



# Eborienteers welcome you to **SELBY**

## level C regional event and YHOA Urban League incorporating HALO and EBORienteers Club Championships **SUNDAY 15<sup>th</sup> OCTOBER 2017**

### Selby – Sunday 15<sup>th</sup> October 2017

Selby is the fourth largest town in North Yorkshire, and offers remarkably good terrain for urban orienteering. This will be the first orienteering event to be held here and EBORienteers are pleased to invite orienteers from around the region to join us for this event.

### Assembly and Parking

We are fortunate in that the event will be based at **Coultish Community Centre, Charles Street, Selby**, adjacent to the finish for all courses. Registration and download will be here. The start for all courses will be 5 minutes easy walk from Coultish Centre and the finish will be adjacent to the Centre.

### Coultish Centre

We have hired the Coultish Centre for our event to provide a high quality competition centre. As well as being the base for registration and download (it is close to the start and adjacent to the finish), it also provides a secure place for changing and for leaving bags and kit (at your own risk). Toilets and other facilities will also be available here.

Homemade cakes and refreshments (tea/coffee) will be on sale here in support of **Kidney Research Yorkshire** and a comfortable lounge in which to enjoy them.

We are grateful to Selby District Council for supporting us at Coultish Centre.

### Parking

There is plenty of public parking in Selby, however we recommend using Back Micklegate car park (long term pay and display – but FREE on Sundays) from which the 10 minute route (on foot) to Coultish Centre will be clearly marked. Back Micklegate car park is at 53.786007,-1.068040, nearest postcode YO8 3JX, grid reference SE615325. Or download a street map from [here](#)

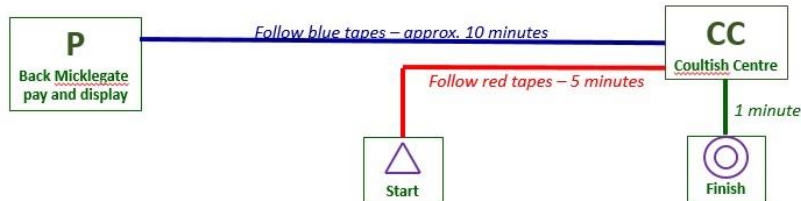
Do not contemplate parking near Coultish Centre. No room, not legal and will impact on course safety. And if you can't manage the ½ mile walk, should you be here at all?

### Walking route to Coultish Centre

A sign at the entrance to Back Micklegate car park will mark the start of the taped route from the car park to Coultish Centre. The route (on foot – approx. 10 minutes' walk) will be marked with BLUE tape.

En route, you will see RED tape. This is the route (approx. 5 minutes' walk) from Coultish Centre to the start.

### In summary



### **Public Transport:**

Selby Station (trains from Leeds, Sheffield, Hull and across N England) is 15 – 20 minutes' walk from Coultish Centre. Selby Bus Station (buses from Leeds, York and elsewhere) is also 15 - 20 minutes' walk from Coultish Centre.

If you are arriving by bus or train, you should download a (specially produced) map showing the walking route from the railway station and bus station to Back Micklegate car park [here](#). At the car park, you will pick up the taped route.

**Terrain:** a mixture of complex urban and parkland. Excellent varied urban orienteering on a brand new map in terrain entirely new to orienteering.

**Starts:** from 10.30am to 12.30pm. Courses close 2pm.

**Timing:** SportIdent

**Map:** New map for this event; scale 1:4000; printed on weather-proof paper.

### **Courses:**

Apart from the restrictions on under 16s (see below), anyone can enter any course but the classes given are those for the Yorkshire Urban League. League rules [on YHOA website](#). Courses, classes and provisional lengths as follows. Course "length" is based on a straight line distance. "Optimum" is the planner's best estimate of the minimum actual course length.

All course details are subject to final review by the planner and controller.

<b><u>Course</u></b>	<b><u>Classes</u></b>	<b><u>Length (km)</u></b>	<b><u>Optimum (km)</u></b>	<b><u>Climb</u></b>	<b><u>No of controls</u></b>
<b>A</b>	M Open (18+), M Vet (40+)	5.8	8.8	<5m	27
<b>B</b>	M Supervet (55+), W Open (18+), W Vet (40+)	5.0	7.3	<5m	25
<b>C</b>	M Ultravet (65+), W Supervet (55+)	4.0	6.6	<5m	19
<b>D</b>	M Hypervet (75+), W Ultravet (65+), W Hypervet (75+)	2.7	4.2	<5m	17
<b>NO U16s ON THE ABOVE COURSES DUE TO ROAD CROSSINGS</b>					
<b>E</b>	M and W Junior (16-)	2.2	2.5	<5m	25
<b>F</b>	M and W Young Junior (12-)	1.5	1.7	<5m	18

**Sorry** – no string course

### **Safety**

All courses are in urban streets and parkland. When running in the town centre and on residential roads, there is a risk of colliding with non-orienteers who will obviously not be expecting a runner to come suddenly round the corner. It is your duty to consider their safety rather than your race speed. Take corners slowly and run wide. Selby can be very busy so please be considerate at all times.

Courses **A, B, C and D** cross main roads. These will be very busy – look and listen before crossing.

Courses **E and F** courses cross very minor roads. Competitors and their parents should be aware that even on these courses there will be some vehicles on minor roads and care should be taken. Courses E and F have one major road crossing which will be marshalled. There will be a (timed-out) control on either side of this crossing – both of which must be punched. Parents/guardians may want to explain this to juniors.

For all courses, the river and canal banks are steep. There is no need to cross any watercourse at any point except over bridges. There is no need to go down the steep banks for any controls. All courses use a recreation area by a river with unfenced vertical banks. There are no controls on or down the banks so keep clear! Parents: please warn children.

**Facilities:** Toilets and other facilities (see above) are available at competition centre. Although the finish is adjacent to the CC, free water will be provided for finishers. Please dispose of the plastic bottle thoughtfully.

### **Registration and Fees:**

Entry on the Day only. Registration and information at Coultish Centre from 10:00am. Fees as follows:

Adults (21 and over) – £8.00. (senior members of BOF can claim £2.00 discount = £6.00)

Juniors (under 21) – £3.00

Newcomers to orienteering – £4.00

SI dibber hire: £1.00 senior, £0.50 junior – £30 replacement cost if lost.

**BEGINNERS ARE ALWAYS WELCOME – ASK AT ENQUIRIES FOR ADVICE AND HELP**

No dogs permitted on courses, dogs on a lead allowed around the Coultish Centre (but not inside). Whistles recommended. Competitors take part at their own risk.

**Loose control Descriptions** will be available in the start lanes at -2. Control descriptions will also be printed on the map. Descriptions will be textual and pictorial for courses E and F. Pictorial only for courses A to D.

**Results** will be posted on the Eborienteers website, [www.eborienteers.org.uk](http://www.eborienteers.org.uk)

### **Acknowledgements**

We are grateful for the support for this event from:

- Selby Town Council, and especially Karen Mann, Clerk to Selby Town Council and Selby Community Trust
- Selby District Council
- The residents and tenants of Charles Street and Flaxley Road Estate.

### **Officials**

Planner: Ian Robson

Controller: Steve Whitehead

Organiser: Bill Griffiths – 01723 850617 or [contact@eborienteers.org.uk](mailto:contact@eborienteers.org.uk)