Whinlatter Galoppen Final Details (Sunday 1st November)

Last updated 16/10

Venue Whinlatter – specifically Seat Howe and Lords Seat and these are situated west of Braithwaite just off the A66. Accessed by using the B5292 Whinlatter Pass road.

Access This will be signed from the Spout Force /Darling How Car Park turning (NY181255) on the B5292 Braithwaite to Lorton Road – otherwise known as Whinlatter Pass, the turning is towards the west end of the pass, and is approximately 2 km west of the visitor centre turning. The turning is a right turn before the steep descent to Lorton. From there follow signs along the forest track, please drive carefully, be aware of walkers, cyclists and other users who may be on the track. It is approximately 2/3 km. The track is not suitable for large motorhomes, which we suggest can be parked at the Spout Force Car Park, followed by either a cycle, walk or hitch to the registration etc.
DO NOT try to access the event via the Whinlatter Visitor Centre, as this will not be possible for vehicles.

Parking Arranging car sharing is encouraged. This event has linear parking, along the side of the track. Once you arrive at the parking, please follow the directions of the marshals. There is some limited priority parking for families with small children. There is some parking for small minibuses, please contact the organiser if you are bringing a minibus.

Map 1:10,000. This year the map has undergone an extensive re-mapping exercise by Pete Nelson, and now utilises 5m contours. It also brings the track and path network, vegetation and runnability up to date. Note the only special symbols are; a black x for a group of seats, a black circle for a mineshaft (not near any courses) and a purple dashed line for the Mountain Bike tracks – see below in terrain. You should USE MARKED CROSSING POINTS ONLY.

Terrain Whinlatter is a varied area of mainly conifer plantation to the South, semi open areas and open fell area to the North and West. It has complex and some steep contour detail. There is an extensive network of tracks, paths and also purpose built mountain bike tracks. Note the latter must not be used to run along. Where courses have to cross bike tracks, care should be taken to avoid collision with bikes. Courses will be planned to avoid this if possible.

Full leg cover is required. The area has deer and some of the open fell is grazed by sheep, so check afterwards for ticks.

Entry on Day Cost £7 (£5 for BO members) seniors and £3 juniors.

Courses

Brown = 6.0 km	Light Green = 2.8 km
Blue = 5.3 km	Orange = 2.0 km
Green = 4.2 km	Yellow = 1.4 km
Short Green = 3.5 km	

Registration, Start Times and Course Closure Registration is from 9:30 to 11:30. Starts from 10.30 to 12:30. Courses close at 14:30. YOU MUST download, even if you retire. This is a safety requirement.

Portable Toilets These will be available at or near the registration only. Whinlatter Visitor Centre has facilities, but if you use these on the way or from the event, you will need to pay and display.

North West Junior Squad A cake and refreshments stall will be available near the registration caravan, and they will be fundraising for the squad activities including the legendary Norwegian coaching trip they undertake every two years. Please support them, they are the future.

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Safety Competitors take part at their own risk and are responsible for their own safety. Whistles are compulsory. Suitable bad weather clothing may be compulsory, this event is in October and the weather can be cold and wet, and at altitude hail and snow can be encountered – check in the final details leading up to the event and at registration, plus look at the weather forecast for the NW fells! However, come prepared with – a hooded waterproof top, hat and gloves, and then if these are compulsory on the day then you won't be disappointed. A backpack or bum bag to carry the kit is useful too! The start will include whistle check.

First Aid will be available at registration/enquiries/download (all one place).

Walk to the start. The walk to the start is shared with parking, so all volunteers and competitors should take care, drivers should give way to pedestrians and pedestrians should be aware of vehicles. Children should be supervised.

Maximum walk to the start is approximately 2 km uphill along forest track. 15-25 minutes should be allowed from the furthest point to the start. The start is approximately 400 m from the registration.

Combining registration and the walk to the start will save effort and time, for some. Make sure you have all the required equipment, clothing, pink safety/entry card and money with you if you do this. Marshals will be able to inform you the approximate distance to the registration.

Start and Finish are NOT in close proximity to each other, and there is no official clothing drop.

Planner : Rob Stein

Organiser: Ange Jackson (angejackson@hotmail.com, Tel :01900 821844)

Controller: Chris Lates