emphasise this, these boundaries have been overprinted with a purple line. It may be found that a few features are covered by the purple overprinting but navigation should not be affected. Blank maps showing uncrossable boundaries will be available to view at Assembly.

Car Parking & Approaches: This will be along the old A66. Please use the single road entry from the A66 as described below, (at GR 290244). This will make car parking more manageable and also avoid competitors.

If approaching from the West, the entry is just after the A66 bridge past Keswick (GR 290244). Signed 'Burns'. TAKE CARE crossing the A66.

From the East, ignore the first turn left just past Threlkeld (GR 315248). Carry on (~2.5km) to the next left turning at (GR 290244) Signed 'Burns'.

From the South please use the B5322 (GR 318189) and **continue to the A66**. Turn left and follow above directions approaching from the East as above. This is to avoid competitors using part of the road. DO NOT approach from the turning part way along the B5322 at Wanthwaite.

Please follow the instructions of the car parking marshals as parking is at a premium.

It would be helpful if visiting clubs let the Organiser know in advance if they will be using coaches or mini buses.

Dogs: There are no dogs allowed on the competition area, as there will be sheep with lambs grazing, and horses. Dogs must be on a lead in the parking area, as the parking is on road that will be busy with vehicles, competitors and some members of the public.

Enquiries & Download: This will be located near the car parking at the junction with the road which leads to the Castlerigg Stone Circle. There will be a caravan for download and enquiries.

ALL competitors MUST report to the Download and download their SI card. This is extremely 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.

Facilities:

Toilets will be near the parking.

North West Junior Squad cake stall will be at assembly.

Event Officials:

Controller:

Planner: Deborah Goodwin WCOC

Organiser: Liz Elliott (01697331461/07857034248 lizdelliott@btinternet.com)