

Ling Fell & Wythop Moss

(These notes updated 8th Sept)

WCOC Cumbrian Galloper Colour Coded event near Bassenthwaite Lake 18th September 2022

Area is open fell on the Northern fringe of the Lake District offering wide ranging views across North Cumbria to the Solway and the Scottish hills.

Elevation is moderate between 250 and 370 metres.

Safety

Before your run, you **must check in at Registration** so we know you're out there.

After your run, you **must download at caravan**, even if you retire, so we know you're back safely.

Please bring suitable clothing in case weather is bad. Carrying a waterproof & whistle may be mandatory.

Parking is in a field on Old Scales farm at GR NY 196 287. Postcode CA13 9YR. what3words sunset.encoding.chill

Fee £2 per vehicle - please have cash ready.

It's a sharp turn into the field. Smaller camper vans should be OK if weather is, and has been, dry but I'd prefer to see cars arriving! There's limited 'hardstand' parking available in a nearby field for minibuses - please contact me if this is how you're arriving - see below. Sorry - no coaches.

There will be 2 portaloos available in the parking field.

Directions - turn South off the A66 at Embleton, GR NY 175 304, following 'O' signs onto minor road to Wythop Mill. Follow signs through the village and up the Wythop valley.

Note that route from the A66 is very narrow. This is particularly true of the lane onwards from Wythop Mill which is single track with few passing places. So please **arrive before 11:30 and don't leave until after 11:30**. This will reduce inconvenience to local residents, so please comply.

Usual **Courses** on offer;

Yellow 1.4 k, 30m climb & **Orange** 1.9k, 45m climb - for beginners and younger runners.

Light Green 3.9k, 85m climb - for improvers

Note from Controller; technical standard of Light Green course is nearer to Green than Orange.

Short Green 4.2k, 90m climb & **Green** 5.2k, 110m climb - for experienced orienteers who prefer a shorter course

Brown 8.4k, 245m climb & **Blue** 6.6k, 225m climb for experienced orienteers who prefer a longer run.

Yellow course maps will be issued at Registration, so please collect them from there. Reviewing the map and coaching the inexperienced before their run is fine. In fact, it's encouraged!

Maps for all other courses will be issued at Start.

Map note from Controller; there are numerous unmapped quad bike tracks over the whole area; keep switched on!

SI cards Those who have their own dibber will register them while entering via SI Entries. Runners who need to borrow dibbers can collect them from Registration. They are free to borrow but, if lost, we will need £30 from you to replace them.

Start is 0.7k, with 130m of ascent, from parking field.
Yellow and Orange finish is next to parking field.
Finish for all other courses has a 0.8k return to parking field.

Cost;

Seniors	£9
Juniors and students	£5

Pre entry only via SI entries please. Link [HERE](#)

Closing date for entries extended to 2359 Tues 13th Sept, but please enter asap.

Start times from 10:30 to 12:00

Courses close at 14:30

If you have any questions please email chrisemerson8@gmail.com or, if urgent, call 07709052113.

Please check here on Saturday evening to confirm event is going ahead.