



Brighouse Urban Event
EPOC Spring Series Event 6
Saturday 29th June 2024
Final Details



Make a weekend of it: Rastrick Urban: Sunday 30 June 2024 : A regional event, counting in the Yorkshire Urban League & Event 6 of the Calderdale Spring Series.

Overview: Day 1 of EPOC's urban weekend and the penultimate round of our Spring Series takes us to areas of Victorian housing, scattered open spaces and some traditional Yorkshire streets and 'ginnels'. We have parking in office parking lots, opposite the indoor Assembly area with tea, coffee and cake available afterwards. PLEASE SUPPORT THE CAFE.

Start is 800m up-hill and the finish is 200m from Assembly.

Event Centre: Cafe 139 which is directly across Bradford Road from the parking. Cafe139 is run by staff and volunteers from the Crossroads Church and your support would be appreciated.

Postcode: HD6 4AD

What 3 words: chops.lists.golf

Parking: Office car parks via Woodvale Road, opposite the Event Centre.

Public Transport: Brighouse Railway Station 1.5km/17 minutes walk to event centre.

The X63 Bradford bus passes the station every 10-15minutes. Alight at the Police Station which is opposite Cafe 139.

Terrain: Traditional housing, town centre shops, some grassed open areas and canal basin. Courses 1 to 5 have controls within the Brighouse canal basin. Please take care when running across lock gates or around the basin.

Courses:

Course	Course Distance (km)	Climb (m)	Age categories / What to expect
1	7.2	125	Open (MO)
2	6.4	100	Women Open (WO) & Men 40 (MV)+
3	5.4	85	Men 55+(MSV); Women 40+(WV) Spring Series Red
4	4.7	60	Men 65+(MUV), Women 55+ (WSV) Spring Series Green
5	3.6	35	Men 75+(MHV), Women 65+ (WUV & WHV)
6	2.0	20	M/W 16- (MJ, WJ) M/W 12- (MYJ, WYJ) Spring Series Yellow

Please Note: Distances are straight line. Optimum routes will be ~25% further. Those aged under 16 on the day of the event MUST enter either course 6. To score in the Yorkshire Urban League you must enter the correct age class. All courses will have a one minute timed road crossing towards the end of the course.

Map: 1:4000; 2.5m contours; ISSprOM 2019-2

Entries: via Racesignup

Entry Fees: Senior £8.00 (£6.00 to members*), Young Adult (21-25) £6.00 (£4.50 to members*), Junior £4.00 (£3.00 to members*). *Discounts: British Orienteering Members receive a discount (as shown above).

Late & on the day entry: Available (£2 surcharge) subject to map availability

Start: Start times 10:00 and 11:30 Juniors please start early, between 10:00 and 10:30 if possible. Courses close 1:30pm

Finish: In the park about 200m from download. Courses close at 1.30pm

Results:

Final results will be published as soon as possible after the event at www.eastpennineoc.org.uk

Safety:

Competitors take part at their own risk and are responsible for their own safety. Please dress appropriately for the weather conditions on the day.

Please take care to avoid collisions with pedestrians.

If you have a known medical condition which may affect your treatment in the event of illness or injury during the event, please make sure you complete a medical information form and leave it at Registration before you run. The information will be stored in a sealed envelope and destroyed after the event.

If you are involved in any accidents, damage, injury or a dispute with a member of the public, please let us know when you report to download.

Lone competitors are advised to leave car keys at registration so we have an added check that you have returned, even if you forget to download.

A comprehensive risk assessment will be carried out by the organiser. The risks associated with competing 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. All courses will involve crossing roads (most in a 20mph zone). Crossings of the busiest roads on the junior courses will be marshalled.

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.

Officials:

Organiser: Roy Lindsell EPOC

Planner: Jackie Page EPOC

Controller: Richard Payne EPOC

