**Dales Weekend 2022 Final Details**

**Day 1 -Langstrothdale and Day 2 -Conistone North**

**Saturday 17th and Sunday 18th September**

**Notes for both days**

Both days are regional events with Conistone a YHOA Superleague event and a selection race for the England junior team for Interland 2023.

**Safety information**

The terrain is high and exposed, rising to 600M on day 1 and 500m on day 2. Come prepared for all weathers. Whistles must be carried and if the weather is poor be prepared to carry full waterproofs, hat and gloves. There are areas of exposed limestone which can be very slippery if wet – best to run round or wear dob spikes.

There are no road crossings on any of the courses. Some competitors on Day 1 who have parked on the roadside will have to walk back along the road to assembly. The road is narrow and if the weather is good may be busy – take care and supervise children. The string course on Day 1 involves crossing the road to the start – children must be accompanied. On day 2 competitors have to walk along and then cross a narrow road to get to the start and return from the finish.

There will be no water available on the courses or at the finish – please bring your own.

Shorts are not allowed on Day 1 or Day 2 (the farmer has reported a big increase in the number of ticks). Check for ticks after your run. There will be sheep in the terrain and sheep droppings in the carpark/assembly area – risk of E.Coli infection so please wash hands before eating.

Please do not attend the event if you have Covid infection.

First aid will be available in the assembly area.

There is no /very poor mobile phone coverage on Day 1– in an emergency the phone at Yockenthwaite Farm can be used, but please inform the organiser first. Mobile signal is available on Day 2

Lone runners please leave 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 may result in an unnecessary search and fell rescue being called out.

Safety bearing:

Day 1 – head north-east to reach either a road or boundary wall. If at road, turn right, if at wall follow wall downhill to road, turn left.

Day 2 – head west to road

**Assembly**

Adjacent to car parking. Registration, download, first aid in assembly

**Traders and caterers** - none

**Toilets**

2 portaloos in assembly area each day. There are public toilets in Kettlewell next to the main car park which might be worth a visit when passing through to reduce any queuing for the event portaloos. Nice hot water as well.

**Dogs**

Allowed in car park/assembly area on Day 1 but only if on a short lead. No dogs on the courses and do not cross Yockenthwaite Bridge with a dog.

Dogs not allowed on Day 2 even in assembly area.

**String course**

There will be a string course near assembly

**Map**

1:10000 with 5m contours for Brown to Green

1:7500 with 5 m contours for Short Green to Yellow

**Terrain**

See individual days

**Entry on the day**

There will be limited entry on the day. Payment has to be by cash only as there is no mobile reception to take card payments. Please bring the exact amount. EOD and download in assembly area.

Seniors £12, Juniors £6

Yellow course free for Juniors.

Seniors on orange or yellow £6

Non-BOF members -Supplement £2 for seniors, £1 for juniors.

**Courses Available**

Yellow to Brown. Neither area is suitable for a white course.

You may enter any course but recommended age categories for YHOA superleague (day 2) are in the table below, as are the courses Juniors must enter to be considered for Interland selection (day 2).

For course length and climb see individual days.

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Recommended Age Category** | **Interland**  | **Map Scale**  |
| Brown  | M21, M35/40 |  |  | 1:10,0001:10,0001:10,0001:10,0001:10,0001:7,5001:7,5001:7,5001:7,5001:7,500 |
| Short Brown  | M18/20, M45/50 | W21 | M18 |
| Blue | M16, M55/60 | W35/40 | M16 |
| Short Blue | M65  | W18/20, W45/50 | W18 |
| Green   | M70 | W16, W55/60 | W16  |
| Short Green    | M75/80 | W65/70 |  |
| Very Short Green |  | W75/80 |  |
| Light Green | M14 | W14 | M14/W14  |
| Orange  | M12 | W12 |  |
| Yellow   | M10 | W10 |  |

**Other Information**

**Safety and Risk:** A comprehensive risk assessment will have been carried out by the organisers, but participants take part at their own risk and are responsible for their own safety during the event.

**Insurance:** British Orienteering provides Public Liability insurance cover for all individuals taking part in our Organised Events and Activities.

**Privacy:** when entering our events your name may appear in the results section of this website or in newspaper reports. Read our [data protection](https://www.aire.org.uk/info/data-protection) page to see how we look after your personal data.

**Day 1 Langstrothdale**

**Travel**

From Skipton or from A59 take the B6265 to Threshfield, then continue straight on the B6160 to Kettlewell, then Buckden (narrow road) , where O signs will take you left on an even narrower road through Hubberholme on to Yockenthwaite in Langstrothdale. Postcode BD23 5JH (Yockenthwaite Farm), GR SD904790. Progress can be slow beyond Kettlewell. Allow 40 minutes from Skipton, 20 minutes from Hawes, 45 minutes from Leyburn.

**Parking**

Parking will be at various points after the cattle grid by Raisgill Farm. The ground is rough so take care, drive slowly and follow the marshals’ instructions. 4x4 vehicles will be directed a short distance further on to off road parking where higher clearance to access is required. Once these areas are full, vehicles will park alongside the road to the west of Yockenthwaite bridge. Campervans will also have to park alongside the road.

**Starts and registration**

Start times 11.00-13.00 (to allow for the remote location). Courses will close at 15.30.

EOD registration will start at 10.15.

The low start will be about 100m from EOD registration and the high start is approximately 800m with 125m climb.

**Finish**

Finish 400m level walk from assembly

**Download** at assembly

**Course details Day 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Length (km)** | **Climb (m)** | **Start** |
| Brown  | 7.8 | 300 | High |
| Short Brown | 6.6 | 285 | High |
| Blue | 5.4 | 195 | High |
| Short Blue | 4.6 | 140 | High |
| Green   | 3.7 | 115 | High |
| Short Green    | 2.4 | 90 | Low |
| Very Short Green  | 1.9 | 90 | Low |
| Light Green  | 2.6 | 100 | Low |
| Orange   | 1.9 | 90 | Low |
| Yellow    | 1.5 | 65 | Low |

The yellow course will follow some indistinct paths. There will be smiley faces in place to confirm the correct route is being followed in the more vague areas. Part of the course follows a fence which is topped by a strand of barbed wire. The ground alongside the fence is often uneven. Competitors are advised to keep a short distance away from the fence while following it, to avoid catching themselves on the barbed wire should they have a tumble.

Free String Course: 11.00 - 12.00 only. The string course involves crossing the road to the start – children must be accompanied.

**Terrain description**

The area (although not the courses) rises to 600m. It is rugged moorland with many areas of sink holes. No walls and very few paths. The lower slopes cross limestone terrain, much of which is bracken covered at this time of year, as our some of the higher areas. Bracken is shown by the undergrowth screen. Much of the going underfoot is moderately tussocky. There are considerable areas of marsh shown on the map, which are currently often fairly indistinct on the ground.

In recent years a significant number of new fences have appeared which enclose areas where there has been some tree planting. The fenced areas on the lower slopes are not to be crossed. The areas within the fences are shown as out of bounds on the map. The fenced area going up the main central valley is crossed only be the longest courses. Take care if you choose to cross the fence. The entire length is topped by a single strand of barbed wire.

**Contacts/officials**

Organiser:Sue Stevens nebstonesue@gmail.com

Assistant Organiser: Liz Carter

Planner: Andy Hobson

Assistant Planner: Peter Carter

Controller: Chris Burden

**Day 2 Conistone North**

**Travel**

From Skipton or from A59 take the B6265 to Threshfield, then continue straight on the B6160 to Kettlewell. Please only approach from Kettlewell. The lane from Conistone is extremely narrow, and it is not possible to turn into the car parking field. If you approach from the south, you will be sent up to Kettlewell to turn round. Exit is also only via Kettlewell.

**Parking and Assembly**

In a field opposite Scargill House, 1 km south of Kettlewell. Grid ref SD975711. Postcode BD23 5HU.

A charge of £1 will be collected on entry to the field. Please have cash ready

**Start and start times**

EOD Registration and Download will be in the Assembly area. EOD registration will start at 9.45.

Starts 10.30 -12.30. Courses close at 14.30

The start for all courses is 800m, south along the road and up Highgate Leys Lane, which is also the Dales Way. There is 100m climb to the start from the road. Follow taped route. Kit can be left here as finish is adjacent.

Finish is adjacent the start. Retrace your route 800m back to the car park

Punching start. Late starters will have to wait for a vacant start time.

String course at assembly 11.00 – 12.00

**Finish**

Finish is adjacent the start. Retrace your route 800m back to the car park. No water is provided.

**Download**

Download will be located in the assembly area.

**Course details Day 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Length (km)** | **Climb (m)** | **Controls** |
| Brown  | 10.5 | 335 | 24 |
| Short Brown | 8.7 | 240 | 21 |
| Blue | 6.9 | 220 | 19 |
| Short Blue | 5.7 | 205 | 17 |
| Green   | 4.8 | 170 | 16 |
| Short Green    | 3.5 | 130 | 13 |
| Very Short Green  | 2.8 | 115 | 10 |
| Light Green  | 3.3 | 135 | 12 |
| Orange   | 2.9 | 125 | 11 |
| Yellow    | 2.2 | 110 | 9 |

**Terrain description**

An extensive area of classic limestone terrain on the east flank of the Upper Wharfedale Valley, providing for fast running. There are many pits, crags and rocky ground where care is needed.

Mapped depressions and pits can vary greatly in size. Where the mapped depressions and pits are large there are often smaller unmapped depressions and pits nearby. A particularly dangerous pot hole has been marked with black and yellow hazard tape and competitors should keep clear

There are also very many dry stone walls in the area which need to be crossed only at designated crossing points. These crossing points MUST be used, and include specially constructed stiles, farm gates which can be climbed, open gateways or gates, and stiles on public rights of way. Any damage to walls or gates is to be reported to the organiser to allow repairs.

No stiles or gates need to be climbed on the young junior or shortest senior courses.

A number of areas are marked on the map as Out of Bounds, including all areas of limestone pavement and an SSSI.

**Contacts/officials**

Organiser:Peter Haines - hainesilkley@yahoo.co.uk

Planner: Peter Jones

Controller: Steve Webb