**CUMBRIAN GALOPPEN**

**HARDKNOTT**

**SUNDAY OCTOBER 8TH**

**FINAL DETAILS**

Directions

Event signposted from Duddon Bridge LA20 6DR ; GR SD 199 883

Road up Duddon Valley is narrow & lengthy so allow time for travelling

Parking & Assembly field at Cockley Beck LA20 6EQ GR NY 246 015

£2 car parking fee. Please have correct monies.

The turning into the parking field is narrow & arkward so please NO CAMPERVANS, unless small & manouverable.

Walk from Assembly/Parking to Starts

 High Start

1.5km, 175m climb. Allow 30-60 mins , depending on fitness. Initially on valley road, passing Low Start & then onto path which is shared initially with Yellow & Orange competitors [please be considerate]

Low Start

450m along valley road, please take care!

Low Start & Finish 150m apart

All courses will cross a minor road [marked as OOB] which can be busy at times. Be aware. Novice courses will cross at a marshalled crossing point. Please follow Red/White tapes to the Low Start & then Red tapes to the High Start

Courses

BROWN 8.9km 385m High

BLUE 6.4km 310m High

GREEN 4.4km 185m High

SHORT GREEN 3.3km 120m High

LIGHT GREEN 2.9km 115m Low

ORANGE 2.1km 65m Low

YELLOW 2.0km 40m Low

Registration

10.00-12.00

EOD is available for all courses depending on map availability

Dibbers, compasses & advice available at Enquiries for Newcomers

Senior £9; Junior £5; LOC Junior Free

Starts

10.30-12.30

Assembly/Parking

Toilets in field. Dogs allowed in field on leads only.

Map/Terrain

New area mapped by Martin Bagness in 2021 & updated by Chris Heppenstall in 2023.

The area has a wealth of intricate rock & contour detail in a stunning setting. Rocky underfoot in parts but the majority of the area is runnable, being mostly above the bracken line & grazed by sheep.

Safety

Full leg cover is not compulsory but the area is exposed &, if the weather is bad, you may be required to carry a waterproof jacket & potentially hat, gloves & waterproof trousers. Please bring those to the event &, if needed, notices will be displayed in the car park & on the route to the Starts.

You must carry a whistle.

There is no clothing dump.

There will be safety control at the Finish. Please punch it.

You must download even if you retire so we know you are back safe.

Safety Bearing for High Start competitors: Descend from the fell by heading east into Mosedale, follow the footpath or beck south to the road & then head east to Cockley Beck. Heading east from the southern end of the fell may bring competitors to a point where they see the road, in which case they can descend directly to the road & follow this east to the finish at Cockley Beck. Under no circumstances should competitors attempt to descend north or northwest into Eskdale

Bracken & livestock area. Please check for ticks & wash your hands before eating.

Finally

Enjoy your run!

Planner Chris Heppenstall

Organiser Gill Browne gillbrowne55@googlemail.com

Controller Derek Allison