







**Saturday 15th February 2025** 







## **FINAL DETAILS**

Parking: Clough Hole National Trust Car Park, Widdop Road, Heptonstall

Post Code - HX77AZ Map Ref - SD 969298 What3Words // Evening Slab Blurs

Free to NT members. £5 for 4 hours, £8 whole day

**Event Centre:** Gibson Mill, National Trust Hardcastle Crags, Midgehole Road, Hebden Bridge

Post Code - HX77AW Map Ref - SD 973298 What3words // Songbird.Assures.Wiped

1km walk downhill on paths from the carpark to Gibson Mill

Public Transport: Bus 596 Hebden Bridge to Heptonstall and a 15min walk.

<u>Courses:</u> The aim of this low key event is to give people the chance to improve their navigation techniques. There will be qualified coaches from both clubs happy to give advice and demonstrate techniques to try out on the courses. We're really happy for people to try more than one course.

Course	Distance (km)	Climb (m)	What to expect
Short	1.5		Easy, safe navigation on paths.
Medium	3.5		Harder. Some route choices and the option to cut through the woods between paths.
Long	5.2		Most challenging. Route choices, navigating and finding controls on contour and rock features.

Registration, Social Space, Refreshments and Toilets: We will be based under the outdoor shelter adjacent to the Mill. There is an excellent cafe in the Mill where you can buy food, drink and the social space is available. The toilet block is just over the bridge from the Mill.

<u>Terrain</u>: The area comprises the steep sided wooded Pennine valleys around Hebden Water and Crimsworth Dean Beck. This provides a mixture of runnability and, in some areas, an abundance of rock features, including Hardcastle Crags themselves

Map: 1:7500 scale 5m contours. Surveyed in 2023 by Alasdair Pedley

**Entries:** Through the Racesignup entry page up to the day of the event

## **Entry Fees:**

Before 13th February- Senior £3.00, Young Adult (21-25) £2.00, Junior £1.50

After 13th February and entry on the day- Senior £4.00, Young Adult (21-25) £3.00, Junior £2

Entry on the Day: Available subject to map availability

**Start**: Open punching starts between 12am and 1pm

Finish: Adjacent to Start. Courses close at 2pm

<u>Safety</u>: A comprehensive risk assessment will be 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. 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>Insurance</u>: 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.

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Organiser: James Williams EPOC and Catherine Wilson PFO

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