

## **LOC Gallopen    Roanhead**

### **Final Details    3<sup>rd</sup> Nov**

Sunday 5<sup>th</sup> November 2023

#### **Parking:**

Parking will be at Roanhead Farm Barrow in Furness LA14 4QL. GR SD 205755.

£2 Please have correct monies if possible

It will be signposted from Park road roundabout on A590 west of Dalton in Furness.

Parking is mainly on the hard standing at Roanhead farm and partly on the farm track. Small manoeuvrable camper vans will be accommodated but no motor homes. Please share transport if possible as parking is limited by the very wet conditions.

Please note assembly/ parking is 1.8 km to/from start/finish. Easy level walk. Please walk on the grass and not on the farm track when walking to the start. The route to the start is along a minor road. Expect some traffic. The route goes through the NT car park. Please be cautious of vehicles turning.

Please supervise children

#### **Map/Terrain**

This is an area of wild unspoilt intricate sand dunes located at the edge of the beautiful Duddon estuary with breathtaking views of the Lake District fells. The area includes Sandscale Haws, an SSSI conservation area important for its rich abundance of fauna and flora and especially wading birds and the rare Natterjack toad.

NB. Please note that this is an environmentally sensitive area. It is very important that you avoid all areas shown as Out of Bounds (including the beach) so as to avoid disturbing wildlife. We wish to be able to use this area in the future and we therefore need to respect the National Trust's conditions. There is cattle grazing. Please give them a wide berth and avoid disturbing them. The marshes may have become quite deep in these wet conditions. Please avoid them as much as possible.

Map updated by Chris Heppenstall in 2023.

Full leg cover is compulsory,

#### **Course Details:**

The start is approx 1.8 km from assembly, easy level walk.

Courses:

Yellow - 1.8k (40m)

Orange - 2.2 (45m)

Lt. Green - 2.8km (70m)

Short Green - 3.2km (85m)

Green - 4.3km (175m)

Blue - 6.8km (220m)

Brown - 9.0km (320m)

Please note that there is a butterfly loop on the Brown course

The area is exposed and, if the weather is bad, you may be required to carry a hooded waterproof jacket, and potentially hat, gloves and waterproof trousers. You should bring these to the event and notices will be displayed in the car park and at the start.

You must carry a whistle.

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

There will be scope to leave clothing near the start but this will not be manned and clothing is left at your own risk. The route back to assembly from finish will pass very close to the start.

Safety bearing is north to the beach and then east to the NT car park.

Emergency mobile number is 07971423090.

Courses close at 2.30pm.

Please start your course early if you expect to take some time. The far controls may be collected shortly before 2.30pm if light conditions are poor so that our control collectors have time to collect safely before dark.

ELECTRIC FENCE. All routes will cross an electric fence, which is turned ON. The junior courses will cross at stile crossing points and warning notices are posted on the fence at those points. All other courses cross the fence at points where a warning notice might not be displayed. It is easily stepped over or under. Please avoid touching the fence when crossing.

### **Entry Details:**

Online entries are now open on [SI Entries here](#), online entry will close at 23:59 on Weds Nov 1st. Entry on the day will also be available, subject to map numbers.

Senior - £9

Junior/Student - £4

LOC Juniors - free

Car parking £2 per car

A family group intending to go round a course together should just enter once. Please enter one member of the group and fill in the box for details of others in your group.

You will just use one SI Card (dibber) between you but you can buy extra maps using the "extras" on SI Entries for £1.

### **Registration@**

Starts 10.30-12.30pm

Registration 10.00-12.00

EOD is available for all courses depending on map availability.

Dibbers, compasses & advice will be available for novices/families at Registration/Enquiries

### **Facilities:**

Toilets in Assembly/car parking field.

### **Dog restrictions:**

Dogs on lead in Assembly field & please clean up after your dog . No dogs on courses.

### **Contacts:**

Planner Rob Browne

Organisers Lindsay Bayles & David Corp

Controller Heather Heppenstall

### **Nearest A&E**

Barrow A&E