

WCOC Hawse End Galoppen
Sunday 15th February (Final Details v1 1st Feb)

Venue: WCOC welcome you to Hawse End Galoppen. Nearest town Keswick. This is a Regional Level C colour coded event, competing for points towards the Borrowdale Trophy and Cup.

Parking: Parking, Enquiries and Download will be at the Borrowdale Caravan and Motorhome Club Site, Manesty near Grange, Borrowdale:

Postcode CA12 5UG
Grid Reference NY 251187
what3words: [///decorator.district.hagglings](https://www.what3words.com/#!/en/@@@decorator.district.hagglings)
Googlemaps: [Googlemaps Location](#)

When you arrive, please follow the directions of the marshals.

Note: The car park will be locked after the event. **Please remove vehicles before 4pm.**

Directions: From Keswick take the B5289 to Borrowdale Valley. At Grange (GR NY 254174, O-signed), turn right over the bridge into Grange Village and continue 1 mile to the caravan site at Manesty.

Toilets: Will be available in the parking area near enquiries.

Cake Stall: Post-run cakes will be available! Our juniors will be raising funds for their Norway trip.

Entries: Entries will be via SiEntries and will close Wednesday 11th February.
Entry fees: £10 seniors (£11 non member) and £5 juniors (£6 non member).

Entry on the day (EOD) is available for Yellow course only.

[Please note participants who are **not members** of British Orienteering, are not covered by British Orienteering's public liability insurance. By entering this event, you acknowledge that you are taking part at your own risk.]

SI dibbers will be available from enquiries, with a £30 charge if lost or damaged.

Safety: Competitors take part at their own risk and are responsible for their own safety.

Whistles are strongly recommended.

In the event of bad weather, a hooded waterproof top may be compulsory. You will be advised at enquiries if this is the case. Come prepared.
Full leg cover is recommended.

First Aid will be available at enquiries/download.

Dogs: Dogs are allowed on a lead in the parking area **only**. No dogs allowed on the courses. Please clean up after your dog and remove bags from the site.

Enquiries, Start Times and Course Closure:

Enquiries 10:00 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. The download will be near enquiries.

Punching: SI punching start.

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The controls will be enabled for SI air/SIAC dibbers but you MUST remember to follow the correct sequence at the start; a) Clear, b) SIAC Check, c) punch the Start box.

Walk to the start/finish: Short level walk for all courses (<5 mins) to the start and back from the finish to enquiries/download.

Map: Yellow maps will be available from enquiries to allow juniors and novices the chance to look over the course before heading out.

There are numerous smaller trods across the area, particularly on the open area to the south of the map and these are not mapped.

Marked crossing points must be used. Any wall or fence mapped with the uncrossable wall or uncrossable fence symbol should not be crossed, whether or not is also overlain with a purple 'do not cross' line. Please close gates after passing through.

Loose control descriptions will be available from the Start. Control descriptions are also printed on the maps.

Terrain: Mostly deciduous woodland along the western side of Derwentwater with some contour detail, plus some open areas of marsh and parkland to the south and north of the area respectively. The path network and low levels of undergrowth in the woodland at this time of year should provide very runnable courses, however, there are a number of fallen trees within the area. They are not mapped and can mostly be passed around without much difficulty. You may also encounter patches of low brambles which may slow progress.

Note: this is a **very** popular area with walkers, families, and dogs especially on paths near the lake – all runners please be aware and courteous if you encounter anyone. Although cycling is not legal in the area – please be aware that you may also encounter some cyclists.

Final Courses:

Course	Distance (km)	Climb (m) *	Controls	Map scale
Brown	9.1	475	28	1:10000
Blue	7.2	355	23	1:10000
Green	5.3	245	20	1:7500
Short Green	3.6	150	13	1:7500
Very Short Green	2.8	110	14	1:7500
Light Green	3.9	170	13	1:7500
Orange	3.2	140	15	1:7500
Yellow	2.3	50	13	1:7500

* Actual climb completed can be significantly reduced across most courses through route choice.

Course notes:

Yellow course – one control is visited twice (1 and 11). Leg 9-10 will be flagged.

Blue and Brown courses – there is a map flip for both these courses. These courses also have a route option to use a short stretch of public road. Please look out for traffic and take care if using the road.

Very Short Green - there are a couple of short sections on the course where the most direct route has small sections of marsh and a few ankle height brambles, but that these can be avoided by going round or taking path options if desired.

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For most courses (Yellow, Orange, Very Short Green, Green and Brown) the most direct route uses a stile, which may become flooded if the lake is high. There is an alternative option of a gate about 30m inland from the stile - both are mapped as crossing points.

Results: Will be displayed and updated periodically at the download. A live-stream of results will be available, signal permitting.

Full results will be published on the WCOC website as soon as possible after the event (www.wcoc.co.uk).

Galoppen results and points will be available on the [Galoppen Website](#)

Enjoy your run – and remember to DOWNLOAD - even if you retire

Planner: Caitlin Pearson

Controller: Isabel Berry (BL)

Organisers: Anne Burbidge (anne_burbidge@hotmail.com) and
Liz Elliott (lizdelliott@btinternet.com)

Acknowledgements and thanks to the National Trust for granting permission to use the area and to the site owners for allowing access to their site via Mr Roscamp, keyholder.

Final reminder, the site is still closed so please remove all litter from the site. Please do not use the site bins near the gates.