

**WEST CUMBERLAND ORIENTEERING CLUB**  
**REGIONAL EVENT AND CUMBRIAN GALOPPEN, 21 APRIL 2024**  
**SEATOLLER FELL AND HIGH DOAT**

**Key officials**

Organiser: Michael Billinghamurst (WCOC)

Planner: Simon Thomas (WCOC)

Controllers: Dan and Karen Parker (BL)

**Terrain and map**

Yellow, orange and light green courses are entirely on High Doat, this is almost entirely open fell with typical Lakeland contour and rock details. It is divided into a number of sections by uncrossable walls. High Doat has extensive bracken cover which is expected to be either dead or early growth at the time of the event and therefore in order to aid readability of the map the bracken screen has been removed from the map.

Short green, green and blue are entirely on Seatoller fell (with brown using High Doat as well). This is generally runnable open fell, sloping down towards Honister combe with significant crags and rock features in places.

The map scale is 1:10,000.

Small fenced enclosures round single trees are not shown on the map.

**Travel directions**

The car park and event centre is at the Honister Slate Mine.

- OS grid reference: NY225135
- What3words: [tastings.hopping.unite](https://www.what3words.com/?q=tastings.hopping.unite)
- Google maps: <https://maps.app.goo.gl/fCX4KTPSKLgJompp9>

From Keswick take the B5289. Pass through Rosthwaite and Seatoller and proceed to the summit of Honister Pass.

From the West take the B5289 from Lorton. Pass through Buttermere and proceed to the summit of Honister Pass.

The Mine management have asked us to let them know the expected number of vehicles in advance, so parking must be booked in advance via SI Entries. The fee is £4 per vehicle which is a reduction on the normal Slate Mine parking charge.

Please share transport as much as possible.

Alternatively the number 77 bus runs hourly between Keswick and Honister.

**Event Centre**

Enquiries and download will be at the car park.

The Slate Mine toilets are available for competitors, and you are encouraged to use the Slate Mine café. No muddy shoes or spikes in the buildings please.

### **Starts and finishes**

Due to the nature of the area there will be 2 starts and 2 finishes, as the terrain near the event centre is unsuitable for the less technical courses.

The near start is 200m South of the event centre.

The near finish is adjacent to the event centre.

The far start and finish are close together, 1.6km East of the event centre. We will provide a shuttle service for orange and yellow course competitors, and any very elderly competitors on the light green course, to and from a point around 600m from the start/finish. As entries on these classes are low there will not be a timetable for the shuttle. When you are ready to go to the start, go to enquiries and make yourself known. For return journeys, we will aim to be at the drop off point every half an hour.

The start and finish used by each course is shown in the course details.

Loose control descriptions will be available at the starts.

### **Start times**

10:30 to 12:30.

### **Course details**

| <b>Course</b> | <b>Length (km)</b> | <b>Climb (m)</b> | <b>Start</b> | <b>Finish</b> |
|---------------|--------------------|------------------|--------------|---------------|
| Brown         | 7.5                | 550              | far          | near          |
| Blue          | 5.6                | 280              | near         | near          |
| Green         | 4.0                | 180              | near         | near          |
| Short green   | 3.0                | 150              | near         | near          |
| Light green * | 3.1                | 200              | far          | far           |
| Orange        | 2.3                | 150              | far          | far           |
| Yellow        | 2.1                | 100              | far          | far           |

\* The light green course includes a loop. One control is visited twice and must be punched at each visit.

### **Punching system**

SportIdent will be used. SIAC will be enabled.

### **Entries and car park booking**

All courses must be pre-entered. The entry closing date is 17 April.

[https://www.sientries.co.uk/event.php?event\\_id=13351](https://www.sientries.co.uk/event.php?event_id=13351)

### **Safety**

Competitors are reminded that they take part in this event at their own risk and are responsible for their own safety at all times. The organisers will, however, be putting in place the following safety measures:

- Courses close at 14:30.
- All competitors must download by 15:00 at the car park whether or not they complete the course.
- Whistles are to be carried.
- Waterproof cagoules may be required, depending on the weather forecast. If so you will be notified at the entry to the car park.

Competitors should note that much of the terrain is steep, rough and rocky, and has some high cliffs.

The brown and blue courses cross a bridge close to the road crossing that is extremely slippery when wet. You are advised to walk across this bridge.

For minor injuries the nearest Urgent Treatment Centre is at Keswick Community Hospital, Crosthwaite Road, Keswick, CA12 5PH.

For serious injuries, the nearest A&E is at West Cumberland Hospital, Homewood Rd, Hensingham, Whitehaven CA28 8JG.

### **Dogs**

Dogs are allowed in the car park if on leads and under control. No dogs on the courses please.

### **Cancellation**

WCOC reserves the right to cancel or postpone the event at short notice in extreme circumstances. In the unlikely event of cancellation/postponement, information will be posted on the event website [West Cumberland Orienteering Club \(wcoc.co.uk\)](http://WestCumberlandOrienteeringClub(wcoc.co.uk)), and we will aim to email competitors accordingly through the SI entry system. WCOC reserves the right to retain all or part of the entry fee to cover costs already incurred.

### **Acknowledgements**

Thanks to the National Trust for access to the area and to Honister Slate Mine for use of the car park and facilities.