



Regional Event
Yorkshire Urban League
& FINAL (Event 7) of
Event 7 of EPOC's Calderdale
"Moving with a Map" Spring Series
Sunday 30th June 2024



Rastrick

FINAL DETAILS

Overview: Day 2 of EPOC's urban weekend and the final round of our Spring series takes us to areas of complex housing, scattered open spaces and some traditional Yorkshire streets and 'ginnels'. We have parking in school grounds, adjacent to the indoor assembly area with tea/coffee (and hopefully cake) available afterwards. Starts only a short walk away (<400m) and the finish is almost adjacent to assembly.

Event Centre: William Henry Smith School, Booth Royd Lane, Rastrick, HD6 3JW

OS Ref: SE 130 219

Post Code: HD6 3JW

Lat/Long: 53.692, -1.8044

Parking: On site at the event centre.

Public Transport: Brighouse Railway Station 2.5km; Bus #548 or 549 from Brighouse stops adjacent within 400m of the school (Alight at Nunnery Lane and use the main school entrance off Lower Edge Road).

Terrain: Urban with some grassed open areas. A mix of modern estates and some traditional streets; all with many small "ginnels". School grounds to finish. Note the start and finish are close to the high point of the map so expect climb in the latter part of most courses.

Courses:

Course	Distance (km) *	Climb (m)	Age categories / What to expect
1	7.4	250	Open (MO)
2	6.2	180	Women Open (WO) & Men 40 (MV)+
3	5.2	140	Men 55+(MSV); Women 40+(WV) Nearest equivalent to Spring Series "Red"
4	4.4	100	Men 65+(MUV), Women 55+ (WSV) Nearest equivalent to Spring Series "Green"
5	3.5	65	Men 75+(MHV), Women 65+ (WUV & WHV)
6	3.3	70	M/W 16- (MJ, WJ)
7	1.7	35	M/W 12- (MYJ, WYJ) Equivalent to Spring Series "Yellow" course: Good for beginners and younger juniors

Notes

Distances are straight line. Optimum routes will be ~25% further.

Course details subject to final planning / controlling ie may change slightly.

Those aged under 16 on the day of the event MUST enter either course 6 or 7.

To score in the Yorkshire Urban League you must enter the correct age class.

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

Entries: Standard entry via Racesignup up to 23:59 Sunday 23 June.

<https://racesignup.co.uk/site/event.php?eventid=4259>

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: Open punching starts between 10:30 and 12:00 NB All juniors (courses 6 & 7) please start between 10:30 and 11:00).

Finish: Adjacent to assembly **Courses close at 2pm**

Prizes/Mementos: There will be momentos awarded for all who have competed in 4 or more of EPOC's Calderdale "Moving with a Map" Spring Series and an additional prize those who have competed the most events in each of M/W 35 & under; M/W 35-60 and M/W 65+

Safety: A comprehensive risk assessment will be available. The risks associated with competing in an outdoor, urban, area 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.

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.

Insurance: All paid entrants are covered by British Orienteering's public liability insurance.

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

Organiser: EPOC Committee **Contact email:** tbc

Planner: Richard Payne, EPOC

Controller: Mike Pedley, EPOC

Make a weekend of it

Brighouse Urban: Saturday 29th June 2024 : A regional event, counter in Yorkshire Urban League & Event 6 of the Calderdale Spring Series. Held on an adjacent area to Rastrick.