



West Cumberland Orienteering Club

Muncaster Fell

Cumbria Galoppen and Cumbria (Secondary) Schools Orienteering Championships

8th May 2016

Preliminary Details

Courses	Colour Coded Course	CSOC Year Class	Course Length	Number of controls	Height climb
	Yellow	Year 7	2.6 km,	10	70m
	Orange	Year 8 Year 9	2.8 km	8	80m
	Lt Green	Year 10 Year 11	3.2 km	10	100m
	Sh Green	NA	3.3 km	10	90m
	Green	Year 12/13	4.5 km	11	120m
	Blue	NA	6.7 km	14	200m
	Brown	NA	8.1 km	19	230m
Terrain	This is an area of open fell with complex contour detail, limited path and wall detail and many marsh areas.				
Location	Muncaster Fell runs along the north east side of the Esk Valley between Ravenglass and Eskdale Green in south west Cumbria. Muncaster Castle lies to the south east of the fell with the L'aal 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. Minibuses to be parked in the castle carpark.</p> <p>Registration 1000hrs – 1200hrs Cost Seniors £8, Juniors (non CSOC) £4 A £1 parking fee per competitor has been requested by Muncaster Estate. This has been included in the entry fees, which are therefore a little higher than usual.</p> <p>Pre-entered CSOC school teams with allocated start times should present themselves to the registration team to receive any final instructions. On the day CSOC entries should also present at registration along with normal entries.</p>				
Start	<p>1030hrs -1230hrs</p> <p>CSOC competitors with allocated start times will be called up 3 minutes before their start time. All other competitors will be fitted around pre-allocated starts. There will be only a small number of CSOC competitors, primarily on the yellow, orange and Light green courses and there will be plenty of start slots for normal galoppen competitors.</p> <p>The start is located on the fell and is 2km 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 2km and takes the Fell Lane from GR100 967 to the start at GR111 981.</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> <p>A small shelter tent will be erected near the start, clothing may be left in this shelter.</p>	
Finish	The Finish is located approximately 150m from 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 £4 Juniors (£1 parking fee has been added to each entry at the request of Muncaster estate). CSOC entries can also be taken on the day	
Map	A4, Scale 1:10,000, 5 metre contours. Surveyed and drawn by Martin Bagness with revisions 2016.	
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:	Angela Jackson WCOC
	Controller:	Mike Pearson WCOC
	Organiser:	Lynne Thomas WCOC