

Final details

Sunday 28th March 2010 Regional Event PICKERING FOREST

EBOR 'prize' event and British Orienteering Ranking event

*****British Summer time starts today*****

****** REMEMBER TO MOVE YOUR CLOCKS FORWARD ONE HOUR******

- Travel:** Approach from the A169 at GR SE 848898, near Lockton. Follow O signs for 5km through Levisham then towards Levisham Station, continue past the station towards assembly (1km) GR SE815912. Parking will be on the roadside, please be patient and follow parking official's instructions.
- Terrain:** Pickering Forest is one of the best parts of the North Riding Forest Park for orienteering. The 80m high western afforested slopes and the semi open area of Stony Moor provide good technical terrain. According to the planner "the forest is in wonderful condition after the snow and frost: much faster than usual and great fun to run through. Low fences may be crossed anywhere but less fit competitors may prefer to use the crossing points. There are some monster crags so beware if you get on the wrong side of them."
- Map:** 1:10000 map surveyed in 2007 by Mike Wimpenny and updated in 2009/10 by Steve Whitehead. Size: A4 and waterproof
- Facilities:** On the day registration, enquiries, download, toilets, first aid, drinks.
- Courses:** You can enter any course you wish; however to be eligible for an EBOR prize, you must enter the course applicable to your age group as detailed below

Course	Length	Climb	Men - Long classes	Women - Long classes	Men - Short Classes	Women - Short Classes
Black	7.7km	260m	M21	-	-	-
Brown	6.6km	220m	M35, M40	-	-	-
Short Brown	6.2km	130m	M20, M18, M45, M50	W21	M21S	-
Blue	5.2km	130m	M16, M55, M60	W35, W40	M35S, M40S	-
Short Blue	4.2km	90m	M65	W20, W18, W45, W50	M45S, M50S	W21S
Green	3.5km	65m	M70	W16, W55, W60	M16S, M18S, M20S, M21V, M55S, M60S	W35S, W40S
Short Green	2.9km	50m	M75, M80	W65, W70, W75, W80	M65S, M70S	W16S, W18S, W20S, W21V, W45S, W50S, W55S, W60S
Very short Green	2.6km	50m	-	-	M75S	W65S, W70S, W75S
Light Green	3.1km	50m	M14	W14	-	-
Orange	2.7km	55m	M12	W12	-	-
Yellow	1.9km	20m	M10	W10	-	-
White	1.9km	20m	-	-	M10B	W10B

The free String course is close to assembly.

- Trail O:** Why not have a go at Trail O after you've had your run? Only £1 per map, 6 controls on the map but 18 or so on the ground and you have to work out which are the ones mapped. Available from the **String course start** at assembly. All control sites are to be viewed from the forest road along which you will park (BUT DO TAKE CARE OF THE TRAFFIC!).
- Registration:** Registration will be between 10am and 12.00pm with starts between 10.30am and 12.30pm. **Entry on the day is subject to map availability.** Enter on line at www.fabian4.co.uk, or by post to Ebor Entries, 13 Stoneriggs, York YO327UG, closing date for guaranteed map is Monday 22nd March.
- Fees:** Seniors: £11.00. Juniors: £4.50. Senior members of British Orienteering or YHOA can claim a £2.00 discount on this fee
Dibber hire: Seniors: £1.00, Juniors: £0.50. Replacement charge for lost dibbers is £30.00.

- Start:** Start times will not be allocated. It will be a punching start. The start is uphill from assembly, and in places quite a steep climb. Allow 10 to 15 minutes to get to the LOWER start area. Here dibbers will be cleared and checked. Loose control descriptions will be available here.
Courses: Black, Brown, Short Brown and Blue will start here.
ALL other competitors will make their way to a HIGHER start in their own time.
- Finish:** The Finish is very close to assembly. All competitors should remember to download even if they retire
- Dogs:** Well-behaved dogs in the car park area only.
- Safety:** Leg cover and whistles compulsory. Lone runners should leave their car keys and details at Enquires. Competitors take part at their own risk; Eborienteers accept no liability for loss or damage to property or persons however caused.
- Cancellation:** In the event of cancellation due to unforeseen circumstances a notice will be posted on the EBOR web site. Eborienteers reserve the right to retain all or part of the entry fees to cover costs.

Event officials:

Planner:	Steve Whitehead
Controller:	Chris Toop
Organiser:	Graham Todd 01904 704905

**The EBOR Prize presentation will take place as soon as possible after
1.15pm at assembly**