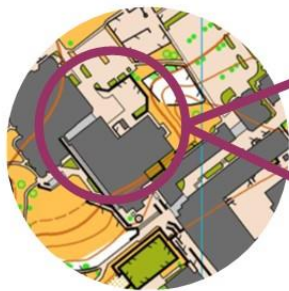


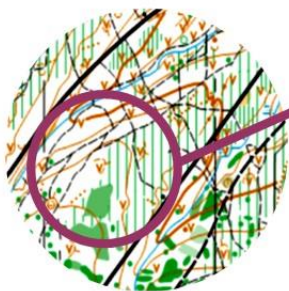
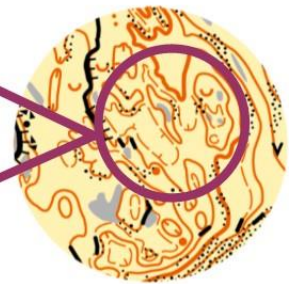
British Orienteering Championships

Weekend 4th—6th May 2019



British Mixed Sprint Relays

British Long Distance Championships



British Relay Championships

KEY EVENT INFORMATION

Please, at least read this!

	MSR/Sprint	Individual	Relay
Dogs	Only in the car park	No dogs allowed in the arena and parking fields or on the courses	Only in the car park
Post Codes	BD7 1SA	Signed turn: BD23 5PT Assembly: BD23 5QB	LS11 5DJ
Parking to assembly	Car park 1 and 2 150m Car park 3 – 500m	Adjacent – 200 metres	Maximum distance from parking: 350m
Toilets	In Student Central	NE corner of the Assembly Arena	There are male and female toilets at the back and top of the 1 st tier of the stand, at both ends of the stand.
Assembly to start	Adjacent	The Near Start (1.2k and 150m climb) and the Far Start (1.5k and 150m climb)	Adjacent
Competitor number bibs Must be worn full size Pins provided	Via club captains Individual: DIY by enquiries	At marquee in Assembly	Via club captains
Control Descriptions	Only on the map	On the map and loose versions in the start lane	Only on the map
Entries on the Day	Non-competitive Individual Sprint for relay runners only from 1.30pm	Colour Coded Entry on the Day (EOD) – White, Yellow and Orange only.	None
Drinks	Please provide your own	One drink point and two on the longer courses. No drinks at the Finish	Please provide your own
String Course	No	Yes – in field adjacent to assembly	No

WEEKEND SUMMARY

“Yorkshire and Humberside Orienteering Association welcome, you to the 2019 British Mixed Sprint Relays, the British Orienteering Championships and the British Relay Championships.”

Saturday 4th May - British Mixed Sprint Relay

The Sprint Relays will be held at Bradford University on Saturday 4th May. This area has only been used for one major event before (AIRE’s Bradford Urban Race in 2017) and promises a variety of land use with the added factor that the campus is steeper than many others in the UK.

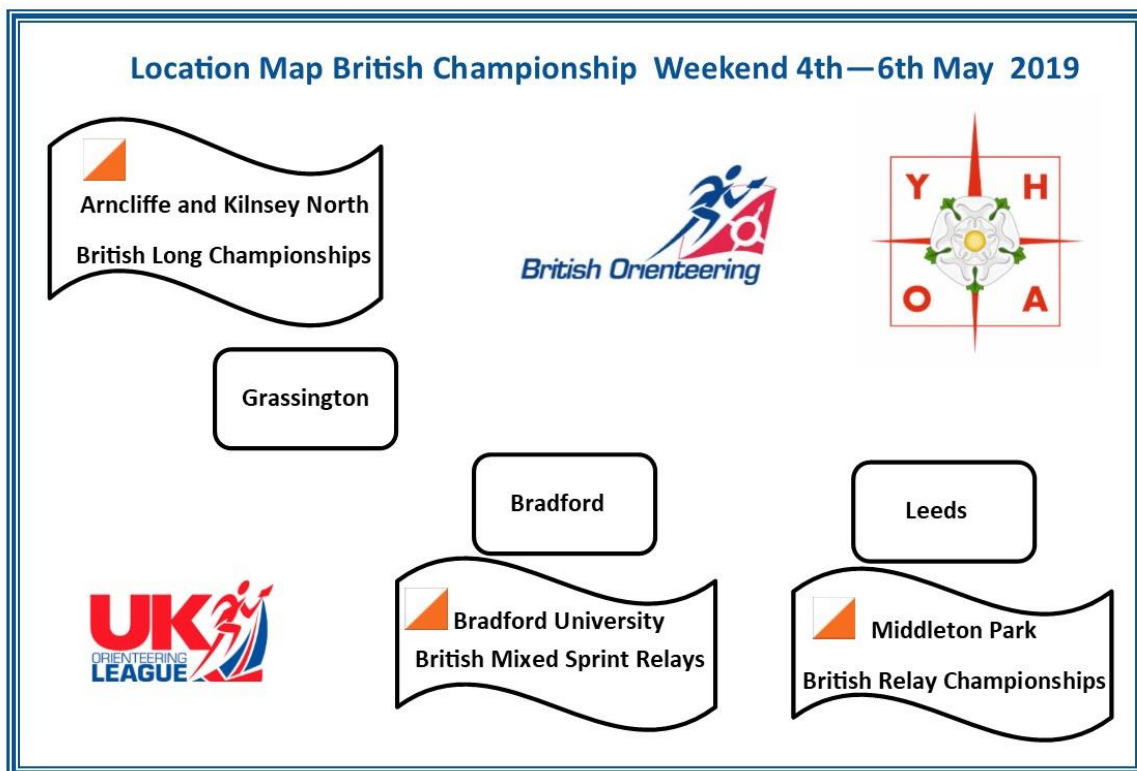
Sunday 5th May - British Long Distance Championships (UK Orienteering League)

The British Long Distance Championships will be held at Arncliffe and Kilnsey North on Sunday 5th May, with assembly adjacent to the pretty village of Arncliffe, in Littondale, Upper Wharfedale. The area is a combination of the northern parts of Kilnsey, as experienced in the 2016 JK (remember the hailstorms?), Arncliffe (used for the 2015 Northern Championships) and parts of the area have also been used for the 2015 SHI Relays and Airienteers’ biennial Dales Weekend events. The terrain is almost wholly open moorland, mostly extremely runnable, with a profusion of contour detail. It also features a lot of limestone, and route choice will be complicated by the presence of stiles and uncrossable walls. Spectators will be able to see competitors encounter the last few controls of most courses as the fellside faces the one-stop assembly area and arena.

Monday 6th May - British Relay Championships

The British Relay Championships will be held in Middleton Park, Leeds, on Monday 6th May. This area, which was last used for the 2015 British Night Championships, is characterised by heavily pitted forested slopes and plateaus with a dense path network, separated by patches of lightning-fast open ground and a recently abandoned golf course. With three valleys running diagonally across the area, this event will be both a technical and physical challenge.

LOCATIONS MAP



WELCOME

Chair of British Orienteering



On behalf of British Orienteering and as its newly appointed Chair, it is my pleasure to welcome everyone to this British Orienteering Championships weekend being hosted by the Yorkshire and Humberside Orienteering Association (YHOA).

I am confident that the events will be successful. The experience of the planners means that you will face a challenging but fair set of courses on all three days. On Saturday the Mixed Sprint Relays, a relatively new competition format, will see exciting head-to-head racing around Bradford College and University. The individual long race day on Sunday at Arncliffe and Kilnsey is part of the UK Orienteering League and the finale of the UK Elite Orienteering League. Finally, on Monday in Middleton Park the relays will determine the best club teams in each age class.

On your behalf, I would like to thank everyone involved in helping stage this weekend of orienteering, especially the landowners, event officials and the many volunteers from all the YHOA clubs. It should be remembered that the success of an event is not just the result of help on the day, vital though it is. Many people have worked long hours over many months to deliver this event for our enjoyment, often in roles that take no public credit. British Orienteering owes a great deal to its volunteers. I hope you enjoy the weekend, both the quality of the orienteering competitions and the social aspects of being part of a large gathering of fellow orienteers.

Drew Vanbeck,
Chair, British Orienteering

Chair of Yorkshire and Humberside Orienteering Association



It gives me great pleasure to welcome you to the Yorkshire and Humber region for the 2019 British Championships weekend.

Tony Thornley and his team have worked very hard to bring you three excellent events which will showcase top quality courses and demanding terrain in this beautiful part of the country. The areas have been specially selected to provide a good challenge for each event and will result in the winners of each race being worthy of the title of British Champion.

All of the clubs in YHOA have put in many months of hard work to ensure we are ready for your arrival and you experience a great weekend of different competition formats.

I would like to wish you the very best of luck for your races, let's keep our fingers crossed for good weather and I hope you have a thoroughly enjoyable weekend of orienteering in Yorkshire.

Nev Myers
Chair, Yorkshire and Humberside Orienteering Association

KEY OFFICIALS AND CLUBS

Coordinator: Tony Thornley (AIRE) assisted by Mike Cope (CLARO) and Ian Marshall (AIRE)
Treasurer: Richard Foster (AIRE)
Publicity, enquiries, website: Martin Ward (SYO) assisted by Charlie Adams (SYO)
Programme: Peter Guillaume (SYO)
SI, start lists, results: Peter Gorvett (SYO) and Fabian4, Nev Myers (EBOR)
Entries Secretary: John Butler (HALO)
Prize-givings: Amanda Crawshaw (SYO)
Signs: Vince Grealy (CLARO)
Safety officer: Ken Hutson (HALO)

British Mixed Sprint Relay

Organiser: Davey Averill (EPOC) assisted by Mike Pedley (EPOC)
Planner: Leon Foster (AIRE)
Mapper: Chris Burden (AIRE)
Controller: Mike Ridealgh (EBOR) assisted by John Smales and Nev Myers (EBOR)
Jury: Simon Errington, David Rosen, Andy Lewsley

British Long Orienteering Championships

Organisers: Dave Shelley (AIRE) and Guy Patterson (AIRE)
Planner: David Alcock (AIRE) assisted by Neil Conway (AIRE)
Mapper: Tony Thornley (AIRE)
Controller: Michael Chopping (RAFO) assisted by Tony Thornley (AIRE)
String course: Martin and Lisa Broadest (AIRE)
Jury: Neville Baker, George Esson, Andrew Yeates

British Relay Championships

Organiser: Chris Burden (AIRE) assisted by Graham Stuart (AIRE)
Planner: Richard Payne (EPOC)
Controller: Paul Taylor (CLOK)
Jury: Simon Thompson, Richard Towler, Ray Collins

Map credits

Bradford City Centre, mapped by Chris Burden (updated 2018/19)
Arncliffe and Kilnsey North, mapped by Tony Thornley (updated 2018/19)
Middleton Woods, mapped by Chris Burden (updated 2018/19)

GENERAL INFORMATION

Entries and Entry Changes

Entries have closed and all competitors were advised by email of the need to make any changes by midnight 22 April 2019. All requests for changes - for example to your competition class or to your start time - will incur a change charge of £5 per person per day. Multiple changes impose a heavy workload on volunteers.

Split and helper starts

Non-seeded entrants requesting a split start and non-seeded helpers will be allocated open start times. Seeded entrants requesting a split start and seeded helpers on the helper list will be allowed to change their start time at enquiries with no charge; they will not be able to do this at the start.

Complaints & Protests

The individual race will be run in accordance with the British Orienteering Competition Rules A: British Long Distance Championships, which can be located on the British Orienteering website at: http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule_a.pdf.

The relay race will be run in accordance with the British Orienteering Competition Rules D: British Relay Championships, which can be located on the British Orienteering website at: http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule_d.pdf.

If you are unhappy about something, please discuss your concerns with the day's Planner, Controller or Organiser (via Enquiries), dependent on the problem. If this does not resolve the issue, then a Complaint should be made in writing to the Day Organiser (via Enquiries). A Complaint should be made as soon as possible after the problem is identified and no more than 15 minutes after the last result being displayed. The Organiser is the adjudicator. If you are unhappy with the Organiser's decision, you can protest in writing to the Controller or Organiser, again via Enquiries. The event Jury will then be convened. A protest should be made no more than 15 minutes after the result of the Complaint is known.

Photography

In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with section 4.8 of British Orienteering's O Safe Policy. Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography, they should raise them with the relevant Day Organiser, contactable via Enquiries.

Official photographers are required to register with British Orienteering and wear a special Hi vis vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website here and hand it in to Enquiries. You will be identified by your bib number.

Merchandise

The YHOA Junior Squad have designed a fabulous O-top to commemorate the British Orienteering Championships which this year are being held in Yorkshire. There will be a limited number available

for sale at the event, at a £2 surcharge per O-top. Pre-ordered O-tops will be available for collection from the YHOA junior squad tent on all days of the event.

First Aid

First Aid is provided on all days by First Choice Medical Services. We extend our thanks for their assistance. Anyone with a known medical condition should complete a [medical form](#) and leave it at Enquiries.

	Hospital for serious injury	Miles
British Mixed Sprint Relays	Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ	2.6 miles, approximately 8 minutes by car
British Long Distance Championships	Airedale General Hospital, Skipton Road, Steeton, Keighley, BD20 6TD	22 miles, approximately 38 minutes by car
British Relays	Leeds General Infirmary LS1 3EX Includes Children's Emergency Dept for Leeds.	6.4miles, approximately 17 minutes by car

Waste

Sprint Relay: Use litter bins on site

Individual: Please take all you rubbish home for recycling

British Relays: Use litter bins on site and take rubbish home for recycling

Electronic Punching

The controls will be SIAC enabled. Please make sure you carry out the battery test each day. See events details for location of battery check.

Use the backup punch if you feel the unit has failed.

Security

Please be mindful where you leave valuables that two of the events take place in public locations.

Shadowing

This is only permitted on colour coded courses. Any accompanying person must either have competed already or not be competing.

Safety

There will be spaces for contact details and medical information on the back of bibs. Please complete this both your own benefit and to assist the event officials in the case of an incident.

Competitors accept the hazards associated with participating in the event, and that they take part at their own risk and are responsible for their own safety.

All British Orienteering members entering are covered by the British Orienteering public liability insurance policy. After competing in 3 events, non-members are not covered for public liability. Other than the organiser's liability for causing death or personal injury by negligence, Event Officials will not accept liability for any injury, accident, loss or damage to the competitor or their property that may arise before, during or after the event as a consequence of participation in the event.

Clothing

British Mixed Sprint Relays: Shorts are permitted.

British Long Distance Championships: Whistles are compulsory. You will be reminded of this on the walk to the starts. Goggles may be compulsory depending on the weather. Shorts are allowed unless the weather is extremely inclement. Signs to display this will be shown at the start of the walk to the starts. Your kit will also be checked on the start line. Extra kit may be recommended (remember the hailstorms at JK 2016?).

Fell shoes without dobs are recommended as dobs do not give the best grip on rock.

British Relays: British Orienteering rules require that you **MUST** wear full leg and body cover.

Results

Results will be displayed on site each day. Each day there will be a local area wifi, BOC 2019, where the results can be viewed. These will be updated every 10-15 mins.

There is no facility for online (internet) results updates during the event, but results will be uploaded to the BOC2019 website each evening, here: <https://boc2019.org.uk/results/>

Social Media

We will be using #boc2019 on Facebook and Twitter social media channels. Please join in!

JK Prizes

Several people were unable to collect prizes from individual competitions at the JK weekend. These may be collected from Enquiries any day. JK Relays trophies and medals that were not presented at the JK will be presented at the BOC Relay prizegiving.

Brain Tumour Research and Support Charity

There will be a collection for this charity near General Enquiries on Saturday and Monday.

When the JK was held in Yorkshire in 2016 Alistair Tinto (EPOC) was the Joint Coordinator. Others will know how much more he did for orienteering in Yorkshire and Humberside and for his club. Sadly, Alistair died in 2017 after suffering from a brain tumour.

Since that time, his wife Zoe has been an ambassador representing the BTRS Charity. She will have information about the charity and will be collecting for this good cause on Saturday and Monday. Have a chat to Zoe about the work of the charity if you are interested, and please make a donation if you can.

The charity exists to fund research and to support all brain tumour patients (adult and children) and their families across Yorkshire. Brain tumours are now the most common malignancy and cause of death in people under 40 and the lack of funding and research into the treatment of aggressive malignant tumours means survival rates are no better than they were 40 years ago. Without the charity there would be no research laboratory in Leeds hospitals.

BRITISH MIXED SPRINT RELAYS

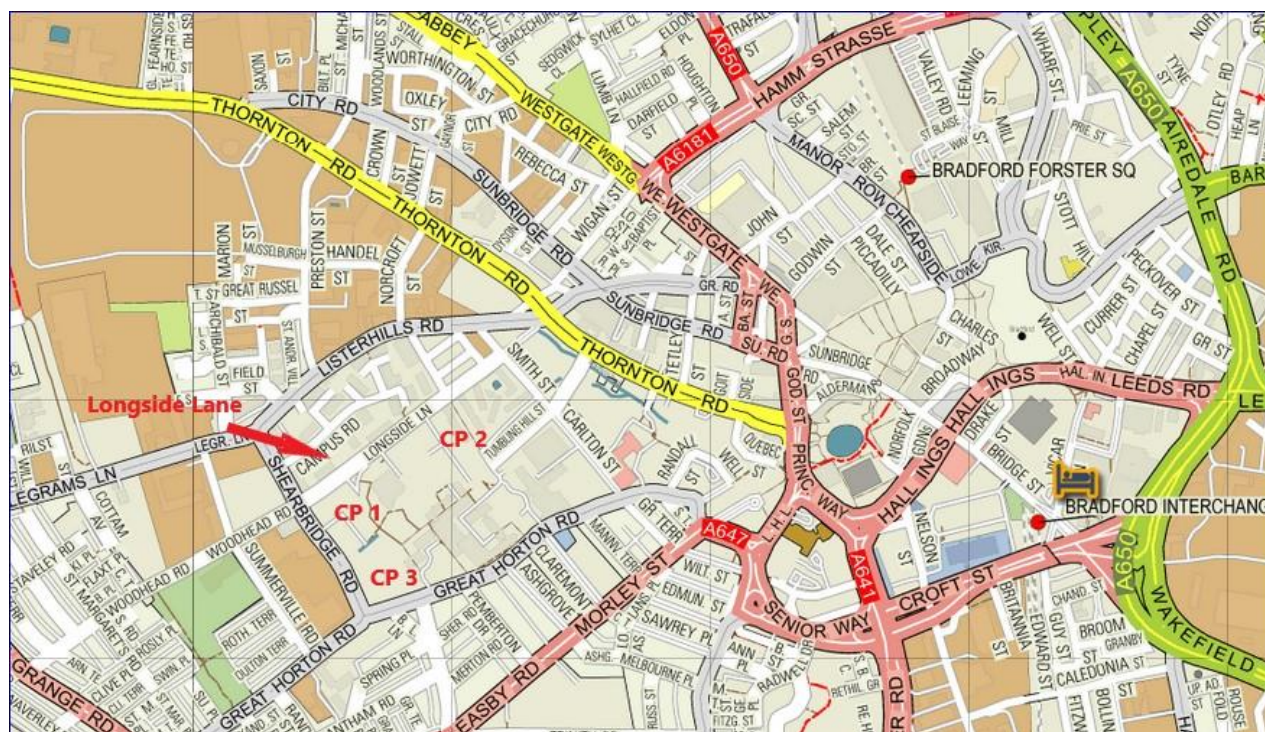
Timing

- 1115 Car parks open
- 1130 Facilities at Bradford Student Central open
- 1130 Enquiries and Relay Team Declarations open
- 1230 Open and Veteran Class Relay Team Declarations close
- 1245 First leg call up for the Open Relay soon followed by the Veteran Relay
- 1300 Open Relay start soon followed by the Veteran Relay
- 1330 Relay Team Declarations close for all classes except Open and Veteran
- 1330 Individual Sprint Entries open for relay runners only
- 1355 First leg call up for the Super Veteran Relay soon followed by other classes
- 1410 Super Veteran Relay start soon followed by other classes
- 1515 First Individual Sprints start
- 1530 Prizegiving for Relay Winners
- 1545 Individual Sprint Entries Close
- 1630 Last Individual Sprint start
- 1700 Courses close
- 1730 Facilities at Bradford Student Central close

LOCATION

The **British Mixed Sprint Relays** (and Individual Sprint) will take place at Bradford University and Bradford College. However you travel to the event the area must be entered from Longside Lane, Bradford, BD7 1SA and not from any other access point as competitors would be going through the competition area, bounded on the map below by Longside Lane, Thornton Road, Prince Way, L H L, A647, Great Horton Road, Shearbridge Road.

The Longside Lane entrance is at: Link to [Streetmap](#)



Travel Directions

Public Transport and Walking. Please use public transport if you can. Trains and buses go to Bradford Forster Square and Bradford Interchange. It is a 15 minute walk to Longside Lane from either of these avoiding the competition area.

Travel by Car and Parking. If coming by car, please share transport as much as possible. All traffic should head for Longside Lane which is only accessible from the west side at the junction with Shearbridge Road. Car parks are shown on the above map as CP1, CP2 and CP3. Cars will be parked in Car Park 1, then Car Park 2, and then by redirection to Car Park 3. Those entitled to Priority Parking approach from the same point and they will be directed to park very close to Student Central. Please follow Car Park marshals' instructions. Orienteering signs will start at the Great Horton Road / Shearbridge Road roundabout which is at: [Streetmap link](#).

Dogs

Dogs are not allowed in the buildings, the arena, on the courses, or near the traders. The hardstanding car parks are also not really suitable for dogs, but owners can decide if they are happy to leave their pets in vehicles.

ARENA AND FACILITIES

The Arena and facilities of Bradford Student Central are within 150m of the furthest parts of car parks 1 and 2. Because of the need to walk via Great Horton Road, Shearbridge Road and Longside Lane the arena and facilities are 500m from Car Park 3.

Once inside Student Central you will find a shop, an eating place, toilets, an informal gathering/changing area and enquiries. The Arena is adjacent to Student Central.

ENQUIRIES

Competitors will find:

- **General Enquiries**

For any queries apart from those specified below and for leaving car keys.

- **SI/SIAC Card Hire**

Individuals who have hired SI/SIAC cards will be able to collect them. Hire is by individuals rather than teams. SI/SIAC cards may be kept if they have been hired for other days.

- **Relay Team Declarations and Relay Bib Issue**

Team declaration forms will be available for team captains from 1130. There will be two copies for each team. Declaration forms must be checked, and changes written on both copies if necessary. **It is essential that SI numbers are checked very carefully as any incorrect SI number will cause a delay in the check/map issue area.** One copy must be ticked to indicate that the team qualifies as competitive, and then signed. Team bibs will be issued on return of this copy. Team declaration forms for the Open and Veteran class must be returned by 1230. Team declaration forms for other classes must be returned by 1330. No changes to team members or SI numbers can be made after these times.

Leg 1 bibs have a red band, leg 2 bibs are white, Leg 3 bibs have a blue band, and Leg 4 bibs (for the Open class only) have a yellow band.

- **Bibs for the Individual Sprint**

There will be DIY bib collection for the Individual Sprint. Bibs will show your name, course and start time. They will be in alphabetic order, so you will not need to know your bib number.

- **Registration for the non-competitive Individual Sprint for relay runners only**

This will not be open until after 1330. Relay runners must continue to wear their relay bibs when they enter and when they run. There is one course (course 20). It is only available to relay runners and nobody else. The cost will be £10 for seniors or £5 for juniors.

- **Trophy return for BOC/BRC**

There will be a space near General Enquiries for any returned trophies for BOC or BRC.

RELAY ARENA

There are spectator areas where the relay changeover and the last parts of the race can be seen. A spectator control is visible from the arena. We regret there is no space for club tents in the Arena.

Old maps, team lists and results will be displayed close to download. Katherine Bett will be providing commentary on the races.

Traders

Ultrasport and Compasspoint traders will be near the entrance to Student Central and in between Car Parks 1 and 2.

Waste

Please use the litter bins situated around the campus separating waste as indicated on the recycling bins.

EVENT INFORMATION

Safety & First Aid

First Choice Medical Services will be providing First Aid facilities. Personnel will be located near the finish and download.

Clothing

Clothing and belongings can be left at owners' risk in areas indicated inside Student Central. Runners are permitted to wear shorts and short sleeved tops if they so wish. Bibs must be worn so that they can be seen clearly on the front of running tops.

Electronic Punching

SI punching will be used. All controls will be enabled for contactless use, except where a punching start is necessary for the individual race.

Terrain

Bradford University is an urban university estate. It is predominantly a paved site, but there are lots of grassed areas. It is undulating, sited on different levels with buildings, underpasses, fences and steps.

Please respect Out of Bounds areas. Do not attempt to cross uncrossable features or areas shown as olive green. Any infringement seen will result in disqualification.

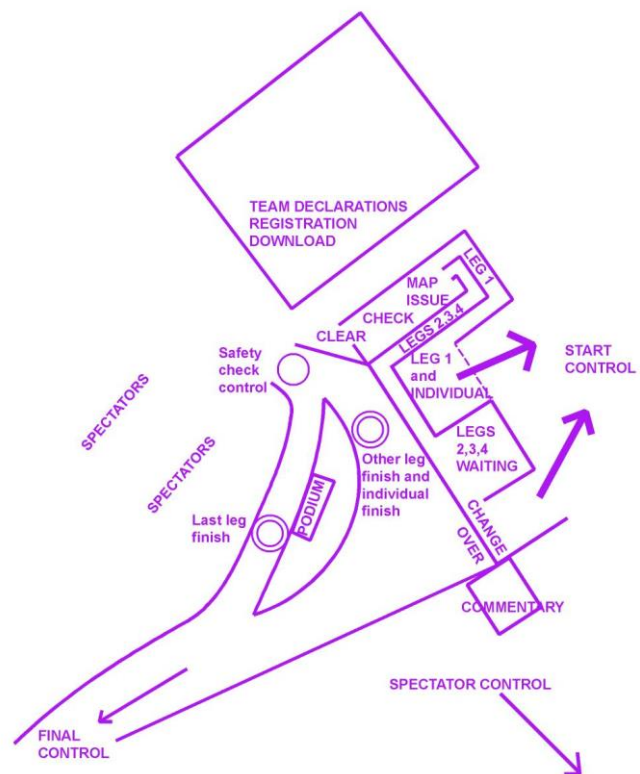
Some crossable walls have an adjacent handrail to be wary of when jumping over. There are lifting barriers on several campus roads which should be in the down position most of the time but are not mapped.

Map

The map is printed on A4 size waterproof paper. It has been updated by Chris Burden in 2019. The scale is 1:4,000 with 2.5m contours.

Control Descriptions

Control descriptions are printed on the map. There will be no loose control descriptions for either the relay or the individual race.



Mass start timetable

The Open and Veteran Classes will run first. The large number of entries means that the Veteran Relay will overlap the Open Relay rather than later with other classes.

Class	Numbers	Course	Leg 1 Call up	Leg 2 Call up from	Leg 3/4 Call up from	Start Time	Distance km	Climb metres	Controls
Open	101+	1	1245	1300	1310/1320	1300	3.2/2.9	55	19/17
Vets	201+	2	1255	1310	1320	1310	2.9/2.3	50	15/12
Super Vets	301+	3	1355	1410	1420	1410	2.7/2.1	45	16/13
Ultra Vets	401+	4	1405	1420	1430	1420	2.7/2.1	45	16/13
Juniors 16-	501+	5	1415	1430	1440	1430	2.9/2.3	50	15/12
Juniors 12-	601+	6	1415	1430	1440	1430	2.0	35	12/13
Ad Hoc	701+	7	1425	1440	1450	1440	2.9/2.3	50	15/12

The course distances given are optimum distances. Course distances, climbs, and number of controls are approximate as relay variations do vary slightly in length and climb. The shorter distances for the Open course are for the first and last legs for women. The shorter distances for other courses (except Juniors 12- where all legs are approximately the same length) are for the middle leg. Course distances on the control descriptions printed on maps will be straight line distances.

A reminder that for the Open Class, the first and last legs must be run by women, and the second and third legs must be run by men. For other classes, there must be at least one man and one woman in the team, but men or women can run any leg. The target winning time for all legs is 12 – 15 minutes.

Hopefully no mini mass starts will be needed, but if necessary, these will be at 1405 for the Open and Vets classes and 1530 for other classes.

SI Check and Map Issue

A covered area houses an SI check station and map issue. Just before the entrance, there will be a SIAC battery check control. There will be a clear station at the entrance followed by an SI check station. The relay team and leg will be displayed from the SI number. This must match what is on bibs. If it does not match, it is likely that a wrong SI number was entered on the team declaration form and there will be a delay to correct this. Maps will be issued by helpers. Please check very carefully that the team and relay leg indicated on the edge of the map matches what is on your bib.

Handover

Runners on Leg 1 and Leg 2 (and Leg 3 for the Open Race) should keep right at the fork after the last control.

Leg 2, 3 and 4 runners should be able to see the previous runner from their team at the spectator control and running from the finish control. The spectator control is not far from the finish. As their team mate approaches, next leg runners should line up along the handover line in roughly the order that incoming runners are approaching. A touch is necessary for handover. As runners touch and leave the queue, others waiting for approaching runners should move towards the commentary shelter to allow others to join the back of the queue.

Finish & Download

After handover, runners on Leg 1 and Leg 2 (and Leg 3 for the Open Race) should turn left to their finish control which will be enabled for contactless punching.

Last leg runners should keep left at the fork after the last control. Their finish will be enabled for contactless punching.

After finishing, all runners must use the safety check control. This will not be enabled for contactless punching. Download is inside the building. As facilities are so close to the start and finish, there will be no water provided.

Map collection

There will be no map collection. Finishers are being trusted not to show their maps to those who have not run, and those who have not run are being trusted not to attempt to try to see a course map. This applies to those doing the Individual Race as well as relay runners as some of the courses are very similar. Blank maps will be on display in the arena.

Prize Giving

Prizegiving for the relays will take place at 1530 or as soon as possible after that.

Course & Class Details table for the Individual Sprint Race

Course	Men	Women	Technical Difficulty	Distance km	Climb m	Controls
11	Open (M18-M35)		3	3.2	55	19
12	Veteran (M40+)	Open (W18-35)	3	2.9	50	18
13	Junior (M16-)	Veteran (W40+)	3	2.7	50	18
14	Super Vets (M55+)		3	2.7	50	17
15		Super Vets (W55+) Junior (W16-)	3	2.3	45	17
16	Ultra Vets (M65+)		3	2.3	45	15
17	Hyper Vets (M75+)	Ultra Vets (W65+) Hyper Vets (W75+)	3	2.1	40	12
18	Young Junior (M12-)	Young Junior (W12-)	2	2.0	35	13
20	Non competitive for Relay Runners only		3	2.3	40	15

As for the relay, course distances given above are approximate optimum running distances. The distances given on the control descriptions on the map will be straight line distances. There will be no loose control descriptions.

Start times will be from 1515 until 1630 with courses closing at 1700.

Entrants have been given a timed start and competitors are asked to start at this allocated time. Call up will be at -3 minutes. Runners should proceed through the relay clear, check and map issue area though individual maps will only be available as usual in map boxes after starting. Those on course 20 will not have a start time. They should queue to start, and should continue to wear their relay bib.

Competitors will use the same start, spectator and final controls as for the relays. Race commentary will be available except when it is in use for prizegiving.

Finishers should run behind the podium (which may be in use for relay prize giving). They will use the same finish as early leg relay runners. The finish can be used contactlessly. After the finish, a safety check box must be used and this cannot be used contactlessly.

Officials

Organiser Davey Averill (EPOC)
 Planners Leon Foster (AIRE)
 Controller Mike Ridealgh (EBOR)

Acknowledgements

Thanks to Bradford University

BRITISH LONG DISTANCE CHAMPIONSHIPS

Timing

0815 Car parks open
1000 First start time
1230 Last entry to car park field / earliest exit from car park field
1330 Last start times
1400 - 1530 Tour de Yorkshire rolling roadblock on B6160
1430 UKOL 2018 Prizegiving
1500 BOC Prizegiving
1600 Courses close

Travel

All vehicles should approach from the east along the B6160 via either Kettlewell if approaching from the north or Threshfield from the south. The Event will be 'O' signed at the junction just north of Kilnsey Village (Grid Ref SD 971689) and sign posted Arncliffe 3 miles. Follow the road for 3 miles.

Be careful of oncoming vehicles as the road is narrow in places with sharp bends and high dry stone walls that obscure visibility (unless you have a SUV or Van !)

The Grid Reference for the Arena/Assembly field is - SD 933717 (postcode BD23 5QB)

Please do **not** approach the Event site using the minor roads from Malham or Stainforth. You are advised to arrive early and give yourself plenty of travel time as spectators in cars and on bikes will start arriving for the Tour de Yorkshire.

Car Park

The Car Park will be open from 0815

There will be one main car park located in the Assembly Arena. All parking will be within 200m of Assembly. On entering the Arena field please drive slowly and obey the marshal's instructions.

Camper vans, motor homes and VIPs will be directed to turn immediately left on entering the car park field.

Helpers (cars only) will be directed to park in an adjacent field which may also be used as an overflow car park if necessary

There will be no entry to the Parking field after 1230 and no exit before 1300, to prevent vehicles arriving and leaving simultaneously as the field entrance is narrow.

Exit and Tour de Yorkshire

The final Stage (Halifax to Leeds) of the Tour de Yorkshire is being held on the same day as the Long race. The route will take the riders north up Wharfedale on the B6160 via Threshfield and Kettlewell. It is expected that the main peloton will pass the junction of the Arncliffe road between 2pm and 2-30pm with a rolling road closure in operation for 45 mins around that time.

The Tour de Yorkshire Sportive runs from Leeds over the roads W of Harrogate (including going through Pateley Bridge), so anyone approaching from the East or NE Leeds directions may need to leave some extra time to allow for the cyclists doing this event.

Spectators travelling to watch the race are expected to generate extra traffic around the Skipton area and so you are advised to allow additional travelling time and aim to arrive at the Event before 1200. Anyone planning to leave the Event between 1330 and 1500 is advised to either delay their departure and watch the prize giving or use the minor road west from Arncliffe to Malham or Settle. Alternatively, you could travel east back towards Kilnsey, park up and watch the Race it's free !!

Acknowledgements

Many Thanks to the following landowners/farmers for permission to use their land:
 Rich Paul, Mike McKenzie, Robin Miller, James Middleton, Malcolm Campbell, Stephen Crabtree,
 Neil Heseltine, Chris Nelson, Roy Nelson, David Harrison, Susan Green, Jimmy Metcalf, Robert
 Peel.

Also, thanks to:

Rich Paul for use of field for the Assembly Arena

Natural England, especially Helen Laycock and Robert Goodison.

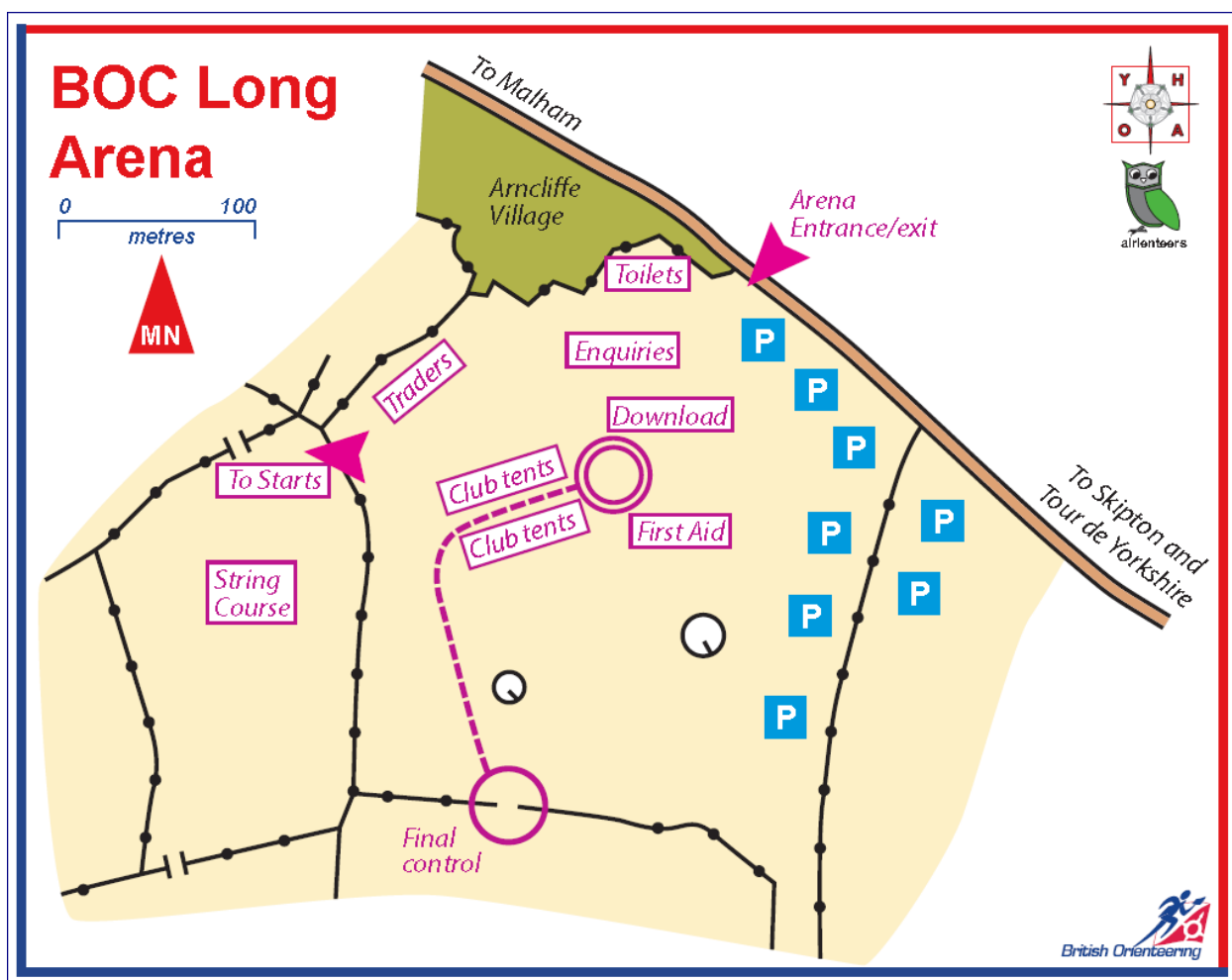
Roger Gibson for helping with the transport of stiles and course equipment

All members of YHOA Clubs who are helping on the day and have helped before the event in putting
 out stiles.

ASSEMBLY

Assembly is immediately adjacent to the car park. All facilities will be located in the Assembly Arena
 field. See plan below.

Location and Arena Layout Plan



Assembly facilities

Toilets

Toilets including 2 urinals will be located in the NE corner of the Assembly Arena

Traders

The following will be in attendance and located in the Assembly Arena

Traders - Compass Point and Ultrasport

Caterers – O Nosh and Podium Catering

Club Tents

There will be space for Club Tents on both sides of the run in to the Finish

Map Display

Previous maps can be viewed via the following links to Routegadget

[Dales Weekend Day 1 Sept. 2009](#) [YH Champs Sept. 2015](#)

Previous maps will also be displayed on the Results/Entries display boards

Spectator control

There will be no spectator control but there will be good views of competitors coming down from the Moor for their final controls and run in to the Finish

Enquiries

The following will all be located in the main Marquee in the centre of the Assembly Arena:

- **Bib collection.** All Competitors must wear bibs. Bibs must not be folded or trimmed. There will be DIY bib collection. Elite bibs are by start time within class (M21E 100+, M20E 300+, M18E 400+, W21E 500+, W20E 600+ and W18R 700+). Non-elite bibs are in alphabetic order, so you will not need to know your bib number.
- **Colour Coded Entry on the Day (EOD)** – White, Yellow and Orange only. There will be no entry on the day except for Colour Coded Courses (White, Yellow and Orange). Colour-coded competitors will not have allocated start times. Colour-coded courses will be assigned two start blocks within each hour. These are at 0-14 minutes and 30-44 minutes past the hour. Please ensure arrival at the appropriate start at the correct time block to avoid clashing with age-class start blocks, when you will be started as soon as possible.
- **BOC Start times** will be allocated between 1000 and 1330. Start times will be published on [Fabian4](#) and on display in the arean.
- **General Enquiries** including Car key storage
- **Dibber Hire**
- **Trophy Return**
- **Relay Registration** and enquiries
- **Helper Point** including Helper voucher collection

Out of Bounds – car-park and assembly

A cricket square is located in the centre of the Assembly Arena. This will be taped and marked as Out of bounds. Please do not cross

Finish & Download

The finish is in the Assembly Arena with download adjacent in a Marquee. Courses close at 1600. You must finish by this time even if you do not complete your course or you will initiate a search. Controls will be taken in from this time.

Map collection

There will be no map collection. Finishers are being trusted not to show their maps to those who have not run, and those who have not run are being trusted not to attempt to try to see a course map.

Water at the finish: There will be no water provided at the Finish

PA System & commentary

There will be commentary provided throughout the competition time provided by Chris Poole, Andy Monro and Katherine Bett.

Prize Giving

Prize-giving will be adjacent to the Commentary box. Prizes for the UK Orienteering League (2018 season) will be presented at around 15:00 (soon after the last M21E finisher), immediately followed by presentation of BOC prizes and medals.

String Course

There will be a string course located in the field adjacent to the Assembly Arena field.

Waste

Please take your own rubbish away. We will have enough work to do after the Event without collecting your waste.

START INFORMATION

Route to Starts

Near Start: Course 22 (W85 and W90), course 26 (M10A, M12B, W10A, W12B and Yellow) Course 27 (M10B, W10B and White) - 1.2km and 150m climb from Assembly.

Far Start: All other courses – 1.5km and 150m climb

There will be mandatory shoe disinfectant bath on leaving the arena on the way to the start.

All competitors take the same route to the Near Start and then competitors for the Far Start continue for a further 300m. The route leaves the west side of the Arena (via a stile) and crosses three fields before reaching Monk's Road. Cross this track and almost immediately go through a gate into the open fell side. The route then gradually climbs the hillside. On reaching the top the path flattens out. Continue on until reaching the sign for the Near Start, which is on your left.

Here competitors for the Near start will cross a fence into their pre-start area. Competitors for the Far start continue on until they are directed right, off the path to their pre-start area. The route will be marked with red and white tape.

Please allow yourself enough time to reach your start bearing in mind the distance and climb. At average walking pace you should allow 30 minutes to reach the near start and 40 minutes to reach the far start, but please be realistic.

Warm-up map

A warm-up map can be collected as you leave the arena field. The mapped area begins where the walk steepens.

It shows a small, initially steep area of typical limestone moor adjacent to the walk to the start. The warm-up map contains insets at all three competition scales: 1:15000, 1:10000 and 1:7500. Please respect the boundaries and out of bounds on the map and hand in the map when you arrive at the start.

Start Information

At the pre-start there will be a notice showing the allocation of age classes to each course and clear stations. There will be start lists for competitor viewing at the starts (these will also be on display in the Arena).

All competitors will have a timed start.

To allow competitors to concentrate, starts will be quiet. Competitors are asked to be silent in the start boxes and officials will avoid speaking unless necessary. The usual standard instructions given on the start line will not be given, but they are summarised here:

1. There will be a sign on the start line showing the layout of the map boxes.

2. Competitors may step over the start line 10 seconds before their start time **but must not** start until they hear the long beep from the start clock.
3. Competitors **must** take the map placed for them under the appropriate map box. Competitors are responsible for checking that they pick up the correct map.

Late Starters (non-Elite)

Anyone late should use the 'Late start lane'. Your start time will not be changed. Please start as instructed by the start officials, including punching a start box to record your actual start time. British Orienteering Rules 27.6.1 and 27.6.2 will apply, meaning that you may be slotted in 30 seconds after another runner on your course.

Elite Starts

There is a separate elite start lane for all elite classes. There is just one set of map boxes for both Elites and Age class competitors.

Elite Late Starters

Elites who arrive at the start line less than half the start interval after their start time will be allowed to start at that half start interval. Elite Late Starters who arrive at the start line more than half the start interval after their start time will be allowed to start at the next available half start interval. Elite late starters should **not** use the late start lane, but report to the call up helper.

Colour Coded Starts

Colour coded competitors will have their own start lane. White and Yellow colour coded competitors will be given their map once in the colour coded start lane. These maps must not be seen by any other competitors. Any accompanying person must either have competed already or not be competing.

Colour-coded competitors will not have allocated start times. Colour-coded courses will be assigned two start blocks within each hour. These are at 0-14 minutes and 30-44 minutes past the hour. Please try to arrive at the appropriate start within the correct time block to avoid clashing with age-class start blocks. You will be started as soon as possible.

Control descriptions

Control descriptions (CDs) are printed on the map in IOF symbols and for courses 26 and 27, text. Loose CDs will be available in the start lanes. The CDs do not contain any crossing points unless there is a control on your course at a crossing point.

Clothing

Whistles are compulsory and you will be reminded of this on the walk to the starts. Cagoules may be compulsory depending on the weather. Shorts are allowed unless the weather is extremely inclement. Signs to display this will be shown at the start of the walk to the starts.

Your kit will also be checked on the start line. Extra kit may be recommended (remember the hailstorms at JK 2016?).

Fell shoes without dobs are recommended as dobed shoes do not give the best grip on rock.

Electronic Punching

The controls will be SIAC enabled. There will be a battery checkpoint at the exit from the Arena on the route to the Starts alongside the whistle and clothing check point.

The finish controls are SIAC enabled so competitors using SIAC can "swipe" rather than punch. Other competitors punch it as they do normally. A safety check control will be located after the finish that all competitors will punch.

Terrain and Out of Bounds areas

The long distance terrain is typical Dales limestone. It is almost entirely open, with extensive areas of pasture, some featureless, some with very detailed contouring. Runnability varies considerably, but, is mostly good. There is a lot of rock. Smaller areas of stony ground under grass can hinder

runnability. There are many drystone walls in various states of repair – see note below about crossing points.

Limestone pavements occur in the north and south of the mapped area – the largest of these contain sensitive flora and are marked as out of bounds. There are two other out of bounds areas at Natural England's request. The steep limestone gorge formed by Cote Beck may only be crossed at its NE and SW extremities to avoid damage to fragile habitats. This only affects courses longer than about 6km. A small area of historic settlement near the finish containing many ruined walls is also marked as out of bounds. None of the out of bounds areas is taped, but they are obvious on the ground.

The areas which are out of bounds are shown with ISOM 709 (purple cross-hatch). Walls which are uncrossable are underprinted in purple, with crossing points also in purple. Where there is only one sensible crossing point on a leg the course line is diverted via the crossing point. Where there is a choice of crossing points, the leg line goes straight between the controls, with breaks at each uncrossable wall. In this case you can decide which crossing points you use. But you must only cross underprinted walls at the marked points – to do otherwise will result in disqualification and naming and shaming.

Crossing points include gates, a few permanent stiles, some bits of broken wall and approximately 20 stiles put out and built by kind AIRE members especially for the event. We will put a sign on each gate to indicate how it should be left (and if you can climb it). Broken down bits of uncrossable wall which can be crossed will be taped clearly on the ground and marked as crossing points on the map. Some stiles are used by a lot of competitors. We have put two and three stiles at the most heavily used sites and tried to ensure that each one is only crossed in one direction, but please be patient if you have to wait at a stile.

Our future use of Dales areas depends on you observing out of bounds and crossing walls only at crossing points. Please keep to the guidance above.

Map

Arncliffe and Kilnsey North (Tony Thornley) – revised 2018/19, based on previous maps of the area by Tony Thornley, with some new fields. The map is drawn to ISOM2017.

Course overprints also conform to ISOM2017 with the exception of the 1:7500 courses. For these courses, the control circles are the same diameter as those on the 10000 maps ie 7.5mm. The line thicknesses are also the same. This is to avoid over-large circles and over-thick lines hopefully making it easier for you to read your course.

Rock: limestone pavement is marked with ISOM 214 (25% grey). Its runnability varies considerably as there are many clints and grykes. It is very slippery when wet. Small areas of intermittent limestone are marked with ISOM 210 (black dots - stony ground). This is also used to show broken limestone crags where there is no significant crag. ISOM 211 and 212 (denser black dots) show stonier areas and scree which are harder to cross. Big crags are marked with ISOM 201 (thick black line, usually with tags). They vary between 3m and 30m. None is taped but please do not try to cross them.

Special Features

Someone in Arncliffe likes building cairns. There are some areas where there are many, close together, which cannot all be shown on the map – only the most prominent are mapped.

Course & Class Details table

Course	Classes	Length (km)	Climb (m)	Control s	Scale	Drinks	EWT	Start
1	M21E	15.8	655	26	1:15000		90-100	far
2	M21L	11.8	495	19	1:15000		90-100	far
3	M18E, M20E, M35L	11.7	505	22	1:15000		65-75	far
4	M40L, W21E	11.3	510	23	1:15000		65-75 70-80	far
5	M18L, M20L, M21S, W21L	7.3	305	18	1:15000		65-75 70-80	far
6	W18E, W20E, W35L, W40L	6.4	295	20	1:15000		55-65	far
7	M18S, M20S, M21V, W18L, W20L, W21S	5.4	175	19	1:15000		55-65	far
8	M45L	8.4	315	19	1:10000		60-70	far
9	M50L	8.0	280	20	1:10000		60-70	far
10	M55L	7.3	310	22	1:10000		60-70	far
11	M60L	6.9	250	20	1:10000		60-70	far
12	M35S, M40S, W45L	6.0	235	16	1:10000		55-65	far
13	M16A	6.6	200	22	1:10000		45-55	far
14	M65L	6.2	220	19	1:10000		55-65	far
15	M45S, M50S, W50L	5.8	195	18	1:10000		55-65	far
16	M70L, M55S, W55L	5.7	170	18	1:7500		55-65	far
17	M60S, W16A, W60L	5.2	170	17	1:10000		45-55 55-65	far
18	M75L, W35S, W40S, W65L	5.0	175	16	1:7500		55-65	far
19	M65S, W70L, W45S, W50S	4.3	130	16	1:7500		55-65	far
20	M80, M70S, M75S, W18S, W20S, W21V, W55S, W60S, W65S, W75	3.3	90	13	1:7500		55-65	far
21	M85, M90, W70S, W80	3.0	70	14	1:7500		55-65	far
22	W85, W90	2.5	40	11	1:7500		55-65	near
23	M14A, M16B	5.2	170	19	1:7500		35-45	far
24	W14A, W16B	4.0	105	14	1:7500		30-40	far
25	M12A, M14B, W12A, W14B Orange	3.5	100	12	1:7500		25-35	far
26	M10A, M12B, W10A, W12B Yellow	2.4	60	10	1:7500		20-25	near
27	M10B, W10B White	2.2	20	14	1:7500		20-25	near

Note: Courses 26 and 27 both contain a taped route and smiley/sad faces may be used to help competitors on these courses

Hazards

Routes have been planned to avoid large expanses of limestone pavement, but this rock is slippery when wet. Even when dry, loose rock and hidden grykes (gaps) are hazards - take care with your step.

Cattle will be removed from the competition area but in case any gain access then please try your best to run around them and/or slow down.

Crossing dry stone walls is not only against the rules and will result in disqualification if caught but is also dangerous to you and to others.

Drinks points

There will be two drinks stations provided on the courses. One station is located just beyond a stile crossing point. It will be marshalled, and water provided in cups.

An unmanned drinks station will also be provided for the longer courses. This is located just before a stile crossing . Small single use plastic bottles will be stacked in a bin. Empty/used bottles must be disposed of in an adjacent bin marked 'used bottles'.

In both cases, the drinks points are shown on the map with an overprinted cup symbol. These are not located at the exact point of the drinks, but if you follow the obvious route to/through the crossing point you will see the drinks.

Please do not take the bottle with you or just chuck it away in the vicinity !

Public

The route to the starts uses a popular path (Monks Road).

A bridleway also crosses the competition area which is used by walkers and bikers

Please be respectful of walkers and bikers who may be using these routes

Officials

Organisers:	David Shelley AIRE	contact: dshelley@btinternet.com
	Guy Patterson AIRE	Asst and Permissions
Planners:	David Alcock AIRE	
	Neil Conway AIRE	Assistant
Controller:	Michael Chopping	RAFO
Mapper and Assistant controller:	Tony Thornley	AIRE

British Relay Championships 2019 - Final Details

Timing:

0830 Stadium (assembly arena) opens
1000 First start (call-up at 0945)
1100 Last start (call-up at 1045)
1245 Mini mass start for remaining runners
1245 Maps returned to teams
1315 Prizegiving
1400 Courses close

Venue: Middleton Park, Leeds

Middleton Park belongs to Wade's Charity and is leased to Leeds City Council on a 999 year lease. General responsibility for the upkeep and maintenance of the park and woodlands rests with the city council.

As well as its rich natural history, Middleton also has a fascinating local history including early coal mining and the Middleton Railway. The world's oldest working railway, founded in 1758, was once used for transporting coal and still carries passengers between Hunslet and a halt on the edge of the ancient woodlands.

The bowl-shaped pits you will see in the woods are the remains of an early form of coal mining dating back to at least the 1660's. Over 270 of these pits have been found in Middleton Woods! Two areas of the park have been designated a Scheduled Ancient Monument due to the presence of these historic coal mining remains, and a community archaeology project to record and understand the archaeology of the area is underway.

Assembly

South Leeds Stadium at John Charles Centre for Sport, Middleton Grove, LS11 5DJ
(John Charles was a Welsh international footballer who played for Leeds United and Juventus during his 25-year playing career. Rated by many as the greatest all-round footballer ever to come from Britain, he was equally adept as a forward or defender due to his strength, pace, technique, vision, ability in the air and eye for goal).

Directions

On the motorways follow Brown Tourist Signs for "South Leeds Stadium". Once off the motorway, follow Brown Tourist Signs for "John Charles Centre for Sport".

There will be no orienteering directional signs put out.

From the South West & West: M621 (Junction 1) follow A6110 south-eastwards for 1.5k. Then A653 towards Leeds City Centre for 1.5k. Turn Right into Middleton Grove.

From the South East, East & North East : M621 (Junction 5). Turn Left and then Left onto A653 towards Dewsbury. 1k after leaving M621 turn Left into Middleton Grove.

From Leeds Centre: Follow signs for A653 Dewsbury for approximately 3k. Turn Left into Middleton Grove.

Parking

Cars in Main Car Park (Car Park A) (Right at the roundabout) The car park is asphalted with marked individual bays. Please park in these as you would in a normal public car park. There will be no marshals directing you to a specific bay.

Campervans in Car Park B (Straight on and then immediate left at the roundabout.) Campervans must not use any disabled parking space. You could be fined. Note however that the time limit for parking displayed on the notice boards will not apply today. Please park as directed.

Any vehicle with a blue badge for disabled driver or passenger may park in the disabled parking spaces in Car Park B, which are immediately outside the stadium.

If either park is full please follow the instructions of the marshals. There is the potential for roadside parking on the industrial estate roads leading to the stadium.

Dogs

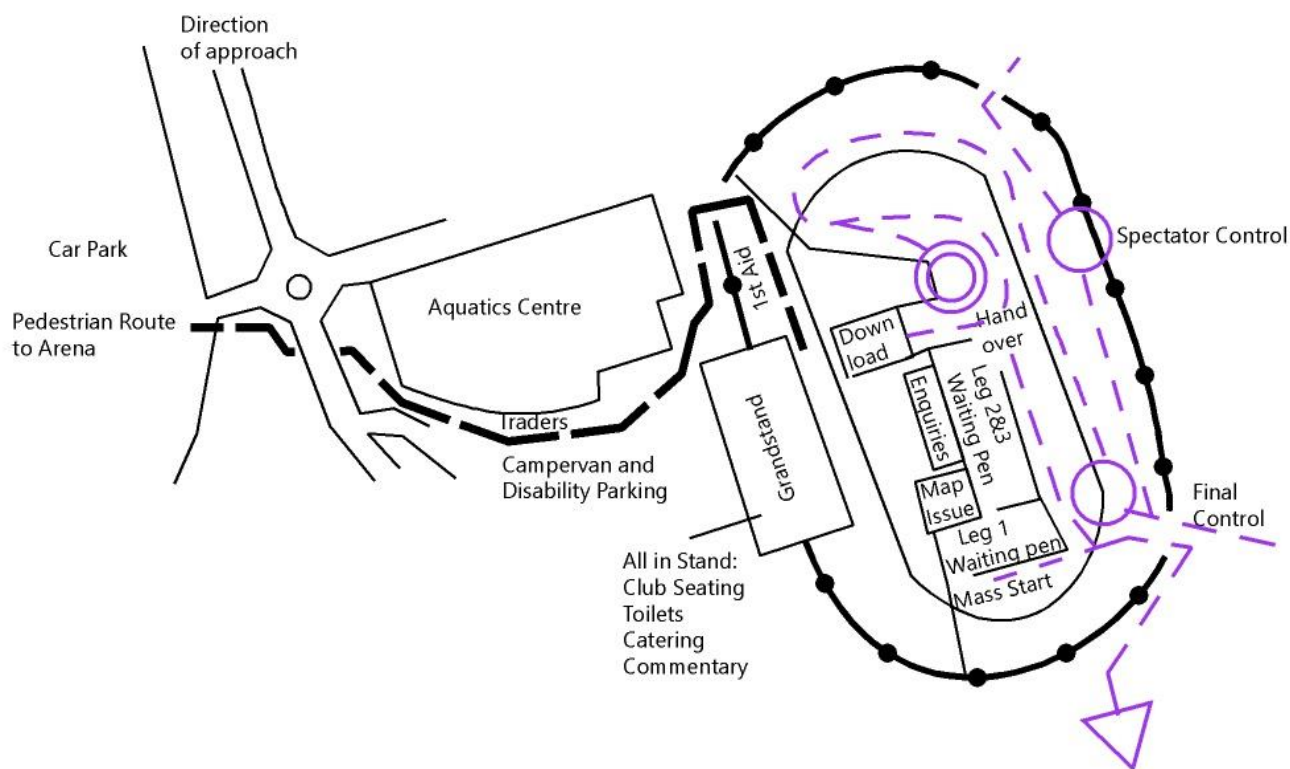
Apologies, but no dogs are allowed in the arena.

Route to Assembly

The Stadium will be open from 8.30. Maximum distance from parking: 350m. All competitors head for Car Park B the Campervan Car Park, taking care regarding traffic on the roads and car parks. From Car Park B head for the path between the Aquatics Centre and the Main Stand of the Stadium (Far LH corner of Car Park B as you face the Stadium). Please find a space for your club in the 1st tier of the grandstand. There is plenty of room for you to claim an area of seating for your club.

There will be nowhere for Club Tents, but please add your club feather banner alongside the fencing perimeter from the Enquiries tent round to the mass start area.

Arena Layout



Toilets

There are male and female toilets at the back and top of the 1st tier of the stand, at both ends of the stand.

Catering

Catering is supplied by the stadium caterers. It will be in the stand behind the commentary position. Please remove muddy footwear before going there.

Traders

Compasspoint and Ultrasport will be on the route to Assembly, on the concourse beside the Aquatics Centre alongside Car Park B.

Commentary

The commentary position is on the left hand side at the back of the 1st tier of the stand.

Map Display

Previous maps can be viewed via the following link to Routegadget

[Middleton Park 15 Nov 2015](#)

Maps will also be displayed on the Results/Entries display boards.

Courses and Classes

Team race number bibs have coloured bands - **Red** for Lap 1, **White** for Lap 2, **Blue** for Lap 3.

Call up time - **15 minutes before the start of each class.** Please "Do not go to map issue until your call-up time"

Call Up	Start Time	Class	Title	Order	Bibs	EWT Mins	TD	Km	Climb Metres	Map	Controls
9.45	10.00	R	Mini Relay (M/W12-)		1201-1299	12	2	2.0	50	1:7500	10
9.55	10.10	A	Men's Premier		1-99	32	5	6.5	150	1:10000	25
9.55	10.10	E	M40		4001-4060	32	5	5.4	140	1:10000	19
10.05	10.20	B	Women's Premier		101-199	32	5	5.2	135	1:10000	19
10.05	10.20	D	Women's Short		301-399	21	5	3.5	100	1:10000	10
10.05	10.20	H	W50		5061-5099	32	5	3.5	100	1:7500	10
10.05	10.20	N	W18		1861-1899	25	5	3.5	100	1:10000	10
10.15	10.30	P	M14		1400-1460	18	3	2.9	55	1:7500	10
10.15	10.30	Q	W14		1461-1499	22	3	2.9	55	1:7500	10
10.25	10.40	S	Mixed Ad Hoc	M/S/L	401-499		5/3/5	3.7/2.7/4.9	80/50/110	1:7500	11/10/15
10.25	10.40	T	Junior Ad Hoc (M/W 18-)	M/S/L	501-599		3/2/5	2.7/1.9/3.5	60/50/100	1:7500	10/10/10
10.35	10.50	G	M50		5001-5060	32	5	4.7	120	1:7500	15
10.35	10.50	K	W60		6061-6099	32	5	2.7	70	1:7500	11
10.35	10.50	L	M/W70		7001-7060	32	5	3.7/2.5	75/75	1:7500	10/11
10.45	11.00	C	Men's Short		201-299	21	5	4.3	110	1:10000	14
10.45	11.00	F	W40		4061-4099	32	5	4.3	110	1:10000	14
10.45	11.00	J	M60		6001-6060	32	5	4.3	110	1:7500	14
10.45	11.00	M	M18		1801-1860	25	5	4.3	110	1:10000	14

Ad hoc teams will all run in the following order. Medium, Short, Long

The mini mass start is scheduled for 12.45 (dependent on the numbers waiting being suitably low.)

There will be a 250m taped run out to the start kite.

Team Declarations

Team Declarations must be made online by 23.59 on Wednesday 1 May.

Team Captains can collect the Declaration Forms at Relay Enquiries between 10:00 and 15:00 on Sunday at Arncliffe and Kilnsey.

Once signed and any team member changes recorded, Team Captains can return them to Relay Enquiries and collect the Team's bibs. This can be done on Sunday or Monday, but no later than 1 hour before the start of the class in question.

Map issue

Map issue is from the tent to the right of the Enquiries marquee. Before entering and collecting maps competitors must use the clear stations outside. There will be an SI number check before the map collection tables.

Bib number and leg are printed on the outside of the map. It is the competitors' responsibility to ensure they receive the correct map. The map is sealed with tape and must not be opened until the start or changeover has taken place. Anyone opening their map early will be disqualified.

Electronic Punching

The controls will be SIAC enabled. The battery check will be as you enter the map issue tent.

Start

There will be a 250m taped route to the start kite.

Handover and Finish Procedure

The run-in from the final control passes close to the handover point, along the running track. Outgoing runners will have a good view of the incoming runner from the holding pen 200m before the handover point. To avoid a crush at handover please stay in the holding pen until after your runner has run past the changeover point to do their final loop around the bend of the track.

Incoming runners must continue following the tapes round the far bend of the running track before entering the finish funnel. Legs 1 and 2 will take the left hand lane to the handover pen, and then, after they have handed over by physical contact with the outgoing runner, run on to punch the finish control. Finally punch at the safety control before proceeding to download.

Leg 3 will take the right hand lane to punch their finish control. Then punch at the safety control before proceeding to download.

Spectator Loop

There is a short spectator loop for the elite classes only. It involves a short section running along pavement besides a road. Please keep to the pavement and beware of traffic.

The loop starts by entering the stadium through the south east gate, the same entrance as for the final control. You will see a sign indicating that you need to keep right of the Please keep to the right of the marked route. The route to the spectator control runs parallel to the final leg to the finish for all courses. The loop departs from the stadium through the north east gate.

The spectator control will be visible from the stand, at the opposite side of the stadium. It will also be able to be viewed more closely from near the south-east stadium gate and, after 11.00, from the area used for the mass starts.

Map Collection

Maps will be collected from all finishers up until the Mini Mass Start at 12:45. Club representatives can pick up club bags as soon as this has taken place.

Courses will close at 14:00.

Terrain

Courses start and end in and around the grounds of the sports centre. Please be aware that paths on the marked route are a bit constricted in places. There are a number of asphalted paths in this area. The bulk of the race will take place in the parallel deciduous woods that comprise the bulk of Middleton Park. The area is heavily pitted as a result of historic mining. The area is dissected by 2 valleys. There are numerous paths in the woodland, many disguised by leaf litter. Only the more permanent and distinct ones are mapped. There are areas of low bramble, but most are runnable. There are some open areas, including part of an abandoned golf course. (The other part is now Leeds Bike Hub, which is well worth a visit after the event if you have your mountain bike with you, especially the woodland trail, of which more later under **Hazards**.)

Prize Giving

We plan to start the prizegiving at 13:15. It will be in front of the stand and can be viewed from the stand. In addition, some JK Relay trophies could not be presented at the JK, but will be presented here instead, if team members are present.

Hazards

Middleton Park is well used by members of the public; walkers and cyclists (both road and mountain bikers). Please be considerate to other park users.

There is a heritage railway that runs parallel to all courses at their finish. The line is not fenced off, but should under no circumstances be crossed except by the two Premier courses on the spectator loop via a bridge. The bridge is metallic and has steep steps. Please take care particularly if racing head to head.

The closing part of all courses runs close to the train halt in the park. This will be disgorging passengers at 11.08 and 1.08, including groups going for guided walks in the woods. There is a control sited to steer you away from the platform. The area will be marshalled when the trains arrive to ensure that runners and train passengers are not impeded.

Mountain bikers can be found all over the woods, but nowadays mainly on the recently completed mountain bike trail in the north western wood. Only the longer courses cross it and only on stretches where the bikers are going uphill and hence more slowly. There will be signs for the bikers on these stretches advising them of the presence of runners. On some of the longer courses there is a control at a crossing point of the bike trail. Please take extreme care as you leave this control.

The trail is marked on the map by the symbol below. You may cross the trail with care, but you are forbidden to run along it or be stationary on it. We have avoided using purple crosses as they obscure detail which is close to the trail.



There are several wide asphalted roads in the park, which are closed to the public's vehicles. However, these are used by cyclists and the occasional park vehicle, so caution should be exercised when crossing or running along these.

The landing strip of the local model airplane club in the large central open area will be taped off to avoid damaging it. The club will not be flying its planes while our event is on, but please do not cross the tapes.

There are also two small area in the woods, which will be taped off for environmental reasons. Please do not cross the tape. Both areas are boggy and quite overgrown so neither is an attractive running option.

Officials

Organiser: Chris Burden, Planner: Richard Payne, Controller: Paul Taylor

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"We hope you have enjoyed your weekend in Yorkshire – Have a safe journey home"