

WCOC Hawse End Galloppen
Sunday 15th February (Provisional Details v1 6th Jan)

Venue: WCOC welcome you to Hawse End Galloppen. 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.haggling](http://decorator.district.haggling)

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.

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 £40 charge if lost or damaged.

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

Whistles are compulsory. 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.

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Punching: SI punching start.

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.

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.

Note: this is a **very** popular area with walkers and families especially on paths near the lake – all runners please be aware and courteous if you encounter anyone.

Courses: *Subject to final controlling*

Course	Distance (km)	Climb (m)	Controls	Map scale
Brown	8.9	260	23	1:10000
Blue	7.2	155	19	1:10000
Green	5.1	160	19	1:7500
Short Green	3.6	130	13	1:7500
Very Short Green	2.9	110	14	1:7500
Light Green	3.7	100	13	1:7500
Orange	3.0	60	14	1:7500
Yellow	1.8	50	9	1:7500

Results: Will be displayed and updated periodically at the download. Full results will be published on the WCOC website as soon as possible after the event (www.wcoc.co.uk).

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

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

Planner: Caitlin Pearson

Controller: TBC

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.