

## LOC Cumbrian Galoppen – Bethocar Moor – 24<sup>th</sup> November 2024

Welcome to the final Galoppen of 2024. Fingers crossed the weather is fine and you can get to take in the wonderful views, whilst enjoying this fabulous location.

### **Venue: -**

Bethecar is an open heather moorland above Lake Coniston and accessed through the Grizedale Forest. The event will be signposted from the A5092 at Penny Bridge to the South and the B5285 at Hawkshead to the North.

### **Terrain: -**

Bethecar Moor is open heather moorland with intricate rock and contour detail. There are few line features except near the Start and Finish. Runnability varies enormously. Some areas have bracken but in some sections the bracken has been cut. This has resulted in the creation of new ATV tracks not all of which are mapped as they are continually changing. Bracken is not mapped.

There are many marshes some of which are runnable whereas others are slow going with tussocks and bog myrtle.

The shorter courses have been planned to make the most of the areas of best runnability.

### **Safety Advice : -**

Bethecar is a high, exposed moorland and we could experience severe weather in November. A comprehensive Risk Assessment has been carried out but competitors take part at their own risk and are responsible for their own safety.

**Cags & Whistles are compulsory. Hats & Gloves may also be made compulsory on the day.** Please wear appropriate clothing for the time of year/terrain.

**There is a major track, used by Orange course competitors, which is also used by 4WD off readers, motorcycles and mountain bikes. Please make sure that children on the Orange course are aware of this.**

**There is a possibility that there may be cattle as well as sheep on the area. The cattle are docile hill cattle, but please give them a wide berth.**

Details of any medical conditions that First Aiders/Organisers should know about in an emergency should be left with registration in a sealed/named envelope and will only be opened should an emergency occur.

Carrying a mobile phone is recommended. An emergency phone number will be printed on the map.

Due to the intermittent mobile signal in the area, it is recommended that you register your mobile phone to be able to text 999, text messages being more likely to send. (text Register to 999 and follow the instructions)

### **Cagoules and Whistle: -**

**BOTH HOODED CAGOULES AND WHISTLE WILL BE COMPULSORY. No Cag/No Whistle = No Run.**

**Due to the time of year and location hats & gloves may also be made compulsory.**

### **Cancellation**

If the need to cancel the event arises due to poor weather notification will be posted on the LOC website after 7am on Sunday 24<sup>th</sup> November.

### **Parking**

Parking is linear parking along the forest track, and could be anything up to 2km from Assembly. £2 per vehicle, please have the correct change and car share where possible. There is limited parking for motorhomes but please contact organiser in advance (sandyturner66@outlook.com)

### **Assembly**

This is located approx. 50m from the main forestry track and approx. 3km from the main road.

Enquiries/Registration/Download and toilets will be located at Assembly.

### **Registration and Start Times**

Registration/EOD - 10.15-11.45

Start Times – 10.30-12.00

**Please note that starts are only until 12.00 due to the lack of daylight at this time of year. Please plan your start time accordingly**

### **Course Closing time - 1400**

**Again, please note that courses will be closing 30 mins earlier than normal. Please plan your start time accordingly. Juniors and less confident orienteers are advised to start early.**

### **Course Details**

<b>Course</b>	<b>Length</b>	<b>Climb</b>	<b>Map Scale</b>
<b>Brown</b>	<b>8.2km</b>	<b>350m</b>	<b>1:10,000</b>
<b>Blue</b>	<b>6.4km</b>	<b>250m</b>	<b>1:10,000</b>
<b>Green</b>	<b>4.5km</b>	<b>150m</b>	<b>1:7,500</b>
<b>Short Green</b>	<b>2.7km</b>	<b>80m</b>	<b>1:7,500</b>
<b>Light Green</b>	<b>3km</b>	<b>120m</b>	<b>1:7,500</b>
<b>Orange</b>	<b>2.8km</b>	<b>50m</b>	<b>1:7,500</b>
<b>Yellow</b>	<b>1.4km</b>	<b>50m</b>	<b>1:7,500</b>

### **First Aid: -**

In the event of a minor accident please administer your own first aid. For more serious incidents there will be a First Aider at the finish.

The nearest A&E is at Furness General Hospital Dalton Lane Barrow in Furness LA14 4LF

**Entry Details: -**

Entries via SI Entries close at 2359 on Wednesday 20<sup>th</sup> November. Entry on the day fees are: (subject to map availability)

- £10 Senior LOC or BOF members
- £11 Senior non BOF members
- £5 Juniors (LOC juniors free)

If entering on the day, correct change would be appreciated.

**Dogs** – dogs are allowed in the parking/assembly area. No dogs allowed on the courses. Please contact the organiser if you have a medical support dog.