Greta Gorge Final Details v2 21/11/15

WCOC Cumbrian Galoppen Colour Coded event
near Keswick
22nd November 2015

Update to Final details
A small part of the area is undergoing forestry operations with some very deep muddy areas. Yellow and Orange courses are not affected. Runners on other courses will/could be affected depending on route choice. Machinery is also present. The area is being assessed today (Saturday). A note, with map, will be displayed at Registration. Please read the notice when you register.

Area is a mixture of forest in the gorge on some steep slopes, with open fell on the top of Latrigg fell offering good views across Derwentwater to the high Lakeland fells. Some of the forest slopes and some of the open fell is still heavily covered with bracken although it may be further beaten down by present spell of bad weather. Courses have been planned to minimise travel through bracken. Orange and Yellow courses will not be affected.

Safety.
Competitors take part at their own risk and are responsible for their own safety.
River must not be crossed except at bridges**.**
Weather protection; Elevation is up to 370 metres and this event is in late November so you **must** bring suitable clothing in case weather is bad. **Carrying a hooded waterproof may be mandatory**.
Carrying a **whistle is mandatory** and will be checked at Start. Make sure you have one with you before leaving car park.
Traffic; Car parking and Assembly will be situated along edges and on verges of a minor road which is used by the general public. Please drive slowly and note that pedestrians (with varying states of awareness) will be walking along the road. Whilst walking to/from Registration/Start/Finish, etc., please take care to avoid moving traffic; children must be carefully supervised.
There is a very minor 'closed' road which passes through the competition area which may be used by farm, forestry or cycle traffic. Please be aware and keep clear of moving vehicles.
Cyclists and pedestrians will be encountered on the old railway track which passes though the competition area and which you will use on your course. Mountain bikers may be encountered. Please be aware and treat other users courteously.
Terrain; There is an **unguarded path above a very steep wooded slope with river below** which runners on all courses will, or may, use and is also used by the general public. This path has been used for previous events. A warning sign will be placed on the approach to this zone. Please keep away from the edge, slow down, give way to other users and take great care. A fall into the river, particularly if in spate, would be VERY serious. Parents/guardians of juniors must assess their competency to safely negotiate this path and may choose to 'shadow' juniors. You must make Juniors aware of the hazard and instruct them to keep away from path edge.
Forestry equipment and piled logs, etc. may be encountered. Orienteers (particular attention for juniors) must not interfere with, or climb on, these hazards.
Full leg cover is required. The area has deer and open fell is grazed by sheep, so check afterwards for ticks. Seek advice at Registration if you have been affected.
First Aid kit will be at Download caravan. If you need hospital treatment (minor or major), please enquire at Registration for directions.
Missing competitors Please use buddy system and report overdue companions to Registration. If travelling alone, please leave car keys, or other indispensable item, at Registration.
Medical conditions Leave sufficient detail with your buddy or, if arriving alone, at Registration (which will be treated in strictest confidence) so assistance, if required, can take this into account.

Event confirmation. You are strongly advised to check WCOC website http://www.wcoc.co.uk/event/greta-gorge on the preceding Saturday evening to confirm the event has not been cancelled due to bad weather, etc.

Parking will be along road side and verges of the minor road which is the old A66 between Keswick and Threlkeld GR NY 302 239. Parking is free. Coaches and mini buses can be accommodated but please let the Organiser know (see below).
Porta **Loos** will be available only at Assembly.

Directions – Access will be signed from the A66 just East of Keswick at GR NY 290 244. Postcode not included because SatNav will take you to wrong place! I know you can arrive from Threlkeld end of the minor road but please don't. You'll make life easier for the parking crew, who will also hand out pink registration cards – and yourselves – if you use Western approach as described. It's only a couple of km further.

Courses

Brown	8.2km	350m ascent	18 controls	1:10,000 map scale
Blue	6.4	320	15	1:10,000
Green	4.7	270	17	1:10,000
Short Green	3.4	150	12	1:10,000
Light Green	3.5	190	12	1:10,000
Orange	2.5	100	11	probably larger (not finalised)
Yellow	2.3	20	10	probably larger (not finalised)

Yellow maps will be issued at Registration. Coaching of juniors before their run is encouraged. Note previous safety item re path above steep slope/river.
Control Descriptions will be printed on maps. Loose copies will also be available at Registration.
Map Contour interval is 5m.
Start will be approx. 1.5km, with 40m of descent and 50m of ascent, from Assembly. Route isn't suitable for child buggies.
There will be **no clothing dump**. However, the route to Start passes within 100m of Finish so runners may choose to leave items as they pass. Note Finish is unmanned and close to old railway track which is well used by the general public so you leave items at your own risk.

Costs;

Seniors	£6	(£2 extra for adult non BOF members)
Juniors	£3	

Entry on the day only.
Electronic punching SportIdent (SI) will be used. Dibbers can be hired at Registration, if required, for a small fee.

Registration will be open from 09:30 to 11:30.
Starts from 10:30 to 12:30.
Courses close at 14:30. You **MUST download**, even if you retire so that we can check everyone has returned safely. It will also prevent an unnecessary Mountain Rescue call out.

Food - North West Junior Squad will have a cake and refreshments stall near the Registration caravan. They are fundraising for squad activities including the legendary Norwegian coaching trip they undertake every two years. Please support them, they are the future . ….. and enjoy what they have to offer!

Dogs welcome on leads but in car parking/Assembly areas only please.

There will be a few copies of these details available for reference at Registration; if you need your own copy, please print and bring with you.

Organiser. If you have any questions please email; chrisemerson8@gmail.com or call me; Chris Emerson 01946 861534.
Planner Matthew Vokes
Controller Chris Pollitt