



West Cumberland Orienteering Club

LANK RIGG GALOPPEN SUNDAY MAY 8TH 2022

Welcome to West Cumberland Orienteering Club's Lank Rigg orienteering race. Part of the Galloppen series – for other races in the series involving all the Cumbrian orienteering clubs please see the website <https://cumbriangalloppen.wordpress.com/2022-3/>

Lank Rigg is classic open remote fell with a variety of contour features, marshes, crag and rock detail across the area. The fellside has a very limited path network as it is seldom trodden by people but if clear you will be treated with a great view of the Scafell Range from a different angle. Also take time to visit the historic pack horse bridge near to the finish.



IMPORTANT TRAVEL INFORMATION re Fred Whitton cycling sportive

Cyclists taking part in the Fred Whitton challenge will be cycling past on the Cold Fell road (between 10am and 2pm) take care when driving into and out of the parking field and when crossing the road.

The sportive is also likely to slow your journey to the event (especially from Kirkland) please see the link for their route <https://www.fredwhittonchallenge.co.uk/route/>

IMPORTANT SAFETY INFORMATION re courses

Lank Rigg is exposed fellside, hooded waterproof jackets may be compulsory if weather is bad. Whistles are compulsory.

All courses (except Yellow and Orange) cross one or more streams that may require care after heavy rain. Green and Blue courses cross a stream near several impassable crags. Take Care. They are not taped.

PARKING AND ASSEMBLY

Parking and assembly is in a farmer's field off the Cold Fell Road, Ennerdale and Kinniside, Copeland, CA22 2PF.

£1 payable for parking – please pay the marshal in the parking field.

Grid Ref: **NY056108**

Google Maps: **Location**

what3words: **///digitally.closer.smarter**

Due to the cycling sportive on the Cold Fell Road, please follow the instructions of the marshals leading you into the car park in your vehicle and when crossing the same road to go to the start and return from the finish.

FACILITIES

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

ENTRIES

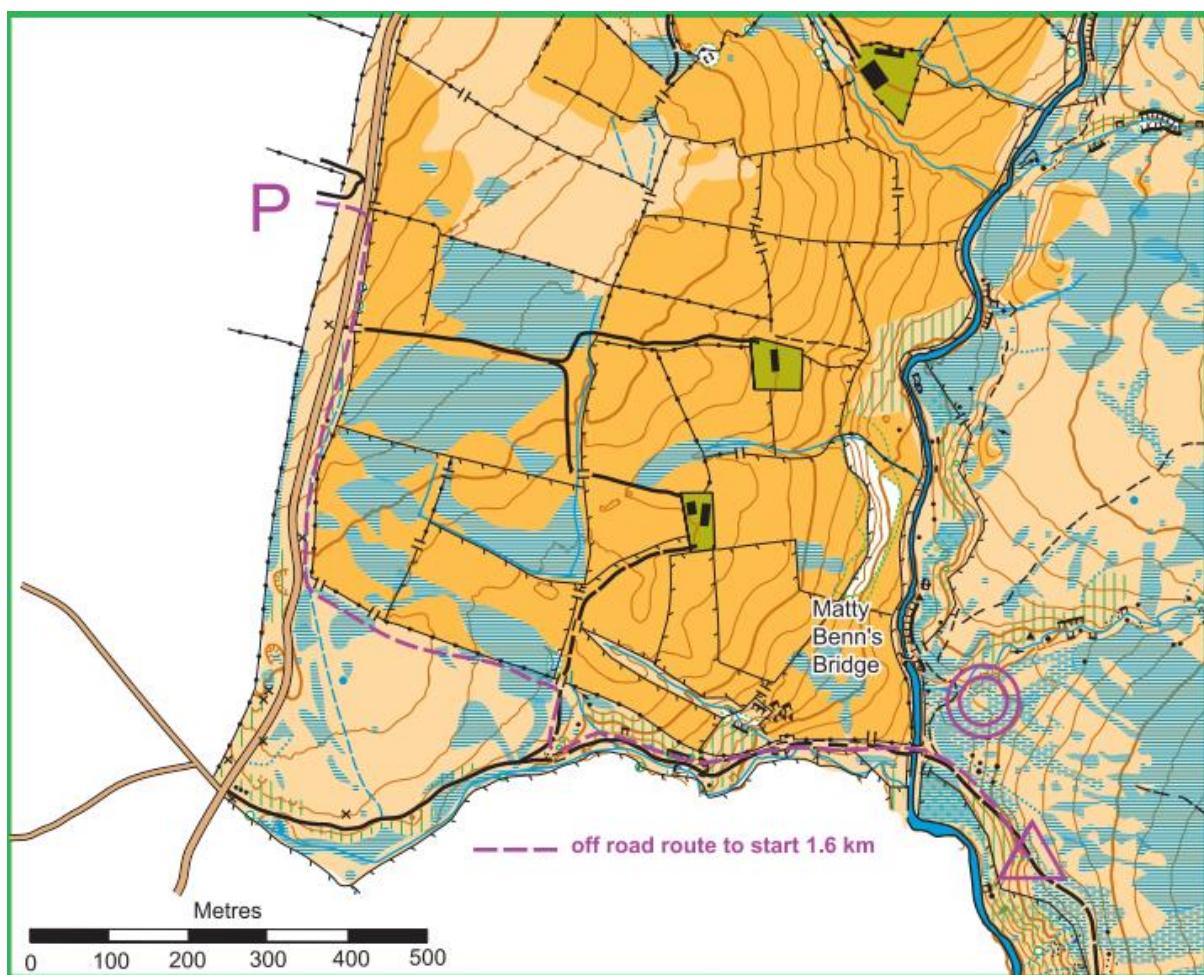
Entries close Wednesday May 4th, for entries and to view entry list see this link [**HERE**](#).

Entry on the day for Yellow/Orange courses only- cash only. Seniors £10
Juniors/Students £5. SI cards are available for hire at no charge.

START

There will be a 1.6km walk to the start and a 1.5km back from the finish. Starts are from 10.30am – 12.30pm, please leave enough time to get to the start. Courses close 2.30pm.

Please follow the marshal's instructions when crossing the road, as cyclists will be moving fast along this road.



The Finish is close to the route to the start and clothing/food can be left here for your walk back to download.

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 | Controls | Map scale | Map size |
|-------------|-----------|---------|----------|-----------|----------|
| | | | | | |
| Brown | 9.5 | 370 | 13 | 1:10,000 | A3 |
| Blue | 7.2 | 300 | 10 | 1:10,000 | A3 |
| Green | 5.3 | 220 | 9 | 1:10,000 | A3 |
| Short Green | 2.9 | 90 | 8 | 1:10,000 | A4 |
| Light Green | 3.7 | 125 | 7 | 1:10,000 | A4 |
| Orange | 2.6 | 75 | 7 | 1:10,000 | A4 |
| Yellow | 2.2 | 70 | 10 | 1:10,000 | 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.

MAP NOTES

Marsh symbols are used to give an indication of runnability. The standard marsh symbol indicates dense reeds or wet sphagnum, and is fairly slow to cross. The indistinct marsh symbol shows more open reeds on drier ground, or wet grassland, and is mostly 'slow run'. The edges are often vague, and should not be relied on for precise navigation.

Boulders are generally over 0.5m. Where there are runnable areas of stones including rocks close to this height, they are shown with widely spaced black dots. They don't usually affect running speed.

Solid Green denotes impenetrable gorse. Close Green hatching shows low gorse. Wide Green hatching shows areas of bracken.

There is one area of dangerous out of bounds shown, possibly relevant to the Brown course. This is a large landslip.

The competition area has two large areas designated as Scheduled Ancient Monuments. The orienteering map shows about 300 remains, dating from late Neolithic through Bronze age to late medieval. There are all sorts of features, but to the runner they mostly just look like piles of stones. **The map uses a special symbol of three black dots in a triangle, defined as 'flattened cairn or small stony area'.** Some are natural, most are probably field clearance. They also include funerary cairns and hut circles.

Planner: Alan Irving

Controller: Roger Thomas

Mapper: Pete Nelson

Organiser: Helen Rennie any queries please email jamie.rennie@btinternet.com