

WCOC Leaps Beck Galoppen Sunday 5th October



- When: Sunday 5th October
- Where: The Leaps Show field
Grid Reference - NY086183
What3Words – preparing.diver.profiled
- Parking: Level grassy field with track access, please have £2 per vehicle ready
- Assembly: Adjacent to the parking field, toilet provided.
- Dogs: Dogs on leads in assembly and not allowed on the courses.
- Terrain: Rough pasture and open fellsides, generally very runnable with some areas of heather and gorse. Longer courses have a short section in a mature conifer plantation. In some areas there are more complex sections of depressions and spoil heaps from 19th century iron ore workings
- Special symbols: These symbols are used on the map. There are no controls on them.
- O = Mine entrance. These are sometimes fenced, especially in the wooded area, but please exercise care in all cases.
- X = Post
- Safety: A whistle must be carried by all competitors. As it's October and you could be 500m ASL on an exposed fellside, gaiters and a warm hat may be compulsory. Please bring these to the event and be prepared to wear or carry them. There will be a sign in Assembly indicating if they are compulsory. Full leg cover is not mandatory but consider the weather on the day.
- Start times: 1030-1200, punching starts
- Course Close: 1430
- Start: Approximately 1km with 50m of ascent from Assembly, allow 15 minutes
- Finish: Adjacent to Assembly
- Courses: Mandatory crossing points will be marked on the map and the control descriptions.
- Short Green:** Has a small amount of steep uneven descent and contouring. People with dodgy ankles or who use a walking aid may prefer the Very Short Green which is gentler.

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Course	Distance (km)	Climb (m)	Controls	Technical Difficulty
Yellow	2.0	70	9	1
Orange	2.9	80	12	2
Light Green	3.3	125	12	3
Very Short Green	2.9	125	12	4
Short Green	3.6	160	12	4
Green	4.4	160	16	4
Blue	6.4	175	18	4
Brown	8.8	200	19	4

SportIdent: The Start and Finish SI units must be punched.

Some of the more remote controls will have SIAC disabled, so you will have to punch. This is for safety.

Entries: Entries are now open on SiEntries, <https://www.sientries.co.uk/>. Entries close Wednesday 1st October.

Download: Please remember to download even if you don't complete your course, we need to know you have safely returned so we do not inform Mountain Rescue.

Planner: Kate Charles (WCOC)

Organiser: John Slater (WCOC) runningmarra@gmail.com

Controller: Paul Watson (BL)

Mapper: Pete Nelson (WCOC)