

2016 Cumbrian Galoppen #2 - Haverthwaite Heights

Final Details as at 16/02/2016

Date: Sunday, 21st February 2016
Club: Lakeland OC **Level:** C
Location: Haverthwaite Heights Woods
Parking: **LA12 8AL Haverthwaite Railway Station**
We are grateful to the Railway for allowing us to use their hard standing. The station is open as normal – please respect other members of the public.

On arrival please go to the Gift Shop and purchase car park ticket (£1) to display in car windscreen.

Dogs Allowed on lead in car park only.

Car Park will close at 16.00.

Grid Ref: **SD349843**

Terrain: An area of mixed terrain types with interesting contour detail including some runnable parts and some more some dense woodland.

Seniors: £5 (£7 non-BO members) **Junior & Students:** £2 (£2 non-BO)

Courses: White to Brown – No String but Railway has a Mini Adventure Playground. Please note that the White and Yellow are steep and quite physical, and not suitable for families with small children.

Courses will close at 14.30.

Registration: From 10.00 to 12.00
Registration will be sited at the back of the Gift Shop. Please bring your own SI card to registration to streamline the process and eliminate errors, even if you want to use a loaned SIAC card.

PLEASE DO NOT wear spiked shoes when registering your run.

SI Air: The event will be using controls **in SI Air mode**. This means that “ordinary” SI cards will work as normal when “dibbed” into an SI control box. But in addition, a “new” SI Air Card will work when it is within 50cm of the SI box. **There will be new SI Air Cards available at registration for competitors to try.**

Start times: **From 10.30 to 12:30**
The route to the starts will exit the main vehicle entrance, turn left towards Backbarrow village along the side of the A590 and then branch off into the woods. Allow 10 minutes to walk to the start.



Finish: The route from the finish follows the cinder track back down to the station. Download will be situated at the end of the platform as you exit the woods.

Facilities: We are able to use the Station toilets.

The station has a café which will be selling hot food & drinks after your run. For menu choices please see the Railway website <http://www.lakesiderailway.co.uk/whats-at-haverthwaite/>

There will also be the NWJS cake stall – this will ONLY be selling cakes.

If you want hot soup or drinks or food please visit the station café after you have changed out of your orienteering shoes.

Compass Point will be in attendance for your orienteering needs.

Organiser: Richard Tiley (richard.tiley@tiscali.co.uk / 01229 587457)

Planner: Iain Smith-Ward

Controller: Richard Wilson