



Brighouse Urban Event
Yorkshire Urban League Event

Saturday 29th June 2024

Event 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 our Spring series takes us to areas of complex housing, scattered open spaces and some traditional Yorkshire streets.

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: Around various small car parks in the office complex off Woodvale Road

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

Terrain: Urban with some grassed open areas. Longer courses will visit the canal.

Courses: (Subject to Final Controlling)

| Course | Course Distance (km) | Age categories / What to expect |
|--------|----------------------|-------------------------------------|
| 1 | 7.3 | Open (MO) |
| 2 | 6.3 | Women Open (WO) & Men 40 (MV)+ |
| 3 | 5.4 | Men 55+(MSV); Women 40+(WV) |
| 4 | 4.6 | Men 65+(MUV), Women 55+ (WSV) |
| 5 | 3.9 | Men 75+(MHV), Women 65+ (WUV & WHV) |
| 6 | 2.9 | M/W 16- (MJ, WJ) |
| 7 | 2.0 | M/W 12- (MYJ, WYJ) |

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

Finish: In the park about 300m 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: Neil Croasdell and Roy Lindsell

Planner: Jackie Page EPOC

Controller: Richard Payne EPOC

