



Part of EPOC's Calderdale Hub
"Moving with a Map" Autumn / Winter
Series

Saturday 18th January Midgley Moor

FINAL DETAILS V1.3



<u>Event Centre</u>: Midgley Community Room beside the village shop on Town Gate. Please visit the event centre before going to the start.

OS Ref - SE032264 Post Code – HX2 6UE What3words - gloom.nightcap.bulky

<u>Parking</u>: Midgley Primary School, Lane Ends, HX2 6TX. What3words: legend.constrain.losses. School is 5 min walk from the event centre. Parking also available on Town Gate and Jim Allen Lane. Please park considerately.

Public Transport: Halifax-Midgley Circular Bus Service 574 stops on Town Gate.

Courses:

Course	Distance (km)	Climb (m)	What to Expect
Yellow	2.1	70	Suitable for beginners, Juniors and Families.
Red	5.3	105	Long, easy navigation, suitable for runners.
Green	5.1	140	Interesting technical challenge and training for more experienced orienteers.

Distances are as the crow flies; actual distances will be greater.

<u>Terrain</u>: Exposed open moorland with some complex quarried areas. Panoramic views in good weather. Mixed runnability. Careful choice of path options to be balanced with some slow running through heather/tussocks between paths.

<u>Refreshments and Toilets</u>: The Midgley Community Room will be open from 12.00pm until 3.45pm. Cake will be available for a donation of £1. The Midgley Community Shop is next to the Community Room and is open until 1pm. Please take the opportunity to have a cupper and socialise after your run!

<u>Map</u>: All 1:10,000 scale, 5m contours. Green map is double sided with zoomed in extract of complex terrain on the second side.

<u>Entries:</u> Through the Race Signup entry page (https://racesignup.co.uk/epoc-midgley-moor-local-event). **Pre-entries limited to 30 people**.

Entry Fees: Before 16th January - Senior £5.00, Young Adult (21-25) £3.50, Junior £2

From the 16th January and entry on the day - Senior £7.00, Young Adult (21-25) £5.00, Junior £3

Non-British Orienteering Member Senior Supplement - £1

Entry on the Day: Limited entries on the day subject to map availability.

Start: Open punching starts from 12.30pm to 1.30pm. Start is 1.1km (15 min) walk from the event centre with 85m climb.

Finish: Same location as the start. Courses close at 3pm.

<u>Safety</u>: A comprehensive risk assessment has been carried out by the organiser. The risks associated with competing in an outdoor environment are significant and need to be taken seriously by all competitors who take part at their own risk and are responsible for their own safety. Parents are particularly asked to emphasise these points with their children.

Midgley Moor is an area of exposed, open moorland. In bad weather, visibility may be extremely limited and navigation very challenging. Less experienced participants should be familiar with using a safety bearing. Rain & strong winds may lead to significant wind chill and waterproof jackets may be mandatory. On all courses, beware of crags to the south and southwest of the competition area especially in limited visibility. If there are cattle on route to the start or on the moor, keep a good distance and walk past them quickly and quietly. Leave gates as you find them.

If you have a medical condition that first aiders should know about in an emergency, please contact the organiser with details, before/at the event before your run, in

confidence. These details will only be used for the purposes of this event and will be deleted/destroyed afterwards.

<u>Dogs:</u> The landowners have requested that all dogs be kept on a lead.

Insurance: Members and Non-members of British Orienteering are covered by our public liability insurance.

Please ask any of our club officials for more information if you would like to join EPOC and British Orienteering.

Organiser: Julian Green Contact email: julesmcgreen@gmail.com

Planner: Lindsay McMillan