

SILVER HOWE GALOPPEN REGIONAL EVENT

FINAL DETAILS

Welcome to the Lakeland Spring Weekend & the second Cumbrian Galoppen of 2026.

DIRECTIONS

From the North head south on the A591 past Thirlmere. At the roundabout in Grasmere [GR 342072] take the second exit into Stock Lane B5287

From the South head north on A592 from Newby Bridge, then follow A591 through Ambleside & Rydal. At the roundabout in Grasmere [GR 342072] take the first exit into Stock Lane B5287.

Marshalls will direct you into the Grasmere Sports Field.

///ambitions.awards.taking LA22 9SJ

Please have £5 cash ready for parking. Recommend car sharing if possible!

ASSEMBLY

Situated in Grasmere Sports Field

Enquiries open at 10.00am

Registration 10.00-11.45am. EOD depending on map availability

Starts 10.30-12.30.

Collection & hire of SI dibbers

Please note yellow maps will be collected at Registration

First Aid Point

All the above situated in a building in the Grasmere Sports Field adjacent to 5 unisex toilet.

START

The route to the Start will be signed & taped from Assembly through Grasmere village to Allan Bank & Gardens main gate. **The route will NOT be marshalled so please be aware of traffic & take care of children.** The village could be busy so please be courteous to the locals & visitors.

The route will continue to be taped along a decent footpath to the Start.

Distance is circa 2.5km with 200m climb. **Allow 45-60 minutes**

There will be a clothing dump close to the Start.

FINISH

Approx 200m from the Start. Please ensure that you punch the safety control. The Finish control will be SIAC enabled. **Courses close at 2.30pm** so please ensure you allow yourself plenty of time.

There will be a Marshall & a First Aider at the Finish.

PLANNER'S COMMENTS

Silver Howe is one of the best open fell areas in the Lakes. All courses will enjoy some fantastic views [if the weather plays nice!] Complex contour & rock detail with courses planned for route choice rather than fine navigation. Yellow & orange courses are slightly longer than usual [apologies] but there is a distinct lack of usable line features to use. There will be a couple of taped routes on the yellow course. Hopefully both courses have enough to keep you happy! For the more technical courses runnability is generally very good over the whole area which should result in some fast times. Remember it's a long walk in/out **so use the clothing dump.** Take a drink/food with you for before & after so you don't compromise your time on the course. It will be worth it!

COURSES

Colour	Distance [km]	Climb [m]
Brown	8.59	405
Blue	6.13	275
Green	4.76	190
Short Green	3.25	160

V Short Green	2.74	140
Light Green	3.01	130
Orange	3.04	125
Yellow	2.89	100

Map sizes

Brown & Blue 1:10000

Green – Yellow 1:7500

SAFETY

The Silver Howe area is high, exposed fell. The competition area is between 400 & 500m. Dress appropriately for the weather conditions on the day & consider that the temperature may be significantly cooler on the fell top.

Depending on the weather, waterproof jackets, hats & gloves may be made compulsory on the day. Signage will be evident at Assembly.

Whistles are compulsory.

If travelling alone please leave your car keys at Assembly

This is a livestock area so please check for ticks after your run & wash your hands before eating

NHS Facilities

Urgent Treatment Centre

Westmorland General Hospital, Burton Road, Kendal, Cumbria LA9 7RG

ACKNOWLEDGEMENTS

Thanks to WAROC & Lowther Estate for permission to use Silver Howe & to Grasmere Sports Field Committee for allowing us to use their grounds

OFFICIALS

Planner Iain Smith Ward [LOC]

Controller Paul Addison [LOC]

Organiser Gill Browne & Sandy Turner [LOC]

ENJOY YOUR RUNS!