WCOC Hawse End Galoppen
Sunday 10th February (Final Details v1 Feb 3rd)

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.

Parking: Parking, Registration and Download will all be at the Borrowdale Caravan Club Site, Manesty near Grange, Borrowdale. (Postcode CA12 5UG, Grid Reference NY 252186). When you arrive please follow the directions of the marshals.

There will be a parking charge of £1.

Note: The car park will be locked soon after the event. If you want to have a short walk after your run you need to be back to **remove your car 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 Borrowdale Caravan Club site at Manesty.

Toilets: Will be available in the parking area.

Entry on Day: Cost £9 seniors (£7 for BOF members) and £3 juniors. SI dibbers can be hired at registration for £1 with a £40 charge if lost or damaged.

WCOC Junior Squad: A cake and refreshments stall will be available in the parking area. The juniors will be fundraising for the squad activities. Please support them.

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 registration if this is the case. Come prepared.

Full leg cover is recommended.

First Aid will be available at registration/download.

Dogs: Dogs allowed on a lead in the parking area only. No dogs allowed on the courses.

Registration, Start Times and Course Closure:
Registration 10:00 to 12:00
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 registration.

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: Very short level walk for all courses (<5 mins) to the start from registration and from the finish to download.

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

Loose control descriptions will also be available from registration. 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 and fast times.

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:

Course	Distance (km)	Climb (m)	Controls	Map scale
Brown	8.9	250	26	10000 (double sided)
Blue	6.5	200	21	10000
Green	4.6	150	17	10000
Short Green	3.2	80	14	7500
Light Green	3.6	80	11	10000
Orange	2.4	50	11	7500
Yellow	2.0	30	12	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).

Galoppen results and points will be available on the Lakes-O website shortly (http://www.lakes-o.com/cumbrian%20galoppen.htm).

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

Planner: Mike Harrison
Controller: Dave Fenwick
Organiser: Anne Burbidge (E: anne_burbidge@hotmail.com, T: 016975 08705)

Acknowledgements and thanks to the National Trust for granting permission and to Mr Roscamp site caretaker for enabling use of the caravan park.