

**LAKELAND ORIENTEERING CLUB**

**BARROW FELL GALLOPEN SUNDAY APRIL 4<sup>TH</sup> 2017**

**FINAL DETAILS**

**DIRECTIONS:**

LA20 6EU GR SD 189899

Travelling from the North & South. Signposted from Duddon Bridge on the A595 from Broughton-in-Furness towards Millom.

Travelling from the West: Signposted on the A595 at Broad Oak onto Corney Fell road

**PARKING:**

Linear parking on the Corney Fell road. This is a fell road but can be busy so **PLEASE TAKE CARE & FOLLOW MARSHALLS INSTRUCTIONS.**

Camper vans & minibus places are limited so please inform the organiser if you are bringing one.

**ASSEMBLY:**

Registration 10.00-12.00

£6 Seniors £2 Juniors & Students £1 dibber hire

Please remember to bring own dibber to registration.

Start times 10.30-12.30

Enquiries

Buddy system in operation. Please leave car keys if travelling alone.

Download Please do not forget to download even if you retire

Catering

UVHS providing catering in aid of World Schools Champs in Sicily later this month. Bacon buns, soup & cakes & hot drinks all available & very tasty.

Bags/monies can be left safely at the Catering tent if competitors want to get their food after downloading before returning to their cars.

TOILETS at Assembly.

START 500m easy walk to Start. Please follow tapes & keep to marked route as it is an SSI area. As juniper disease is present please use the disinfectant water baths to clean your shoes on leaving & returning to Assembly.

It is a punching start for all competitors.

### FINISH

Adjacent to the Start. There will be a manned safety control at the Finish. Please remember to punch..

### COURSES

YELLOW	2.0	60m
ORANGE	2.2	75m
LIGHT GREEN	3.3	100m
SHORT GREEN	2.9	95m
GREEN	4.1	130m
BLUE	6.0	215m
BROWN	7.7	290m

The courses will close at 15.00.

Planners notes. The wood is enclosed by an uncrossable wall. Marked crossing points must be used & competitors must use the footbath placed beside the gate when going onto & back from the fell.

The Yellow & Orange courses are within the wood & use line features such as ditches & earthbanks for some legs which give rough & often marshy going. Yellow course is only suitable for small children if shadowed.

Terrain Small area of mixed plantation with varying runnability plus open fell with areas of good contour detail

There is no White or String course due to the unsuitable terrain.

Dogs on leads allowed in Assembly.

Safety points No whistle No go. Please check for ticks after your run.

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Planner: Judy Burge

Controller: Steve Burge