



West Cumberland Orienteering Club

Muncaster Fell

Cumbria Galoppen

28th April 2019

Preliminary Details

Courses	Colour Coded Course	Course Length	Number of controls	Height climb
	Yellow	1.9 km	8	60m
	Orange	2.8 km	9	90m
	Lt Green	3.4 km	9	110m
	Sh Green	3.1 km	11	135m
	Green	4.5 km	13	165m
	Blue	6.3 km	15	260m
	Brown	7.8 km	18	320m
Terrain	This is an area of open fell with complex contour detail, limited path and wall detail and many marsh areas. The courses will only be using the open fell. As the bracken has not yet grown, the going is generally quite fast, apart from the marshes which can be very slow.			
Location	Muncaster Fell runs along the north west side of the Esk Valley between Ravenglass and Eskdale Green in south west Cumbria. Muncaster Castle lies to the south west of the fell with the La'al Ratty (Ravenglass to Eskdale Railway) running along the north side.			
Parking and Registration	<p>Parking and Registration for the event will be located in fields adjacent to Muncaster Castle carpark at GR097 967. Depending on weather conditions leading up to the event, parking may be in the hardstanding castle car park. Minibuses to be parked in the castle carpark.</p> <p>Toilets for the event will be positioned at the back of the hardstanding car park.</p> <p>WCOC juniors will be providing a cake stall.</p> <p>Registration 1000hrs – 1200hrs</p> <p>The SportIdent (SI) electronic punching system will be used. All course controls and the finish will be programmed as contactless and will be suitable for SiAC cards. SI dibbers can be hired from registration for £1.</p>			
Start	<p>Starts 10:30hrs -12:30hrs Courses close at 14:00hrs.</p> <p>The start is located on the fell and is 1.8km uphill from the car park and assembly field.</p>			

	<p>Competitors should allow at least 25 minutes from assembly area to reach the start.</p> <p>The route to the start will be taped along the full length of the route and takes the Fell Lane from GR100 967 to the start at GR108 979.</p> <p>Limited vehicular traffic may be encountered on this lane as the route passes at least one residential property. Farm vehicles may also be present. The track is steep and untarmaced, traffic is unlikely to be travelling with any speed. Nonetheless, care should be taken by competitors on their way to and from the start/finish.</p> <p>The Fell Lane is a popular right of way and other users will also be encountered. Please treat all other route users with courtesy.</p>	
Finish	The Finish is located close to the start and the return to car park and registration area follows the same route as described above to the start.	
Entries	Entry on the day. £8 Seniors (£9 non BO members) £4 Juniors (£5 non BO members) (£1 parking fee has been added to each entry at the request of Muncaster estate).	
Map	A4, Scale 1:10,000, 5 metre contours for the Brown and Blue courses and 1:7,500 for the Green, Short Green, Light Green, Orange and Yellow courses.	
Dogs	NO DOGS IN CAR PARK FIELD, SHEEP WITH YOUNG LAMBS WILL BE PRESENT NO DOGS ON THE COURSES	
Safety	<p>Waterproofs may be compulsory on the day, dependent on weather conditions. Signs will be displayed at Registration and on exiting the car park field if required.</p> <p>You are strongly recommended to carry a whistle whilst participating in this and every orienteering event.</p> <p>Remember that you must download even if you do not complete your course.</p> <p>And finally, please note that competitors take part at their own risk. Orienteering is an adventure sport – your safety while orienteering is your responsibility.</p>	
Officials	Planner:	Steve Birkinshaw WCOC
	Controller:	Jon Eaton WCOC
	Organiser:	Ged Hagan WCOC