

# LOC Cumbrian Galoppen & Junior Interland 2025 Selection Race

**Sunday 22<sup>nd</sup> September 2024 – Haverigg Bent Hills Final Details V1.3 18<sup>th</sup> September**

Welcome to the LOC Cumbrian Galoppen and Junior Interland 2025 Selection Race at Haverigg Bent Hills near Millom. We hope you all enjoy this wonderful area!

**Venue:** Haverigg Bent Hills is a lovely area of sand dunes, at Haverigg, near Millom. Parking is at the Rugby Club, Wilson Park. LA18 4GY. The event will be signed from the junction of Main Street and Sea View (Grid Ref SD 161 787).

Parking fee of £2 per car, please have the right money ready and please car share if possible !

**Public Transport:** The nearest train station is Millom, approx. 1.8 miles walk from the Rugby Club at Haverigg. Limited service on Sundays, check Northern Railway for timetables. Please note if travelling from the north, replacement buses are currently in use between Millom and Whitehaven.

Enquiries, EOD Registration, Download, First Aid and toilet facilities will all be available inside the Rugby Club – please do not wear muddy or spiked shoes inside the clubhouse.

Enquiries and Registration will be open from 0945 to 1145

## **Terrain:**

The terrain consists mostly of open grassed sand dunes, with a flat tidal area to the south, which is visited early in the courses. There is an abundance of complex contour detail, with a sparse path network. The map was re-surveyed by Martin Bagness in 2023 using lidar data. Map scale is 1:5,000, 2.5m contours, ISSOM symbols

For clarity, vegetation is shown by the following colours:

	open sand
	shingle
	tidal zone
	deep water
	rough open grass (white)
	short grass

Most of the dunes are covered by rough open grass, with mostly good runnability. For clarity this is shown as white on the map. Areas of short, very fast grass are shown yellow. Open sand is shown as pale yellow. This can be hard work on steep dunes, but runnable on the flat. Shingle is shown grey. Crossable tidal channels are shown in pale blue. Do not rely on these for navigation, as the extent will vary during the competition, but expect to get your feet wet. There are also several unmapped structures on the beach.

All fences are marked as uncrossable with the pink solid line overprint, please use the marked crossing points only – all will be marked with red & white tape.

There is an unmapped fence in the northwestern section of the map, in an area only visited by the brown course. It runs close to and parallel to the mapped NE boundary of the area. This should not affect navigation in the area.

**Tidal Area:**

The technical courses visit the tidal area in the early part of the courses (first third). We need to collect low-lying controls at 1pm and be clear of the area well before high tide.

**Start times, course closing, finish & download:**

Start times from 10.00am - 12.00pm

The start is next to the track used to access the Rugby Club, approx. 100m from the clubhouse. Please be mindful of event traffic when walking to the start.

Courses close at 2.00pm. Please note the change to usual start times for safety reasons. Please also note we are unable to guarantee late starts after 12.00 due to tide times. Any slower runners should aim to start earlier in the start window please.

**Juniors on Interland Selection race courses:**

Start times will only be allocated for those Juniors entering the Interland Selection race courses – there will be a separate start lane just for you. No other start times will be allocated. Other runners on the same courses may be asked to wait an additional minute in the start lane, to allow the Juniors to stick to their allocated start times.

The Finish will be approx. 400m from download at the Rugby Club, please ensure you also punch the 'Safety' control after the finish. Follow the track from the finish to the east, until you return to the clubhouse. Please ensure you return to download as soon as you can after you finish your course, even if retiring, this is to ensure we know you are safely back.

**Course Information:**

Course	Distance (km)	Climb	Controls	Map size
Brown **	10.0	200m	35	A3 *
Blue	6.7	140	22	A3 *
Green	4.9	120	22	A3
Short Green	3.7	90	16	A3
Light Green	3.6	75	16	A3
Orange	2.9	50	15	A4
Yellow	2.3	25	12	A4

**Notes:**

\*Both the Blue and Brown courses have 2 parts printed back-to-back, please ensure you are on the correct side of your map

\*\*Brown course has over 30 controls, if you have either a version 5 or version 8 SI Card (check your [card number here](#) on the SportIdent info sheet) you will need to borrow a version 9 card from registration before you run at no extra cost.

All courses will be printed at a scale of 1:5000, control descriptions are on the map and loose copies will also be available in the start lane.

All controls and the finish will be enabled for contactless punching with SIACs or punching with a standard SI card. However, it is a punching Start (not in contactless mode) for all competitors, including the Juniors on Interland courses with allocated start times. A "SIAC Test" control box will be available at the pre-start. This will ensure the SIAC is in contactless mode. It is the competitor's responsibility to ensure that their Sicard/SIAC has registered at every control.

### **Safety Directions:**

In an emergency, competitors should head south where you will come across one of the following:

The track leading through the middle of the area, follow this east until you reach a fence and gate, continue to the finish area.

A fence – again follow this to the east, until you reach a crossing point, where the fence turns north. Follow the fence north until you reach the track above near the finish area.

The beach – if you reach the beach, rather than the track or fence above, please head north until you find either the fence or track.

### **Entry Details:**

Entries via SI Entries close at 23.59 on Wednesday 18th September 2024. Entry on the day fees are: (subject to availability of maps)

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

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

**Dog restrictions:** Dogs are only allowed in the parking area & must be kept on leads. No dogs on courses. Please clean up after your dogs. Please contact the organiser if you have a medical support animal.

**Facilities:** Bettys Beach Hut Café will be open from 10am – 3pm on the day, offering a reduced menu, but with plenty of choice. Please support this small local business if you can.

### **Safety Advice:**

A comprehensive risk assessment has been carried out by the organisers, but competitors take part at their own risk and are responsible for their own safety. Competitors who are unwell should not run. Competitors should enter courses appropriate for their experience. Any medical conditions that the organiser and First Aiders should know about in an emergency, must be made known to the organiser before the event, or a form can be filled in at Enquiries. These details will only be used for the purposes of this event and can be collected or will otherwise be destroyed afterwards. Lake District weather can be unpredictable. Competitors should dress appropriately especially if there is a poor weather forecast. It may be advisable to carry a cag. Whistles are compulsory, full leg cover is recommended.

Nearest A&E Hospital - Furness General Hospital, Dalton Lane, Barrow LA14 4LF

**Contacts / Officials**

Organiser – Ali Hooper (si@lakelandoc.uk)

Planner – Pete Owens (LOC)

Controller – Nick Howlett (LOC)

**Acknowledgements:** Many thanks to Millom Rugby Club for allowing us use of their clubhouse for this event.