

DALES WEEKEND 2017 (Updated 11/09/2017)

Attermire & Malham

Saturday 16th / Sunday 17th September

Both days are National Events with Malham counting towards the YHOA Superleague

Both days are also junior selection races for Interland 2018

Notes for both days

Safety

The terrain is high (between 400-500m) and exposed. Come prepared for all possible types of weather. A whistle must be carried. If the weather is poor a cagoule with a hood may be compulsory, if the weather is good shorts may be allowed (there are some small patches of nettles) – a notice regarding dress will be displayed in assembly.

Limestone pavement is very slippery when wet and often difficult to negotiate. If it is wet underfoot shoes with dob spikes are the best choice of footwear. The limestone pavement is marked on the map and can be avoided.

There will be no water available on the course or at the finish. If you take water to the start please empty and crush any bottles and put them in the bin bag provided.

The road crossing to the far start on day 2 will be manned. This road will be crossed again at various points by all far start runners towards the end of their courses but these points will not be manned. A more distant road will be crossed by the longer courses and this crossing will also be unmanned. Traffic is slow moving and infrequent but runners must take care.

There will be sheep and possibly cattle in the terrain and sheep droppings in the car park/assembly field. Take care to avoid startling animals, and to reduce risk of E.coli infection wash hands before eating. Check for ticks after your run.

First aid will be available in the assembly field and a first aid kit available at the far start each day.

Lone runners please leave labelled car keys at registration as a safety check.

Don't forget to download after your run even if you have retired – failure to do so might result in mountain rescue being called out for an unnecessary search of the area.

Competitors take part at their own risk and are responsible for their own safety.

Terrain

Classic limestone country: open land, limestone pavement, scree and crags. The runnability is very variable and generally has got slower over the years. Older competitors may find the going tough in places, but there are sheep tracks which aid progress. The limestone is very slippery if wet.

There are many walls in various states of repair. **Those which are under-printed in purple must only be crossed at marked crossing points.** The latter include gates and permanent stiles, as well as a large number of temporary stiles transported and erected by AIRE members. Control description lists will not

include the statement 'use marked crossing points', as such points will be obvious from the map. For clarity, where there is only one sensible crossing point on a leg, the line between controls is diverted via that point. Where there is a choice of crossing points the line between controls is straight but is broken over any un-crossable Walls. There are some long legs which involve choosing from multiple crossing point options. Care is required to avoid getting stuck on the wrong side of an un-crossable wall. Do NOT be tempted to cross walls anywhere other than at marked crossing points! Anyone spotted doing so will be disqualified.

Please report to Enquiries any damage caused in competition to walls or gates or stiles. Our future use of these areas is dependent upon us effecting prompt repairs. Crossable walls may be crossed anywhere that physically allows; this may result in a slight deviation to your route. Please leave walls, gates and stiles as you found them. Please open and close gates rather than climb them.

Maps

The maps conform to ISOM 2000 but include some new ISOM variations including magnetic north line spacing 300m and thinner form lines. Continuous limestone pavement is shown with a dark (40%) grey screen. This can be crossed with care by the agile when dry, but it is generally slow and potentially ankle-breaking. Broken limestone crags and scattered limestone pavement are shown with a lighter (25%) grey screen. This is usually slow to cross, but varies considerably. These grey screen symbols were used on last year's Northern and Y&H Championship maps; previous Attermire and Malham maps have been updated to the same standard - it's much easier to read, but it's not ISOM. The stony ground symbol (black dots) is now limited to scree and steep stony ground.

Contours have been deliberately layered above the grey screen so that you can see the ground shape in the rocky areas. There are some very big crags. These are **not taped**. Do not be tempted to try to cross those drawn with a thick line and tags.

Many smaller pits and depressions are unmarked. All the open ground in the competition area is shown as rough open, although it varies in runnability. Marshes are mostly fairly dry. Indistinct marsh can be distinguished by vegetation rather than wetness. Minor animal and quad bike tracks are not on the map.

Maps are 1:10000 with 5m contours with enlargements to 1:7500 for shorter courses.

Survey, including minor revisions since 2011, and cartography is by Tony Thornley.

Previous copies of the maps are available via AIRE Routegadget, but note the changes above.

Traders & Caterers

Compass Point and O-Nosh will be present as will the YHOA junior squad cake stand on both days. Please give them your custom.

Day 1 Saturday: Attermire

Travel

From Settle take the B6479 north for 1k to Langcliffe. Follow O-signs to the right through the village and up a steep narrow lane for 1k before turning right into a farm track which is followed uphill for a further 750m to the parking field. Be aware that this is a very rough track and low slung vehicles risk grounding – campervans not recommended. Speed 5 mph. Allow plenty of time. Please try to avoid travelling in close convoy on narrow lanes with passing places to more easily allow vehicles travelling in the opposite direction to pass. Please ensure you arrive before 12.30. No exit before 12.30

Parking

Parking is in a fairly level area of rough pasture land at the top of the track. Please follow the instructions of marshals. There will be a parking fee of £1 per vehicle. Toilets, Compass Point, O-Nosh and the YHOA junior squad cake stand will be located in this area.

No exit before 12.30

Assembly

Assembly is located in a field adjacent to parking: Enquiries, EOD registration, SI-card hire, Download, Results display.

Dogs are not allowed at all even in cars.

Start times: 11.00-13.00 **Registration:** 10.30-12.30 **Enquiries:** 10.30-15.00

Pre-entries via Fabian until 10 th September	Entry on the day (Subject to map availability)
<u>Black to Light Green:</u> Seniors: £14 per day (£16 non-BOF members) Students and juniors: £5 per day <u>Orange:</u> £5 all categories <u>Yellow/white:</u> Seniors and students £5, juniors free	<u>Black to Light Green:</u> Seniors £16 Students and juniors £6 <u>Orange:</u> £6 all categories <u>Yellow/white:</u> Seniors and students £6, Juniors free
SI card hire is 50p. Lost cards are charged at £30.	
AIRE Helper Vouchers – If AIRE members are planning to redeem helper vouchers for the event, please pre enter through Fabian and then bring 2 vouchers to registration on the day for a refund	

Course Details

Course	Recommended Age Category		Interland categories	Map Scale & Start	Length	Climb	Controls
Black:	M21			10,000 Far (NE) start	10.7km	255m	27
Brown:	M35/40				9.0km	235m	25
Short Brown:	M18/20, M45/50	W21	M18		7.4km	205m	21
Blue:	M16, M55/60	W35/40	M16	7,500 Near (SE) start	5.8km	195m	21
Short Blue:	M65	W18/20, W45/50	W18		5.3km	150m	17
Green:	M70	W16, W55/60	W16		4.5km	145m	16
Short Green:	M75/80	W65/70			3.4km	120m	15
Very Short Green:		W75/80			2.8km	70m	13
Light Green:	M14	W14	M14/W14		3.0km	100m	13
Orange:	M12	W12			2.5km	60m	11
Yellow:	M10	W10			1.9km	40m	10
White:	Inexperienced Juniors			1.5km	20m	10	
String:	Young Juniors						

Competitors on White and Yellow: You may study your map at the Start, before you start. They must not be shown to any competitor yet to run their course.

Shadowing: If shadowing another competitor you must run your own course first.

Control Descriptions Loose waterproof copies of the control descriptions will be available in the start lanes.

For White and Yellow courses, control descriptions (on map and loose) are textual. Descriptions for all other courses are pictorial.

Safety bearing – for all competitors the safety bearing to follow is N to the track and W along track to assembly.

SI Clear Station	The Clear and Check boxes will be at the Start.
Control sites	Kites and SI boxes will be hung on stakes. Pin punching if SI boxes fail.
The Start	<p>The far (NE) start is approximately 2800m from Assembly with 75m climb. Leave the assembly field by the north gate and follow the track NE then follow tapes. Allow about 50 minutes. Be aware that runners will be crossing the route to this start.</p> <p>Be aware of, and give way to, competitors who may be crossing the route to the start.</p> <p>The near (SE) start is approximately 600m from Assembly with 25m climb. Take the gate at the SE of the assembly field and follow the markers</p> <p>Call-up will be at -4 minutes. There will be a punching start. Please try and adhere to your allocated start time. Juniors competing for Interland selection must keep to their start time. Late arrivals at the start will be accommodated at a time determined by the start team. This could mean a long wait in a potentially exposed site, particularly for those running a course with a high entry."</p>
The courses	Due to complexity on some courses, please read the map carefully and ensure controls are taken in the correct order.
The Finish	<p>The finish is adjacent to the Assembly. There will be no map collection.</p> <p>Please do not show your map to competitors who have yet to run.</p> <p>Courses Close at 15.30.</p>
Download	<p>It is essential that you download at the tent as you enter the Assembly Area.</p> <p>Failure to do so could result in Mountain Rescue being called out to do an unnecessary search of the area.</p>
Results	Results will be displayed at Assembly and on the Aire website.
String Courses	There will be a String Course on the fell close to parking. Follow the signs. It will be open from 10.30-12.30.

Officials	Organiser	Liz Davies 07875 359100; liz.davies11@blueyonder.co.uk
	Planner	Jack Wood (AIRE)
	Controller	Allen Banister (CLARO)

Day 2 Sunday: Malham

Travel

The route will be signposted from Malham Village, SD901628, Post Code BD23 4DQ. Travel to Malham on all roads from the A65 is along narrow roads and is slow. After Malham Village the road becomes narrower and, initially, steeper. Allow plenty of time.

Parking: In a large field off Malham Rakes Rd. £1 parking fee.

Assembly: in the parking field. All event facilities will be located here: Enquiries, EOD registration, SI-card hire, Download, Toilets, Compass Point, Catering by O-Nosh, and YHOA junior squad cake stall.

Dogs are not allowed at all, even in cars.

Start times: 10.30-12.30 **Registration:** 10.00-12.00 **Enquiries:** 09.30-15.00

Pre-entries via Fabian until 10 th September	Entry on the day (Subject to map availability)
<u>Black to Light Green:</u> Seniors: £14 per day (£16 non-BOF members) Students and juniors: £5 per day <u>Orange:</u> £5 all categories <u>Yellow/white:</u> Seniors and students £5, juniors free	<u>Black to Light Green:</u> Seniors £16 Students and juniors £6 <u>Orange:</u> £6 all categories <u>Yellow/white:</u> Seniors and students £6, Juniors free
SI card hire is 50p. Lost cards are charged at £30.	
AIRE Helper Vouchers – If AIRE members are planning to redeem helper vouchers for the event, please pre enter through Fabian and then bring 2 vouchers to registration on the day for a refund	

Course Details

Course	Recommended Age Category		Start	Map Scale	Length km	Climb m	Controls
Black:	M21		Far	10000	11.8	400	21
Brown:	M35/40				9.9	360	17
Short Brown:	M18/20, M45/50	W21			7.8	325	15
Blue:	M16, M55/60	W35/40			7.3	210	15
Short Blue:	M65	W18/20, W45/50			5.5	140	13
Green:	M70	W16, W55/60			5.3	120	14
Short Green:	M75/80	W65/70			4.3	90	11
V.Short Green:		W75/80			2.6	75	9
Light Green:	M14	W14			3.8	65	11
Orange:	M12	W12			2.8	60	10
Yellow:	M10	W10	Near	7500	2.3	40	11
White:	Inexperienced Juniors				1.9	30	8
String:	Young Juniors						

Competitors on White and Yellow: You may study your map before you start. It must not be shown to any competitor yet to run their course.

Shadowing: If shadowing another competitor you must run your own course first.

Control Descriptions: Loose waterproof copies will be available in the start lanes.

For White and Yellow courses, control descriptions (on map and loose) are textual. Descriptions for all other courses are pictorial.

SI Clear Station	The Clear and Check boxes will be at the Start.
Control sites	Kites and SI boxes will be hung on stakes. Pin punching if SI boxes fail.
Starts	<p>The near start is approximately 500m with 10m of climb from the Assembly field. The far start is approximately 950m from Assembly with 25m climb.</p> <p>The route to both starts goes North from Assembly. The far start route continues beyond the near start to a stile in the wall. It crosses the stile onto a road verge, and turns back South to follow the far side of the wall for about 150m, goes through a gate next to a cattle grid and then crosses the road and passes through another gate to the start. Routes will be marked.</p> <p>Call-up will be at -4 minutes. There will be a punching start. Please try and adhere to your allocated start time. Juniors competing for Interland selection must keep to their start time. Late arrivals at the start will be accommodated at a time determined by the start team. This could mean a long wait in a potentially exposed site, particularly for those running a course with a high entry."</p>
The Finish	<p>The finish is approximately 200m from Assembly. There will be no map collection. Please do not show your map to competitors who have yet to run.</p> <p>Courses Close at 15.00.</p>
Download	It is essential that you download at the tent as you enter the Assembly Area. Failure to do so could result in Mountain Rescue being called out to do an unnecessary search of the area.
Results	Results will be displayed at Assembly at regular intervals and on the Aire website.
String Courses	There will be a String Course close to assembly. It will be open from 10.30-12.30.

Officials Organiser: Sue Stevens 07463 796598, sue@nebstone.co.uk
Planner: Jack Cooper (AIRE)
Controller: Charlie Adams (SYO)

Acknowledgements – without these people, the Dales Weekend would not be possible

National Trust, Natural England, Jack Towler, Robert Cowperthwaite, Alan Robinson, Alan Lodge, Robert Phillip, Mark and Sue Throup, Ashley Caton, John and Susan Simpson, Paul and Janet Bolland, Michael Dugdale, Neil Heseltine, John Bradley, David Hargreaves, Mick Briggs