



# Cumbria Galoppen - Sunday 16<sup>TH</sup> June 2024 - Wythop Valley

## FINAL Details AS AT 11/06/2024

**Terrain** An interesting area with a good mix of steep open fell, rough pasture, commercial forestry plantation plus mature deciduous woodland. A bit of everything to test your fitness and ensure you keep switched on !!! Note the High Start distances / timings below. Some of the seasonal marsh on the open fell can be slow in places. In the deciduous woodland - you may encounter some quite large and life-like animal statues / targets – don't be alarmed - they are harmless !!!

**Entries** Pre-entry only. See SI Entries website: <https://www.sientries.co.uk/index.php> Closing date 12/06/2024

**Approach to Event** Turn South off the A66 between Cockermouth and Keswick - at the Embleton / Wythop Mill crossroads – signposted Wythop Mill. Both the Wythop Valley road and the turn into the parking field are **VERY** tight - not suitable for large vehicles / campervans. **NO** exit until after 1230

### Parking / Assembly

Postcode: CA13 9YR Grid Ref: NY 196 287 w3w: hedge.lends.flip  
Fees: Cars £2 Please have exact money handy on entering the parking field

**Map** Based on maps by Dick and Andy Warner 1995 - 2009. Survey and cartography Pete Nelson 2015 - 2023. Scale 1:10,000 / 1:7,500 5m contours – see courses below. ALL maps will be at the start. Control descriptions will be on the map and in the start lanes. Yellow course runners only – collect your map from the start officials as soon as you get to the start area - this can be studied at your leisure outside the start lanes - before you actually set off. Please also ask the start officials for any help / top tips if you need it.

**Spectator Leg** A spectator leg is present on the longer courses. This is visible from and crosses the route to both starts. Please do not unduly distract competitors who are out on their course and stick to the taped route on the way to the start. Please remember that in Orienteering - the Competition Area is Out of Bounds to runners who are on the way to the start - or who have already finished their course

**Starts** 1030 – 1230. Two starts:

Low Start 1.2 km mostly on flat stony tracks (~15 mins). Yellow, Orange & Very Short Green course runners only.

High Start – 2.8km 225m. Flat stony track and path then steeply uphill on forest roads (~ 45 - 60 mins). All remaining courses

**Finish / Download / Course Closure** Finish: 500m / 5 minutes from Car Park / Assembly. Remember you **MUST** download – even if you do not complete or retire from your course. Courses close at 1500

**Electronic Punching** Controls will be enabled for both contactless (SIAC) punching or manual punching with a standard SI dibber. This event will have a punching start and finish – for ALL competitors. A SIAC On / Test control box will be available at the pre-start. This will ensure that SIAC dibbers are configured in contactless mode. It is the competitor's responsibility to ensure that their SI dibber or SIAC is in full working order before starting and that it has registered correctly at every control during the race

**Crossing Points** Walls and fences are to be crossed **ONLY** at the crossing points shown on the competition map



### Gates

Please leave all gates as you find them.

**Whistles / Cagoules** No Whistle, No Go. See notices in the parking field if you require cagoules / full waterproofs – ie waterproof top and waterproof trousers. Please come to the event prepared – and hopefully they won't be needed.

**Dogs** Lots of sheep in the valley and on the surrounding fells. Well behaved dogs on leads in car park **ONLY** – not out on the courses. Please pick up after your furry friends.

### Officials

Planner: Ian Teasdale (WCOC)

Controller: Andy Lewsley (BL)

Organisers: Kim & Howard Leslie (WCOC)

### Course Details

Brown	7.2km 230m	1:10,000	High Start	Very Short Green	1.8km 80m	1:7,500	Low Start
Blue	6.1km 150m	1:10,000	High Start	Light Green	3.7km 100m	1:10,000	High Start
Green	4.7km 140m	1:10,000	High Start	Orange	2.2km 100m	1:7,500	Low Start
Short Green	3.4km 80m	1:10,000	High Start	Yellow	1.7km 50m	1:7,500	Low Start