



## High Pike, Cumbrian Galoppen (level C)

Sunday 3rd November 2019

**Location:** High Pike, Fell Side CA7 8HA

**Directions & Parking:** The event will be signed from Hesket Newmarket, from the B5299 just west of Caldbeck and from the B5299 at GR NY 283384. Parking and assembly in field at the north east end of Fellside Grid Ref NY 305376. Many thanks to Alan Coulthard of Fellside Farm for the use of his field. There will be a parking charge of £1 per car which will go to a local charity.

**Registration & Start Times:** Registration and download will be in the car park field. Registration is from 10.00 am to 12.00. Fees are £6.00 for seniors, £3.00 for juniors. SI cards will be available to hire at 50p but there will be a charge of £30 for any lost cards.

Start times are from 10.30 to 12.30. The start is 800m walk and 85m climb from registration. The finish is 700m walk from registration.

Due to the limited daylight hours the courses will close at 2.00pm. If competitors think that they will be out for a long time then can they please start early.

### Course details:

Course	Controls	Length	Climb
YELLOW	8	1.8 km	50 m
ORANGE	9	2.1 km	55 m
LIGHT GREEN	9	3.9 km	150 m
SHORT GREEN	10	3.1 km	90 m
GREEN	11	4.6 km	140 m
BLUE	11	6.4 km	205 m
BROWN	19	8.4 km	335 m

These are subject to final controlling. Map scale is 1:10,000 and it is hoped that all courses will be on A4 size maps.

**Facilities:** Toilets will be in the car park field. First Aid will be close to Registration. There will be a Border Liners Juniors Cake Stall close to Registration.

**Safety:** As this is a Lake District area of high open fell all competitors should dress appropriately and must carry a whistle. If the weather is bad it may also be compulsory to carry a cagoule. There will be a sign advising of this at the exit from the car park.

High Pike has numerous old pits and mine workings. Those regarded as potentially hazardous have been fenced off. Competitors must not cross any fences.

Competitors on the yellow course need to follow a taped route to the first control.

The High Pike common is well used by walkers, cyclists and horse riders. Competitors should be aware of and respect other users of this area.

**Dogs:** As part of the licence agreement for the use of High Pike the LDNPA insist that no dogs be taken out on the courses. Dogs are allowed on a lead in the car park. Please clean up after your dog.

**Contacts:**

Organiser: Robin Thomas robinpdthomas[AT]gmail.com Tel 01768 868677

Planner: Carol Edwards

Controller: Christine Goulding

**Safety and Risk:** A comprehensive risk assessment will have been carried out by the event organiser. Runners must download even if they retire so we can be sure everyone is back and that we do not need to start a search and rescue. Participants take part at their own risk and are responsible for their own safety during the event.

**Public Liability Insurance:** If you are new to orienteering you are automatically covered by British Orienteering's Public Liability Insurance for a maximum of 3 initial "taster" sessions/events. For this Public Liability Insurance indemnity to apply it is essential that Border Liners record and retain your name, address and dates of attendance. To continue to be covered by British Orienteering's Public Liability Insurance after your 3 initial sessions you should join British Orienteering. Details of joining Border Liners and British Orienteering here: <http://bl-orienteering.org.uk/index.php/beginner/membership>

**Privacy:** When entering Border Liners events any personal information we obtain for participation and insurance purposes will be held in accordance with our data privacy policy. Some personal details (name, gender, age, class & club) will appear in the results section of our website or in newspaper reports. Read our privacy policy to see how we look after your personal data.  
<http://bl-orienteering.org.uk/index.php/club-info/privacy>

**[www.bl-orienteering.org.uk](http://www.bl-orienteering.org.uk)**