

Cumbrian Galoppen Orienteering Event

Sunday March 13th 2011

Coombs Wood, Armathwaite

GR NY514450. Sign posted from the bridge over the river Eden in Armathwaite

Terrain: Wooded area, comprising two flattish areas separated by a steep escarpment with many rock features. Map: Updated by Dick Whitworth 2011, uses standard IOF symbols.

Course	Length	Climb	Map Scale	Legend on Map
	km	m		
Brown	7.5	235	1:7500	No
Blue	5.5	195	1:7500	No
Green	4.0	90	1:7500	No
Short Green	3.1	55	1:7500	No
Light Green	3.4	80	1:10000	Yes
Orange	2.8	50	1:10000	Yes
Yellow	2.2	40	1:10000	Yes
String course (as long as parking in field is possible otherwise no string)				

(TD 5 Courses have 1:7500, for easy legibility. TD 1- 4 Courses have 1:10000 because this map includes a Legend for Beginners/Juniors).

LEGENDS: Separate legends are available from registration if required.

IOF Control descriptions: You will be given the one for your course when you register. Control descriptions for the yellow course are also written out in words.

Blue and Brown courses have two part maps bagged back to back.

Yellow: One indistinct path on the Yellow has been clarified with tapes on canes.

NB Parking £1 - in field or roadside if too wet. If we have to park along the road then there will be an additional walk for late arrivers along the road to register. **-If we are Roadside Parking, a note will be posted on this website on Saturday 12th.**

Start: Roughly 100m from registration, no matter where we park.

Finish: There are two finishes. Yellow finishes about 300 m from the start and will be marked with white tape on canes back to the car-park. All the other courses finish at a location with fine views over the River Eden. The walk back to the car park field is about 1km. The first 300m is along paths through the woods with 50m climb to the road and will be marked with white tape on canes. Please take care along the road and as usual please go straight to download. **Please note** that because the finish is at a mapped feature and the fairly lengthy route from the last control to the finish is NOT taped, the control description of the finish is given as though it were a control (which it in fact is). We are interested in your views on this departure from the norm, after you have had your run.

Fees - £6 seniors, £2 juniors, £2 reduction for BOF adult members, string course – free, dibber hire – 50p

Registration in car park field or along road at start. 10:00 to 12:30 (hand in filled in pink card and take a control description), starts 10.30 – 12.30, course closes 2:30pm.

Wet Weather Details - see website on Saturday 12th **Final details** including wet weather details, will be handed out with pink cards.

Organiser – Christine Goulding Tel: - ***** **email:** *****@*****