



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 "Moving with a Map" 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 are only 400m away 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. Please follow the marshal(s) & signs once on site.

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	210	Open (MO)
2	6.0	170	Women Open (WO) & Men 40 (MV)+
3	5.0	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	3.3	60	Men 75+(MHV), Women 65+ (WUV & WHV)
6	2.7	50	M/W 16- (MJ, WJ) & <u>Accompanied</u> M/W 12- (MYJ, WYJ) * Equivalent to Spring Series "Yellow" course: Good for beginners and younger juniors

Notes

Unfortunately the area is not suitable for un-accompanied under 12's. Course 6 has been made slightly shorter than normal and is suitable for all juniors (apart from one supervised crossing point, only quiet estate roads are crossed) but any participants aged under 12 must still be accompanied.

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

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

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

Note for those used to our Spring Series format: at this event you may only run ONE course so please choose one that is the right length (remembering that you will probably run at least 30% further than the distance shown on the table above). All courses, apart from course 6, are of similar difficulty.

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 please start early, between 10:30 and 11:15 if possible.

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

Prizes/Mementos: There will be a short prizegiving at around 13:30. 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 the person who who have completed the most of our seven events in each of M/W 18 and under, M/W 35 & under; M/W 35-60 and M/W 65+. In the event of a tie on numbers of events completed we'll give the prize to whichever of those eligible are at the prize-giving! If you can't make the prize-giving we'll be in contact after the event by email to find a way of getting your momento or prize to you.

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). The crossing on course 6 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. Details will only be used for the purposes of this event and will be deleted/destroyed afterwards.

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

Organiser: EPOC Committee **Contact email:** helenp@talktalk.net

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.

To join EPOC (FREE for the rest of 2024) and British Orienteering (giving you discounts off most orienteering events nationally) also at a reduced rate for the rest of 2024 visit [British Orienteering Membership](#) and enter "EPOC" where it asks you to select a club. For more information on EPOC visit: [East Pennine Orienteering Club \(eastpennineoc.org.uk\)](#)