



Cleveland Orienteering Klub
Acorn National Event (Level B)
Eston Moor & Lazenby Bank
on Sunday 7th April 2019



FINAL DETAILS

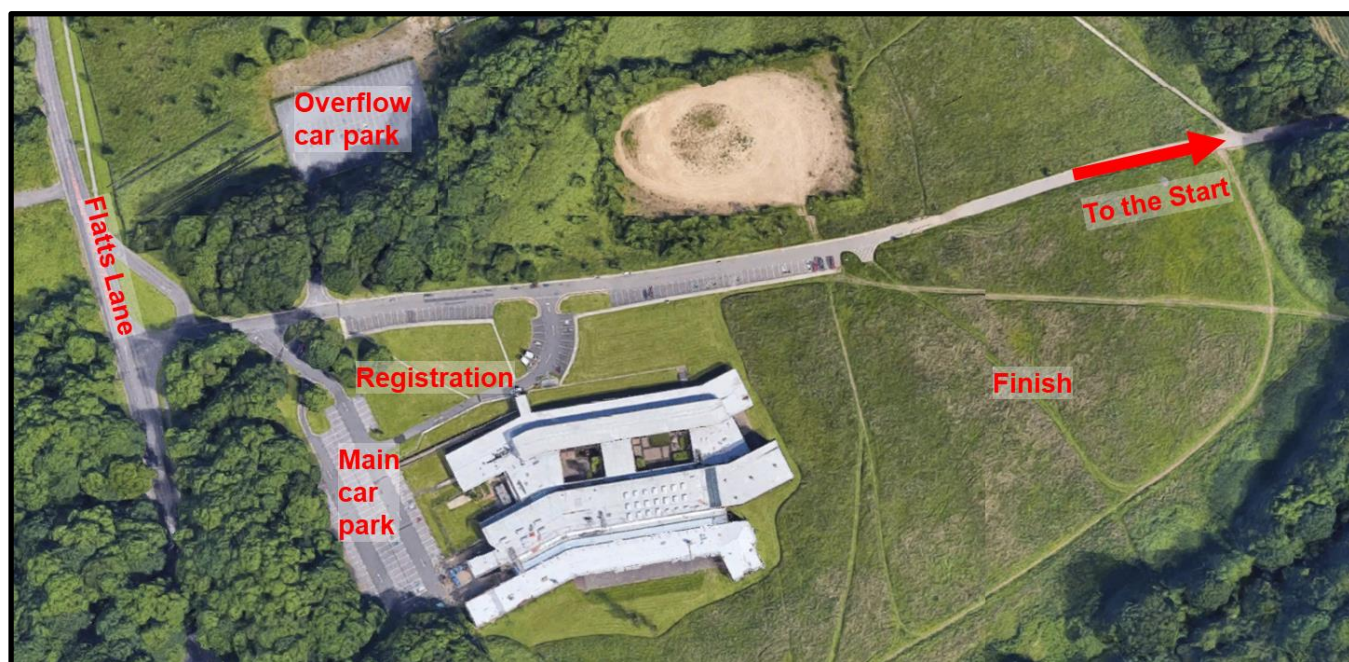
Travel directions

Eston Moor and Lazenby Bank are on the south side of Middlesbrough, east of the A19 and south of the A174.

Parking and Registration will be at the NHS offices off Flatts Lane, Normanby on the south side of Middlesbrough. For most people the best approach is from the A171 between Nunthorpe and Guisborough, from which the event will be signed. (Please note there is no access directly on to Flatts Lane from the A174 eastbound). The grid reference of the entrance to the car park is NZ 552170 and the postcode is TS6 0SZ.

Most people will be able to park in the main car park, which is on your right after you turn in off Flatts Lane. Late arrivals may need to park in the overflow car park, which is on the other (left) side of the entrance road. If you are parked in the overflow car park please take care crossing the entrance road.

Registration – and the NE Junior Squad cake stall – will be on the grass adjacent to the main car park.



Terrain

There are three distinct parts to the competition area.

Eston Moor is a relatively flat area of open moorland with many paths, a few wooded areas and areas of thicker vegetation and gorse. It also has areas of heather of varying heights, but many parts offer fast running.

At the northern edge of Eston Moor there is a fairly steep slope leading down to the farmland below. The slope is mainly bracken covered, but this will be much less of a hindrance to progress at this time of year. There are some areas that have been burnt, and these can't be displayed adequately on the map. There are small patches of trees, gorse and a number of rock features on the slope. The start will be near the eastern end of the slope.

The longer courses – i.e. the ones using the A3 version of the map – also visit Lazenby Bank, which extends to the east of the Eston Moor slope. The area is wooded and well contoured, with many pits and depressions, and it adds a different navigational and physical challenge to the moor.

Notes:

- (1) The competition area is used by members of the public for dog walking, mountain biking, etc. Please bear this in mind while you are competing and be courteous to other people.
- (2) As the event is taking place in April and the competition area includes exposed moorland, it's quite possible that cagoules may be made compulsory. Please come prepared.

If cagoules are required then a notice will be displayed at the beginning of the taped route from Registration to the Start.

Punching system

SPORTident electronic punching will be used.

The controls will be enabled for touch-free SIAC punching, but please note that all competitors – including SIAC users – will need to punch manually at the Start and Finish.

SI-cards will be available for hire on the day at a cost of £1 each. Please look after your hired SI-card as there will be a £40 charge for any lost SI-card.

If you have booked a hired SI-card via the online entry system, please collect it at Registration.

Map

Scale 1:10,000 with 5m contours, drawn to ISOM2017. Updated for this event by Paul Taylor and Rob McKenna. The courses will be overprinted on the maps, which will be printed on waterproof paper.

There are two map sizes. The A4 map includes Eston Moor and the slope below it. The A3 map extends along Lazenby Bank. See the table below for which courses use each map.

Times

Registration: 10:00 a.m. – 12:00 noon

Starts: 10:30 a.m. – 12:30 p.m. Courses close at 2:30 p.m.

<u>Courses</u>	<u>Course</u>	<u>Length</u>	<u>Climb</u>	<u>Controls</u>	<u>Map size</u>
	White	1.7 km	35 m	10	A4
	Yellow	2.4 km	40 m	8	A4
	Orange	2.7 km	60 m	10	A4
	Red	5.3 km	135 m	11	A3
	Light Green	3.3 km	60 m	13	A4
	Very Short Green	3.0 km	60 m	9	A4
	Short Green	3.4 km	50 m	14	A4
	Green	4.7 km	110 m	15	A3
	Blue	5.8 km	120 m	14	A3
	Brown	7.3 km	150 m	19	A3

Entries

There will be entry on the day subject to the availability of maps.

Entry fees:- Seniors £14, Juniors £5, Families £35.50

Families are two adults and two or more children.

Students pay the junior fee.

Adults on the White, Yellow, Orange and Red courses pay the junior fee.

There will be a £2 surcharge for adults who are not members of British Orienteering.

Control descriptions

The control descriptions are printed on the front of the maps, and loose control descriptions will be available in the start lanes. There are written descriptions for the White, Yellow, Orange and Red courses. All other courses have pictorial descriptions. (The Orange course has both written and pictorial descriptions.)

Start and start procedure

The Start is 1.7 km from Registration and parking, with 75 m climb. Allow 25 – 35 minutes. Follow the taped route heading east from Registration.

If you have pre-entered you can go straight to the start.

All competitors will be – or have been – allocated start times. People entering on the day will receive a credit-card-sized “start ticket” with their course and allocated start time. Please take this with you to the Start.

There will be a punching start. If you turn up at your allocated start time you will be able to start at that time. If you turn up at another time – either earlier or later – the Start officials will arrange for you to start when there is a vacant slot on your course, but you may need to wait for some time.

Call-up will be at -2 minutes.

Maps for the White and Yellow courses will be available at prestart before entering the boxes.

Facilities

Toilet in the Assembly Area. NE Junior Squad cake stall.

Please bring your own water for after your run.

Dogs

Well behaved dogs on leads are welcome in the Registration / parking area, but are not allowed out on to the courses.

First aid

First Aid will be located at Registration.

<u>Officials</u>	Organisers:	Caroline & Alastair Mackenzie	Mobile: 07973-870529
	Planner:	Chris Mackenzie	
	Controller:	Rob McKenna (NN)	

Safety

CLOK strongly recommends that you carry a whistle whilst participating in this (and every) orienteering event. Whistles (and compasses) will be available for loan. Ask at Registration.

A comprehensive risk assessment has been carried out by the Organiser, but please remember that competitors take part at their own risk. Orienteering is an adventure sport – your safety while orienteering is your own responsibility.

If you are entering on the day and have a relevant medical condition please complete a form at Registration. Information provided will be treated as confidential and destroyed after this event.

Please make sure that you download even if you do not complete your course.

Safeguarding

British Orienteering and CLOK take their safeguarding responsibilities very seriously.

Please report any concerns to either CLOK’s safeguarding lead (Carolyn Rigby carolynrigby@doctors.org.uk) or to British Orienteering (safeguarding@britishorienteering.org.uk).

Insurance

Please note that if you have competed in three orienteering events registered with British Orienteering, and you have not joined an orienteering club which is a member of British Orienteering, then you are not covered by our public liability insurance.