

CLOK CompassSport Cup heat (Level B)

Cringle & Cold Moors – Sunday 12th March 2017 – FINAL DETAILS

Important Safety Information

- The area is exposed. WHISTLES ARE COMPULSORY and will be checked at the start.
- Goggles may be compulsory if the weather is bad. Come prepared.
- If you have a medical condition that first aiders may need to know about in an emergency, please email the [organiser](#) with details before the event, or fill in a form at registration.
- If you are travelling alone, please email emergency contact details to the [organiser](#) to before the event, or fill in a form at registration, and leave your labelled car keys at Registration.
- All such details will only be retained for the purposes of this event and deleted/destroyed afterwards
- If there is extreme weather (e.g. snow) on the weekend, check the CLOK website for any last minute notices

Location

Cringle and Cold Moors are 6 km south of Stokesley. The event will be signed from the A172 west of Carlton-in-Cleveland village at grid references NZ 499049 and NZ 504052.

Parking will be in a well-drained field at grid reference NZ 523030. Access to the parking field will be via a gate off the public road 50m beyond the entrance to the Lord Stones cafe car park (post code TS9 7JH).

Registration, download, results, toilets, finish and the Lord Stone's cafe are within 100 metres of the parking area.

There will not be water or juice at the finish – please bring your own drink for after your run. The recently renovated Lord Stone's Cafe is expected to be open serving food and drinks.

Registration

Open 10 a.m. - 12 noon. Visit the Registration tent if you need to do any of the following:

- Enter on the day
- Change any entry details (e.g. SI card number)
- Collect hired SI card(s)
- Fill in a form with medical conditions and / or emergency contact details (or you can email the organiser in advance – see Important Safety Information above).

If none of these apply you can proceed directly to the start.

Punching system

SPORTident electronic punching will be used. All versions of SI card can be used. Controls will NOT be enabled for touch-free punching, but competitors can still manually punch with the newer SIAC cards.

SI-cards can be hired for £1. Please look after your hired SI card as there will be a £40 charge if you lose it.

Entries

Most competitors will have pre-entered via their club captains for the CSC, and start times will be allocated and linked from the CLOK website in the week before the event.

Entry on the day to CSC courses will be accepted, subject to a surcharge and only if maps are available (which cannot be guaranteed). Entry on the day is also available for non-CSC courses (White, Yellow and Light Green). Entry on the day fees:

- Seniors on CSC courses: £11.00 (£2.00 surcharge for non-British Orienteering members)
- Juniors / Students (with valid cards), or anyone on non-CSC courses: £4.50

Courses

This is the qualifying round for CLOK, EBOR and AIRE in the CompassSport Cup (large clubs) and NATO, NN, CLARO and EPOC in the CompassSport Trophy (small clubs).

The following courses are offered as per the latest CSC guidelines, combining classes on to the same course where appropriate given the expected entry numbers.

Course	Technical difficulty	Distance	Climb	Controls	Age Class(es) for CSC / CST
White	1 (easy)	1.5km	15m	12	not in CSC
Yellow	2 (easy/moderate)	1.9km	15m	12	not in CSC
Orange	3 (moderate)	2.5km	40m	12	Course 9A M14-, Course 9B W14-
Light Green	4 (moderate/hard)	3.2km	80m	12	not in CSC
Short Green	5 (hard)	3.1km	55m	12	Course 7 M70+ W60+, Course 8B W18-
Green Men	5 (hard)	3.4km	80m	17	Course 6 M60+, Course 8A M18-
Green Women	5 (hard)	3.4km	75m	15	Course 5 W20-, W45+
Blue Men	5 (hard)	6.5km	200m	20	Course 4 M50+
Blue Women	5 (hard)	6.4km	205m	22	Course 3 Women Open
Short Brown	5 (hard)	7.5km	250m	25	Course 2 M20- M40+
Brown	5 (hard)	7.9km	270m	28	Course 1 Men Open

String course

There will be a free string course near Registration.

Terrain Description

The competition terrain comprises three main areas:

- “Lord Stones” – a managed wooded and open area, containing a number of paths. A new owner has developed the area, with new fences, camping and parking areas. From the café to the escarpment looking to the East the immediate area is a plateau. **White, Yellow and Orange** courses are exclusively in this area, and all other courses come into it at the end.
- “Cringle Moor” – an open moorland hill, with deep heather on the flat top that the courses avoid, surrounded by sloping sides containing excellent contour and rock detail, one side being open (mostly dead bracken and low heather), and two sides being mixed woodland.
- “Cold Moor” – another moorland hill, with complex rock and contour detail on its slopes. Only **Brown, Short Brown and Blue** courses go onto Cold Moor.

Map

Scale 1:10,000 with 5m contour intervals. The map has been geo-referenced and extensively updated (January and February 2017) by Paul Taylor. **Brown, Short Brown and Blue** courses have A3 maps, **other courses** have A4 maps. Maps will be digitally printed on waterproof paper. Control descriptions will be on the front of the map, and also available loose in the start lane. **White and Yellow** courses have written descriptions, **Orange** have both written and pictorial, **all other courses** have pictorial.

The wooded areas around Cringle Moor have been updated to reflect recent thinning and runnability. The rock detail has been mapped to show the significant features in the very rocky areas. Some boulders and crags that stand out, but are more isolated have been mapped.

There are a number of special features to note that have been used on the map.

- There is a prominent mountain bike downhill route that descends from the top of Cringle Moor towards the Café. This is shown as a black path with intermittent purple x’s along it (--x--x--). On the ground, it may appear as a normal path in places, or with more typical drop-offs, rock steps or banking in others.

- A Larsen trap (a metal cage used to trap birds) is shown on the map as a black **x**.
- A memorial stone (not a pillar, boundary stone or cairn) is shown as a black **o**.
- Potentially dangerous mine shafts that have recently opened up are shown as a thick black bold circle **O**.

Safety notes

All courses will encounter one or more fences / walls on their course. Please note that the un-crossable boundary symbol (solid purple line) has been used where these may NOT be crossed. Mandatory crossing points are shown. These appear in the control descriptions. Fences not marked with a solid purple line may be crossed anywhere.

Brown, Short Brown and Blue courses, the route from Cringle onto Cold Moor is via a footpath through a field between two gates, and the same route is used on the way back. Please do not cross at any other point than through the gates shown as mandatory crossings.

Light Green, Short Green, Green, Blue, Short Brown, Brown courses pass through some areas with steep slopes and crags. Courses have been planned to largely avoid route choice that crosses dangerous terrain, but please take care nevertheless. The technical areas surrounding Cringle (North and East) Moor, and Cold Moor (on all sides) comprise rock and contour detail that arise from past mining activity. It has been noted that a small number of old mine shafts have opened up. These are clearly shown on the map as a bold black circular symbol. Two of these features have also been marked on the ground with black and yellow tape as a precaution.

Some paths may be very wet, muddy and slippery – so care will be needed even on the junior courses.

It has been necessary to tape a route (red and white streamers) between two controls on the **White** course. This serves 2 purposes: i) to take white course runners through a confusing path section with too many decision points, and ii) to avoid unnecessary proximity and indecision at the side of a slippery sided pond. For children on the **White** course make sure they are aware of the taped route to follow. For competitors on **other courses**, the presence of these tapes may cause confusion, so please make a mental note they may be encountered towards the end of the courses, and ignore them. They are there to ensure safety for our youngest runners.

The whole area is used by the general public for walking (and to a lesser extent mountain biking), particularly the area close to the finish. Please be courteous to members of the public. While every effort has been made to give route choice that avoids using mountain bike tracks, runners may stray onto them inadvertently; similarly to utilise the area fully most courses cross a mountain bike downhill course – in either case, runner are asked to be attentive. A reminder to this effect has been offered as a text line at the relevant points in each course control description.

Start

Start times are from 10:30am - 12:30pm. Start lists for pre-entered competitors will be posted on the CLOK web site in the week before the event. The CSC rules are very specific about start time allocation, and separating competitors from the same club. You will not be allowed to start early. If you arrive late for your start you will be started in the next available start slot that is not too close to any of your clubmates, which may be some wait at busy times.

There is one start, 1.3km with a 70m climb. Allow 30 minutes walking. The start is in a wooded area and should offer some shelter from wind and rain. However all courses leave the woodland immediately and head onto open moorland. The terrain is rough in places and may be quite wet due to recent snow and rain.

There will NOT be a clothing dump / transfer. A punching start will be used.

There will be separate start lanes for each course. All competitors pick up their maps immediately after the start line, but there are then two different start kites (both out of site from the start line), and competitors will be taped to the appropriate one from their start lanes:

- **White, Yellow and Orange** courses leave the start area heading west, following tapes for 65m to the start kite on a path/linear marsh junction.
- **All other courses** leave the start area heading east, following tapes for 125m to the start kite at a gate through a crossing point at the edge of the wood.

Finish

A finish location has been chosen that is close to the parking area. It is hoped that this will enable spectators to encourage their club-mates, and in the event of inclement weather can quickly take shelter after their run.

All courses close at 2:30pm

Shadowing

The CSC rules state that shadowing is not permitted on the CSC courses. Anyone deemed to be helping another in this way will be disqualified as it is against the spirit of the competition.

Parents will be permitted to shadow on non-competitive courses (White, Yellow, Light Green) but only AFTER their competitive run. If you need to do this, then kindly arrange with your CSC captain to have an early CSC run.

Dogs

Well behaved dogs on leads are allowed in the parking area. Dogs are not allowed out on the courses.

Results

Course results and team scores will be available on local WiFi within about 100 metres of Registration – connect to the **clockresults** network (no password required) and point your browser at **clock.net**

Paper results will also be printed out and displayed periodically.

Officials

- Organiser: Duncan Archer (CLOK), 07949 565855, duncan.archer@metaswitch.com
- Planner: Rob Bailey (CLOK)
- Controller: Dennis Hooton (EBOR)

About the area / historical notes

Cringle and Cold Moor form part of the Cleveland Hills. The geology of these hills date the sandstone rocks back to the Middle Jurassic Age. The associated shale is rich in both deposits and fossils. The shale deposits on the steep escarpment (seen from the road whilst driving up to the event) contain many fossils.

There are a number of pre-historic features in the area. Drake Howe (shown on the map at the highest point on Cringle Moor) is an early Bronze Age barrow (1700 to 1300 BC).

The stone circle that is close to the finish, is not original, but has been created recently by the new owner of the Lord Stones Café. One of the standing stones in this group is rather special as it has a pre-historic cup and ring carving indicating that it once served a more celebrated and ancient purpose. Traditionally the term Lord Stones referred to the other large (cube like) stones that can also be found on the plateau area nearby.

Mining took place on a large scale in the area, coal, alum, jet, potash, ironstone as well as sandstone quarrying. On Cringle Moor, the alum shale beds were mined at a higher contour level, while shales containing jet rock (used for jewellery) occur at a lower level. Alum was used widely in industry for fixing dyes for linen makers, tanning and in the production of medicines. The shale would be hewn from the rock face, broken into small pieces, heaped into mounds and burned (sometimes for months). Many tongue-shaped mounds facing down the slopes can be seen on the northern side of Cringle Moor. The red-burnt alum shale heaps can still be clearly seen. The area would, at the time of the mining, have been a heavily polluted burning smoky scene.

On Cold Moor facing West, there is an obvious cave entrance. According to other sources, this was the entrance to a trial adit looking for ironstone.

Cringle Moor reaches a height of 432m above sea level. It is the third highest hill in the North York Moors. The Cleveland Way passes over both Cringle and Cold Moors and is shared by the Coast to Coast and (optionally) the Lyke Wake Walk (you can choose to miss the hills out and traverse around them to the North). Alfred Wainwright – who contrived the route for the Coast to Coast Walk refers to this section as one of the finest [on the route].