

Settle and Giggleswick Urban Race, Level C Event: Final Details

Assembly & Parking: The Pavilion, Giggleswick School Grid ref SD809642:
Post Code BD24 0DE

*****Important travel information, change to original details***:** For safety reasons, to minimise potential traffic issues with runners and families & children resident on campus, all competitors are requested to approach the event from the A65, turning towards Settle along Raines Road (Grid Ref SD806625). At the mini roundabout, continue forwards on Raines Road following the sign to Giggleswick School. At the junction, turn left on Church Street then second right in to the School Campus and park as directed. Note that the speed limit is 5mph on the School Campus and failure to observe this may result in loss of the use of the School for future events.

There will be a parking charge of £1 per car which will go towards School Projects.

The **Event Centre** is in the Catteral Pavilion (No studded shoes in the Pavilion and please remove dirty shoes). Facilities include:

- Registration for EOD (subject to availability of maps) Seniors £10.00 (£8.00 for BOF members); Juniors £3.00 (Juniors free on Course F). Registration is open 10.30am – 12.30am with starts 11.00am – 1pm. Courses close: 2.30pm
- Download
- Results
- Enquiries & General Information
- First Aid Rucksack
- Toilets
- Space for leaving bags & clothes

Start and Finish: Directly outside Catteral Pavilion. As you leave the pavilion the start will be on the right and the finish to the left. Please note that the cricket square is out of bounds.

Courses:

Course	Category	Controls	Length	Climb
A	MO,WO,WV	24	7.1km	100m
B	W40 M55	20	5.7km	120m
C	W55 M65	16	4.5km	75m
D	W65	15	3.5km	75m
E	MW 16-	16	1.3km	15m
F	MW 12-	15	0.9km	15m

Note: Competitors may run 30-50% further than the straight line distance shown in the table.

Map Scale: Courses A-D, A3 size, scale 1:5000. Courses E-F, A4 size, 1:5000. Printing by BML print.

Warm Up/Down: You may warm up/down around the edges of the cricket pitch, observing the taped off OOB area.

Terrain: Standard urban terrain taking in the roads, alley-ways and open spaces of Settle and Giggleswick. Start and end of all courses use the more complex school grounds. Whilst

there is the potential to do a degree of off road running, unless there is significant rainfall ahead of the event, road running shoes will be fine.

Course Descriptions: These will be printed on the map and available loose in the start lane.

Safety: The western half of the area is generally quiet, however higher levels of traffic will be present on the roads leading into Settle centre. This area will also be busier with pedestrians so please take care in ginnels and when rounding corners. There are various car parks you may cross where greater attention may be needed.

There will be staff and a small number of students on the school campus during Saturday and there are several resident families, some with small children who play around the site. Please be vigilant when driving/running on the site.

Under 16's, Courses E & F: These courses cross the public road that separates the two side of the school site. They do this in two locations. Whilst this is a quiet road, the longer of the two crossings will be manned to ensure safety of younger competitors. The other crossing is short with a control either side, however parents should shadow their children if this is a concern.

Sprint Course: Course E is suitable for running as a sprint course after your main course. Maps will be available to purchase on the day for £2.

Results: Will be displayed in the Pavilion and posted on the AIRE website

Water: Water will not be provided at the Finish or on any of the courses. Please bring your own.

Dogs: Dogs are not allowed on courses. They are allowed on the school campus and the perimeter of the field but they must be kept on lead at all times and owners must clear up after their dogs.

Settle Facilities: The Tourist Information Centre in the Town Hall in Settle Market Place is a useful place for attractions if you wish to extend your stay. There are lots of cafes and pubs to choose from. The picture postcard Railway Station is also worth a visit.

Officials: Organisers - Wendy & Tony Carlyle (wendy.carlyle@btinternet.com) 01535 273761, Planner - Leon Foster, Controller – Miriam Rosen (SROC)

Acknowledgements & Thanks

We are very grateful to Giggleswick School for permission to use the campus for the event and special thanks go to Catherine Webster, the Domestic and Lettings Manager, for her help and support.