

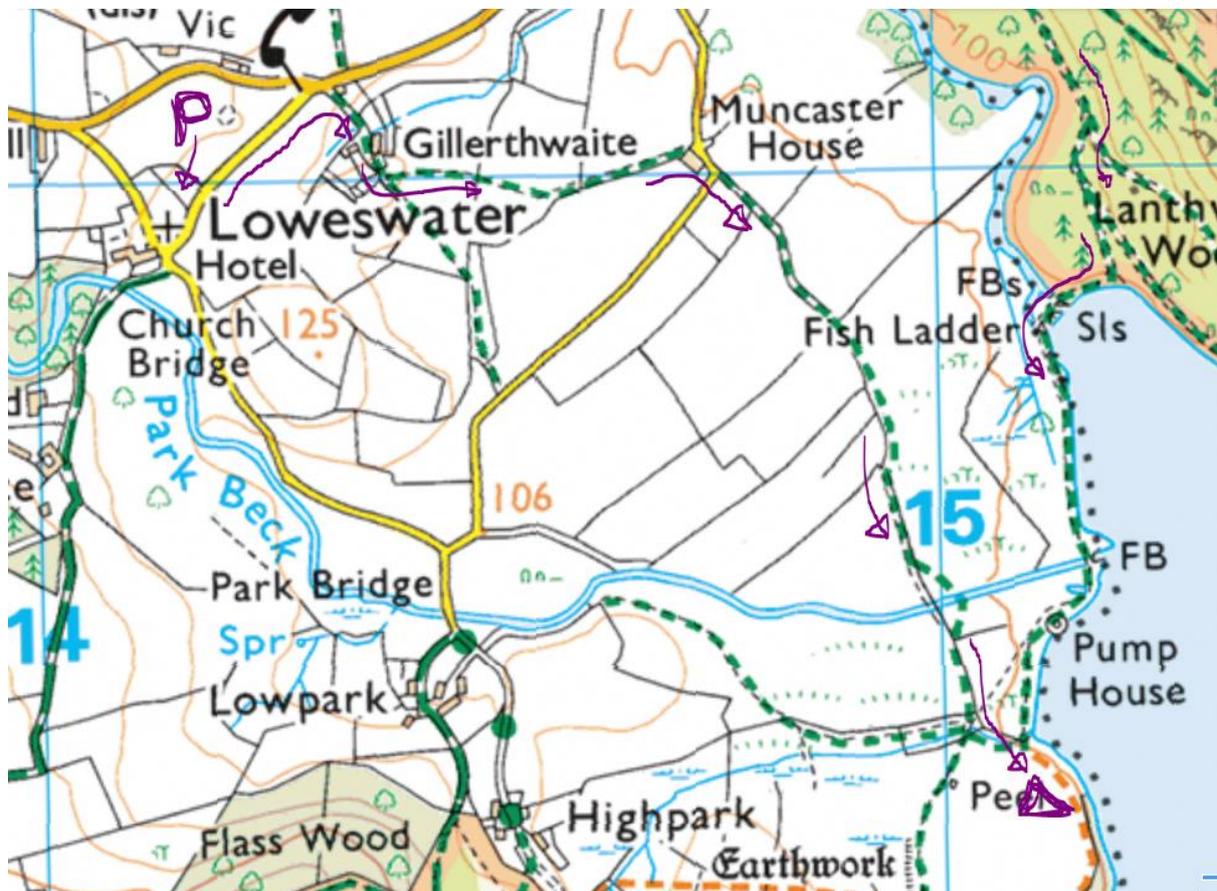
WCOC Parish Relays 2022 – Final Details

Parking:

The National Trust carpark at Scale Hill (parking fee). This can get busy and space can be limited. St Bartholemew's Church in Loweswater have kindly allowed us the use of their parking field: Grid Ref: NY 14170 20973. Please feel free to make a small donation towards church funds (will collect at the social after the event).

Assembly:

Close to the gate 100m South of the Pump House on the West shore of Crummock Water (Grid ref: NY 15088 20360). If approaching from the NT carpark then follow the obvious path along the lakeshore. If approaching from the church parking please approach using the public footpaths (via Muncaster House). See map below for the general idea. This route will not be marked.



Please avoid approaching from Low Park/Hight Park as this will take you through the 'competition area'.

Start:

This will next to assembly. Teams/updates will be displayed at assembly. Please aim to arrive ready to run by 17:30. There will be a mass-start at 17:45.

Map & Terrain:

Map is 1:4000 with contours at 2m intervals. Terrain is mostly fast and runnable. The location is particularly stunning on a nice evening.

Teams:

Teams will be made up 3 runners (put together using a complex algorithm). Team lists will be available at assembly. The relay will follow the usual format with each runner completing their leg before handing over to their next runner (only one runner can be out at once). The first team back wins the race (assuming no mispunches).

Courses:

Courses will be gaffled. They will be approximately 2.5-3k. Height gain – you would struggle to exceed 100m. In reality it will be a fair bit less. Courses are at a technical difficulty that should cater for all runners – regardless of ability. For younger runners there is the option of running a course with a grown-up not as part of the relay.

Late-entries:

Please let me know if you want a run by Tuesday evening. I will try and accommodate late entries where possible.