West Cumberland Orienteering Club

Whinlatter Forest Galoppen – Sunday 3rd September 2023

West Cumberland Orienteering Club welcomes you to the 7th Galoppen of the 2023 Cumbrian series at Whinlatter Forest near Keswick.

TERRAIN

Whinlatter is a steep working forest of varying runnability, with surrounding areas of open (easy-going heather) fell. The ridge tops offer moderately complex contour detail.

PARKING

Parking is on forest roads/tracks at Revelin Moss, 0.3km east of Whinlatter Visitor Centre.

Grid reference: **NY209243** Google Maps: link what3words: ///spaces.grazed.constants

The event will be signed from the A66 at **NY235236**

Parking charges of £2 per vehicle apply (25% of normal price). Voucher code tickets will be issued as you are parked. On exit, please pay at the machine situated at the entrance to Revelin Moss. Please enter code when paying for parking at the machine to obtain the reduced price.

The Forestry Commission have requested that competitors do not park at Whinlatter Visitor Centre.

ROUTE TO ASSEMBLY and START

The route to assembly leaves the parking area crossing the main Whinlatter Pass road, and then continues up through the main car park area. Please take care and watch out for vehicles. 1.0-2.1km walk from parking to assembly.

From assembly the route to the Far start follows forest paths and tracks. 1.2k and 130m of climb – please allow 30-40 mins. The Near start for Yellow and Orange courses is 0.2km from assembly.

ASSEMBLY

Assembly is 0.3m NE of the Visitor Centre, up the track past the Cyclewise cabins. Enquiries, Download, Key Drop and First Aid are all situated at the Assembly. Yellow maps and hire dibbers will be handed out at Enquiries.

All courses finish adjacent to the assembly area.

FACILITIES

Toilets are provided at the Whinlatter Visitor Centre. The Visitor Centre cafe will be open (10am-5pm) providing lunches, hot/cold drinks and snacks.

ENTRIES

Entries close Wednesday 30th August. For entries and to view entry list click here

Entry fees : Seniors £10 (BOF members), £11 (Non BOF), Juniors/students £5
There will be entry on the day for Yellow course only.
Dibbers are available to use (if lost £30 charge)

START TIMES

10:30 to 12:30 – courses close at 14:30

You must remember to download on your return, even if you do not finish your course.

Due to transport logistics up to the start there will not be a clothing dump.

COURSES

	Length (km)	**Climb (m)**	**Start**	**Map scale**	**Map size**
Galoppen					
Brown	8.0	415	Far	1:10,000	A4
Blue	6.2	375	Far	1:10,000	A4
Green	4.3	210	Far	1:10,000	A4
Short Green	2.9	80	Far	1:7,500	A4
Light Green	3.4	175	Far	1:7,500	A4
Orange	2.3	170	Near	1:5,000	A4
Yellow	1.5	105	Near	1:5,000	A4
Interland					
M18	7.1	385	Far	1:10,000	A4
W18	4.7	200	Far	1:10,000	A4
M16	6.2	375	Far	1:10,000	A4
W16	4.3	210	Far	1:10,000	A4
M/W14	3.4	175	Far	1:7,500	A4

Length and climb subject to final controlling

The Whinlatter Galoppen is now a selection race for those wishing to be considered for the 2024 England Vets Interland Team. Courses recommended for entry are:

M40: Brown
M45, M50: Short Brown
M55, M60, W40: Blue
M65, W45, W50: Short Blue
W55, W60: Green
W65: Short Green

M45, M50 should enter the **Junior Interland M18 selection race**, and **M65, W45, W40** should enter the **Junior Interland W18 selection race** as these courses are the appropriate lengths.

Any Vet who runs a longer course will have their performance considered on a mins/k basis.

Controls will be SIAC enabled. It is a punching start. Descriptions are on the front of the map and loose control descriptions are available at the start

SAFETY

The event is on open and exposed terrain so please bring suitable bad weather clothing. Waterproofs may be compulsory; this will be clearly signed on the day. Whistles are compulsory.

Whinlatter is a working forest so the usual precautions apply. Do not approach forestry machinery and do not climb on log piles. The route from parking to assembly crosses the Whinlatter pass road which can be busy. There is no mobile phone coverage at Whinlatter. In the event of an emergency land lines are available at the Whinlatter Visitor Centre and nearby rangers' office.

Whinlatter is heavily used by the public as a mountain biking centre with many bike trails. At all times be alert for cyclists and take appropriate evasive action where necessary. Single track cycle routes are marked on the map. You may cross these with care but you may not proceed along them or stand on them.

Event officials

Planner: Joe Sunley
Controller: Scott Ashworth
Organiser: Janette McHendry (janette@jossy.co.uk)