

EBOR/CLARO BANK HOLIDAY WEEKEND OF ORIENTEERING
3rd - 5th May 2008

Final Details

General Information

Enquiries: There will be an enquiries/information tent in the Assembly Area on all three days.

Start times and entry details: Available on the Eborienteers website (www.eborienteers.org.uk)

Entry on the Day: EOD will be available on Saturday subject to map availability for all courses except FCC final. On Sunday there will be no entry on the day other than for Colour Coded courses.

There will be no entry on the day for National Event courses.

On Monday EOD will be available subject to map availability.

Entry Fees:	Middle Distance races	- Seniors £10	Juniors/Students £5
	Colour Coded	- Seniors £6.50	Juniors £2.50
	Score Event	- Seniors £8	Juniors/Students £2.50

For each day there will be a £2 discount for Senior BOF National or BOF Local members.

SI Card Hire: - Seniors £1.00/day Juniors 20p/day

SI-card Collection: If you have pre-entered and have hired a SI e-card you should collect it from the Registration Tent. Lost SI e-cards will result in a charge of £20.

Traders: Wilf's, Ultrasport, CompassPoint.

First Aid: Anyone requiring first aid should go to the enquiries tent.

Safety: Car keys can be left at Enquiries by competitors travelling alone. Otherwise you should ensure that you have a buddy who will report you missing. You must report to download, even if retiring.

Yellow and black tape will be used to mark hazards.

All competitors should carry a whistle. Six short blasts indicate a competitor in trouble. Anyone hearing this signal is obliged to assist.

Compulsory cagoules: Notices will be posted if the weather is bad and cagoules have to be carried.

Maps: Maps for Saturday and Sunday will be printed on waterproof paper and will not be bagged. They will include a full legend. Previous maps of the area will be displayed in the Assembly Area each day.

Control Description Sheets: Loose Control Description sheets for Saturday and Sunday will be available in the Start Lanes. Control descriptions will also be printed onto the front of the map.

Start Procedure for Saturday and Sunday:

Call up will be at -4 minutes with name check and SI check.
Control descriptions will be at -3 minutes.
maps to view at -2 minutes.
Final instructions at -1 minute.

It is a timed start. Anyone arriving late for their allocated start time should make themselves known to the start officials. They will be allowed to start in the next available slot for their course. They will be timed as if they had started at their allocated start time.

Controls and Punching: All 3 days will use conventional SI electronic controls. The SI box will be mounted on a stake, the control number clearly visible and an orienteering kite will hang from the stake. In the event of an SI box failing to bleep or flash you should punch your map in the box provided on the map to record that you have visited the control and then report the problem at Download. You must visit Download even if you do not complete the course. It is your responsibility to ensure that you run with the SI card that you identified at registration.

String Course: A string course will be provided on both Saturday and Sunday.

Refreshments: Drinks will be available at the finish on each day.

Future Champions Cup Finalists

Saturday Starts: There will be 15 FCC finalists in each of the four categories M/W 18/20.

These finalists will be allocated a start time between 12.00 and 13.00 for the Saturday Middle Distance Event. These times will be published in advance on the Ebor website and will be on display in the Assembly Area. It is the athlete's responsibility to arrive at the start on time. It will not be possible to change an individual's start time, although he/she will be permitted to start late, at a time determined by the Start Team Leader, to fit in with other competitors' start times.

Numbered bibs: These will be provided for the FCC finalists. These should be collected at the prestart on Saturday and **competitors must keep the same numbers to wear on Sunday**. Safety pins will be supplied.

Sunday Starts: The start times for Sunday will be determined by the finishing times from Saturday with the fastest off last. These start times will be posted up in the Assembly Area on Saturday as soon as possible after the last FCC competitor has finished. The list will be published on the Eborienteers Website (as above) and in both the Car Park and Assembly Area at Cawthorne on Sunday.

Race Commentary: It is planned to provide a race commentary for the FCC finalists on both Saturday and Sunday.

Trophy Presentation: The presentation of trophies to the FCC winners will take place in the Assembly Area on Day 2 between 13.30 and 14.00 o'clock.

A Middle distance Race incorporating the Future Champions Cup Final Gilling Woods (Helmsley)

Saturday 3rd May

Organiser: Roger and Ann Smith, EBOR – 01347 821220 - roger.smith100@btinternet.com

Planner: Barrie Speake, EBOR

Controller: Dave Chapman, AIRE

Travel directions: Signed along the lane by the Fairfax Arms, Gilling East, 20 miles north of York on the B1363. The lane is single track. Please be courteous to local traffic.

Parking: Grid Ref SE 588766 **There will be a £1 charge for parking.**

Parking in a grass field adjacent to Assembly. Depending on the number of entries, late arrivals may find themselves parking on the roadside verge, up to 15 minutes walk from assembly. There are new barbed wire fences between parking and assembly. You must only cross at the stiles. Otherwise, you may hurt yourself, but more importantly, you may damage the fence and upset the farmer. NO BUSES. Minibus drivers, please contact organiser. Please share cars if possible.

Assembly: Next to car park field. All the usual facilities will be close together in the Assembly field. Limited space for club tents on sloping ground.

Leaving the event: The approach road is single track. No one will be allowed to leave the event before 14.00.

Out of bounds: All forest is out of bounds apart from the designated area near the spectator controls.

Dogs: Well-behaved are permitted in the car park and Assembly Area provided they are on a short lead.

Course Details:

Course	Age Class	Dist.	Climb	No of controls	Map size	Control descriptions
1	M18/M20 FCC final	4.7km	215m	24	A3	pictorial
2	W18/W20 FCC final	3.8km	175m	18	A3	pictorial
3	M21/M35: Men's Open	4.7km	215m	24	A3	pictorial
4	W21/W35: Women's Open	3.8km	175m	18	A3	pictorial
5	M40/M45/M50: Vet Men	4.1km	175km	20	A3	pictorial
6	M55/M60/M65: Super Vet	3.4km	155km	15	A3	pictorial
7	W40/W45/W50: Vet Women	3.6km	155m	16	A3	pictorial
8	W55+/M70+: Super Vet	2.5km	75m	14	A4	pictorial
9	M16: Junior	3.2km	100m	17	A4	pictorial
10	W16/M14: Junior	2.7km	65m	14	A4	pictorial
11	W14: Junior	2.5km	60m	12	A4	pictorial
12	M/W12: Minis	2.0km	50m	10	A4	text
13	M/W10: Super Minis	1.9km	50m	10	A4	text
White		1.9km	50m	10	A4	text
Yellow		2.0km	50m	10	A4	text
Orange		2.0km	50m	9	A4	text

Estimated winning times for Courses 1 & 2: FCC Final is 30 minutes. Maps will be collected from competitors at the finish up to the last start time on FCC (1.00pm). They can be reclaimed in the Assembly area after 1.00pm.

Start Times: FCC non qualifiers – 11.30 to 12.00
FCC finalists – 12.00 to 13.00
All others – 13.15 to 15.30

Race Numbers: All FCC competitors on Course 1 & 2 will have race numbers. These must be collected at the pre-start. Safety pins will be provided.

Route to the Start: The Start is 1 km (15 mins walk) from the Assembly Field. The forest on the right hand side is OOB. Warm up on the approach track.

Clothing Dump: There will be no clothing Dump.

Finish: The finish is in the Assembly Field. Please ensure that you punch at the Finish. Please remember to download. Water will be available.

Spectator Control: There will be 2 Spectator Controls adjacent to the Assembly Field for both FCC courses and most of the Senior/Junior (above MW12) courses. There will be an area taped off allowing you to view competitors.

Maps: 1:10000, 5m contour, resurveyed 2007 by Acorn Maps. All maps will be overprinted and printed on waterproof paper, with descriptions on the front.

Planner's Notes: Gilling is a working forest, with some steep re-entrants and valleys around a series of lakes. Gilling offers a mix of terrain. In the south there are a series of steep valleys with a lot of point features created by surface mining in the 1800's and before. Runnability and visibility vary throughout the competition area with a mix of mature and younger forest. You are likely to meet mountain bikers, horse riders and walkers (some with dogs) Please be considerate.

Acknowledgements: Ampleforth College for the forest, Mr I Mosey for the parking and Forest Enterprise.

National Event and FCC Classic Final Cawthorne and Keldy (Pickering)

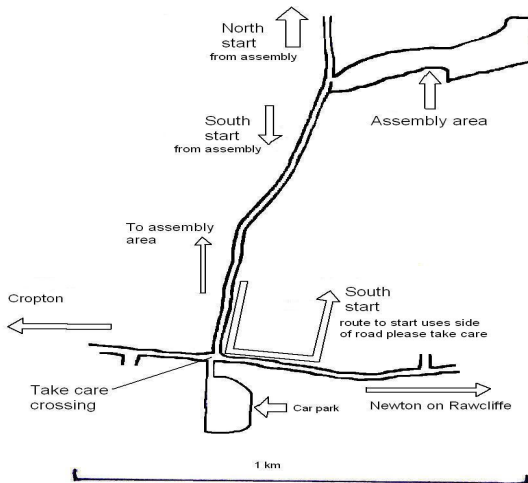
Sunday 4th May

Organiser: Lionel Carter, EBOR – 01904 489427 - lionel.carter1@btinternet.com

Planner: Dennis Hooton, EBOR

Controller: Paul Taylor, CLOK

Location: Cawthorne is located north of Pickering. Vehicles should approach the area through Cropton village. The route will be signed from A170 at Wrelton (west of Pickering).



Car Parking: OS Grid location SE778892. A parking charge will be made of £1 per vehicle.

Dogs: There is livestock close to both car park and assembly field, dogs should be on a lead at all times.

Toilets: There will be three toilets in the car park for emergency use and for FCC competitors intending to go directly to the start. Five more toilets and one urinal will be located at the assembly area. There will be no toilet facility at either of the starts.

Assembly: (Please see information about route to starts) The assembly area lies 1 km north of the car park along a metalled road and will be signed from the car park. Space in the field is very limited – no unauthorised vehicle will be permitted to enter. As you proceed on foot to assembly you will have to cross the road that brought you here – it may be fast and busy. During the busy period a crossing marshal will be on duty at the car park's entrance/exit. Please heed any warning they may give and cross when the marshal indicates that it is safe to do so.

The assembly area will have:

Common finish	FCC Classic Final starts list	Spectator control	Traders	
Commentary of FCC	Presentation ceremony	Spectator area	Download	Registration & SI card hire
String Course	Enquiries & First Aid	Results display	Toilet facilities(as above)	

SI-card Hire: If you have pre-entered and have hired a SI card you should collect it from the Registration Tent. A charge of £20 will be made for lost SI cards.

Registration: On the day registration will be available for colour coded courses only (White, yellow and orange).

First Aid : Anyone requiring first aid should go to the enquiries tent.

Award Ceremony: Prize giving for the FCC Classic Final will take place upon the podium at 13:30.

Starts: There will be two starts, both from 10:30 to 13:30. **Remember to clear your SI card** at the clear station as you approach the start (start procedure will be as shown in general information, above).

North start --- (National event courses 3 - 17) - 2.6 km from the assembly area (3.6km from the car park). There is also 110m metres climb which although not steep it should be taken into account. **Remember it is a timed start.**

South start: ----- (FCC Final, colour coded and courses 18 - 21) - 1.7 km from the assembly area. BUT the obvious and quickest route to this start is from the car park. It is 700m from the car park and follows the road to the east. You will walk along the grass verge (please take care). It is advisable that competitors for this start go straight from the car park. Individual FCC competitors should try and get someone to transport their clothing to the assembly area. Parents of youngsters may want to escort them to the start and then re-trace their route back to the car park and then onto the assembly. PLEASE ALLOW TIME FOR THIS.

At the South Start all woodland is out of bounds. There is a small open area which is available for a warm up.

FCC races: 10:30 to 11:15 for non qualifying FCC competitors.
11:15 to 12:15 for qualifying FCC Final competitors.

Competitors who have been allocated start times please note that your run will begin at your allocated time and will not use a punching start. It will be your responsibility to arrive at the correct start in good time. Late starters will be set off at the earliest available moment by a start official – the course time will still be based on the allocated start time. Punching starts can only be used by colour coded courses and helpers.

Finish: The finish is in the Assembly Field and is for all courses. Please ensure that you punch at the Finish and download at the Download tent even if you have not completed your course. Water or Squash will be available at the finish. Please place used cups in the sacks provided.

Map: 1:10000/1:15000 surveyed for JK 2006 Day 2 by Stirling Surveys with additional area to the south, updated 2008. All maps will be overprinted and printed on waterproof paper – they will not be bagged. Maps will include a full legend and will have the course description list printed on the front. Previous maps of the area will be displayed in the Assembly Area each day and blank maps will be displayed in the starting lane.

Course Details:

Course	Length	Climb	Start	Map Scale	Map Size	Descriptions size (cm)	Classes
1	12.3 km	355m	South	1:15 000	A4	4 x 23	M18FCC M20FCC
2	8.4 km	210m	South	1:15 000	A4	4 x 17	W18FFC W20FFC
3	12.3 km	300m	North	1:15 000	A4	4 x 20	M21L
4	10.5 km	250m	North	1:15 000	A4	4 x 17	M20L M35L M40L
5	8.6 km	180m	North	1:15000	A4	4 x 17	M18L, M21S, W21L
6	6.8 km	160m	North	1:15 000	A4	4 x 14	M16A M20S M35S M40S W20L W35L W40L
7	5.6 km	150m	North	1:15 000	A4	4 x 12	M18S M21V W18L W21S
8	4.9 km	160m	North	1:15 000	A4	4 x 9	W20S W35S W40S
9	5.9 km	120m	North	1:15 000	A4	4 x 12	M21N
10	4.5 km	100m	North	1:15 000	A4	4 x 9	W21N
11	8.6 km	180m	North	1:10 000	A3	4 x 15	M45L M50L
12	6.8 km	160m	North	1:10 000	A3	4 x 13	M55L M60L
13	5.6 km	150m	North	1:10 000	A3	4 x 13	M45S M50S M65L W45L W50L
14	4.9 km	160m	North	1:10 000	A3	4 x 10	M55S M60S M70L W16A W55L W60L
15	4.0 km	95m	North	1:10 000	A3	4 x 9	M65S M75L W18S W21V W45S W50S W65L W70L
16	3.6 km	95m	North	1:10 000	A3	4 x 8	M70S M75S W55S W60S W65S W70S W75
17	4.2 km	135m	North	1:10 000	A3	4 x 10	M14A M16B
18	3.8 km	75m	South	1:10 000	A4	4 x 12	W14A W16B
19	3.4 km	70m	South	1:10 000	A4	4 x 10	M12A M14B W12A W14B
20	2.8 km	70m	South	1:10 000	A4	4 x 10	M10A M12B W10A W12B (Text Description)
21	2.5 km	35m	South	1:10 000	A4	4 x 12	M10B W10B (Text Description)
Orange	3.4 km	70m	South	1:10 000	A4	4 x 9	Pictorial Description
White	2.5 km	35m	South	1:10 000	A4	4 x 11	Text Description
Yellow	2.8 km	70m	South	1:10 000	A4	4 x 9	Text Description

Some courses use part of the road to Keldy. Please take care and look out for vehicles. There may be a drinks station in the forest on the longer courses – details will be confirmed by handout on the day.

Crossing points: Cross fences only at the designated crossing points and cross fields only where permitted or where a designated route is indicated. Failure to do so could result in disqualification.

Clothing transfer: There will be no clothing transfer.

Club tents: Space is severely limited. It might not be possible to accommodate club tents.

Out of bounds: All field and forest areas outside the assembly field will be out of bounds and also those parts of the assembly area where the finish and spectator control will be – this part will be taped off.

Leaving the assembly field: Traffic to Keldy cabins uses this lane. Please take care when exiting the field. Take care when crossing the Cropton to Newton road, on the way back to the car park and return to A170 by way of Cropton as this is the only road suitable for two way traffic.

Acknowledgments: Mr Aconley of East Cawthorne Farm for use of the car parking field. Mr Brian Eddon for use of the assembly field. Forest Enterprise. Keldy Cabins. English Heritage.

MASS START SCORE EVENT, COD BECK

MONDAY – 5TH MAY

Directions : The car park area (SE 474984) will be signposted from the centre of Osmotherley Village (SE 456972). Most competitors will approach Osmotherley from the A19 - turnoff at the junction with the A684. At the centre of Osmotherley turn right at the Market Cross. Public toilets are then 50 yards on the right hand side. Proceed through and out of the village and after about 0.5 mile turn left (signed to Snilesworth, Hawaby and Helmsley). Follow this road up hill until it eventually flattens out and then make a left hand turn onto a moorland road (O signed). This road runs along the edge of the NY Moors to the parking area. Please note this road has numerous potholes – take care.

Osmotherley has fairly narrow roads and is especially popular with hikers, so can be very busy with cars parked everywhere. Please take care driving through the village. Please also respect the residents and be quiet when travelling through the village.

Note the moorland road is not suitable for buses or coaches (and indeed the road to Snilesworth is also signed as unsuitable). Minibuses may be possible, please contact organiser to discuss.

Parking : The parking is in a field on the Right Hand side of the moorland road. Please follow the marshals directions into the field and to a parking place. The registration tent will also be in this area.

Dogs: There will almost certainly be sheep in the car park field and the surrounding countryside. There will also be lambs around. Therefore please no dogs.

Toilets: There will be 4 portaloos by the car park area. There are also good toilets in the centre of Osmotherley, using these would help to reduce the queues at the portaloos.

Entry On the Day : Registration for entry on the day will be available between 09:30 and 10:30. Dibbers will be available for hire. Entry on the day is subject to map availability. We will try and anticipate potential numbers.

Maps : Will be printed and be bagged (or on waterproof paper). Control descriptions will be on the maps (the point score for the controls will also be indicated).

Starts : The start is approx 5 /10 minutes walk downhill from the car park / registration area.

Clear stations will be at the bottom of the path before turning left along to the start.

Remember to clear your dibber.

There will be a mass start at 11:00 for **both** the long and short events. Please arrive at the start area at least 10 minutes before the start. Maps will be given out 10 minutes before the start time. Please keep them folded and do not look at the maps.

The mass start will be counted down – it will be a timed start and therefore there is no start box to punch.

Some control sites are on both the long and short event maps, some are on just one of the maps. Harder controls and more distant controls attract more points – the points for each control will be indicated on the control description sheets.

Don't forget to punch the finish control.

Late return to the finish will incur penalty point deductions of 5 points for each minute or part of minute, that you are late returning.

The winner for each event will be the person with the highest number of points. In the event of a tie, the person with the fastest time will be the winner.

Finish: Water and Orange juice will be available on the way back from the finish, just before the car park area.

General: Please remember that the Cod Beck area is a very popular recreational area and is used by many walkers and also mountain bike riders. Please respect their right to be out enjoying the countryside and be courteous to them. Thanks.