

Galoppen – Threlkeld Knotts

Part of the 2017 NWOA Galoppen series

Sun 16 July 2017

The course controls and the finish will be enabled in contactless mode so that those with SIAC dibbers should not need to physically punch the controls. However, note that it will be necessary to punch the start controls (manually) which will not be programmed in contactless mode.

Type of event: District-(C)

Type of terrain: Fell

Pre Event Info

Location

Nearest town: Threlkeld, Keswick, Cumbria

Grid Ref: NY326245

Postcode: CA12 4TT

Latitude: 54.611738

Longitude: -3.044738

Streetmap (OS 50k)

Directions / Parking

The Parking will be at the **Threlkeld Quarry and Mining Museum**, a parking fee will be £1.50 per car.

The access will be signposted from the Penrith to Keswick Road (A66) at **NY320250**. Turn onto the B5322 towards Thirlmere then left after 500M towards the Mining Museum.

Registration & Start Times

Registration will be from 10.00 - 12.00

Runners using their own SI cards should bring them to registration to streamline the registration process and the information accuracy for the results.

Start times will be from 10.30 - 12.30, with a 15 minutes uphill walk to the low start and 25 minutes to the high start. Finish is near to the low start on the way to the high start and suitable for a bag drop. Courses will close at 15.00

DOWNLOAD IMMEDIATELY AFTER FINISHING EVEN IF YOU RETIRE SO THAT WE CAN BE SURE ALL RUNNERS ARE BACK.

Course Information

The usual courses will be provided - yellow to brown. There will not be a string course or a white course.

Yellow: 2.0km 100M climb, Low Start, 1:7500 map

Orange: 2.7km 100M climb, Low Start, 1:7500 map

Light Green: 2.5km 125M climb, High Start, 1:7500 map

Short Green: 2.5km 150M climb, High Start, 1:7500 map

Green: 3.9km 250M climb, High Start, 1:7500 map

Blue: 7.0km 250M climb, High Start, 1:10000 map

Brown: 9.1km 300M climb, High Start, 1:10000 map

The route to the start will take about 30 minutes up a steep path (probably 20 minutes for an M21). The same path is used to descend after the finish. On either side of the path there are occasional steep (dangerous) drops. There is a steep quarry on the left (going up). Young children must be accompanied by adults. The start is close to the finish so clothing can be left at the finish.

Entry Details

Entry on the day only

Seniors - £6 with an additional £2 for non-BOF members, Junior & Students - £2

SI card (not SIACs) hire - £1

Terrain Description

An excellent area of high level Lakeland terrain with a large amount of rock features and areas of fast running and some marsh.

Facilities

Toilets provided are part of the Museum facilities in the Assembly area.

Juniors will be providing food for the event, raising money for their overseas Orienteering trips.

Safety

Since this is a Lake District area of high level mountain terrain all runners should dress appropriately and they must carry a whistle. It may also be compulsory to carry a cagoule.

There will be a check for whistles and cagoules if mandated, and competitors will be turned back without them.

Remember that you orienteer at your own risk.

Dogs allowed?

Given that there are sheep in the fields adjacent to the Assembly area, dogs will only be allowed in the Assembly area if kept on a lead.

Contacts / Officials

Planner : Jeff Goodwin

Controller: Steve Birkinshaw

Organisers: Ben Goodwin [e-mail here](#)

Important Information

Safety and Risk: A comprehensive risk assessment will have been carried out by the organiser.

Runners MUST download even if they retire so we can be sure everyone is back and that we do not need to start a search and rescue.

Participants take part at their own risk and are responsible for their own safety during the event.

Help and Information: Anyone needing any advice about Orienteering should talk to the Organiser.

Privacy: when entering our events your name may appear in the results section of this website or in newspaper reports.