  **Invite you to**

**MIDDLETON WOODS, ILKLEY**

**Extended Middle Distance Format**

**Sunday11rd December 2022**

**FINAL DETAILS**

**Assembly** At Ilkley Lido swimming pool (OS grid ref: SE118484). From the A65 at the main traffic lights in Ilkley follow the Brown Tourist signs for the Lido, turning north onto Middleton Avenue & over river Wharfe. Parking at the lido or on the adjacent wide residential streets west of the Lido.

The outside toilets at the Lido will be open for use by orienteers.

Dogs OK under control in assembly & wood. Please clear up any mess.

**Registration** EOD registration from 10am on the grass next to the Lido.

**Entries** Entries through[**Fabian4**](https://www.fabian4.co.uk/default.aspx?EventID=3269)**.** Limitedentry on the day from 10.00 to 11.45. Please pre-enter to guarantee a map for your preferred course.

TD4/TD5 courses: Seniors £12.00 (£2 reduction for British Orienteering senior members), Juniors & Students £5.00.

Orange course: £5.00

Yellow and White courses: Seniors £5.00, Juniors free.

SI Card Hire (not SAIC enabled) £1.00.

**Start** Starts: 10.30 – 12.00, A flat walk of 300m from Assembly to Start. Follow taped route. If you have pre entered, proceed directly to the start. Punching start for all courses. EOD will be able to start on a vacant start time.

**Finish** Finish is at Assembly. Courses close at 14.00.

**Terrain** The area is in three parts:

* Middleton Woods, which itself is divided by Curly Hill [road] into western and eastern sections.
* Nell Bank at the eastern end of Middleton Woods,

Middleton Woods is an ancient deciduous woodland on a south facing slope with a network of paths plus considerable contour, rock & watercourse detail. Visibility is good but the wood & paths are wet & muddy in places. **Beware of slippery bridges, boardwalks & steps**. Fallen leaves may make some paths and path junctions harder to spot. The area is frequented by the public.

Nell Bank is an outdoor education centre for children. See https://www.nellbank.org. The area is a mixture of buildings and parkland, typical sprint-o terrain. Some parts of the building complex and around adventure equipment will be roped off. The ropes are part of the centre's infrastructure to guide users of the centre. The ropes are red coloured and not always easy to see at speed. They are not marked on the map. Courses have been planned to avoid these areas. If you encounter any, please do not cross.

**All private gardens & fields surrounding the woods are out of bounds**

**Map** Updated 2022 by Tony Thornley, based on AIRE's previous maps of the area.A4 on waterproof paper.

* Middleton Woods:1:7500 with 5m contours drawn to ISOM 2017 specifications, except for White, Yellow and Very Short Green at 1:5000.
* Nell Bank: 1:4000 with 2.5m contours drawn to ISSprOM 2022 specifications.

The Nell Bank area is an enlargement to the right of the main map.

Blue & Brown courses will use 2 maps printed back to back.

**Control** Pictorial descriptions for all courses except Yellow and White which have textual descriptions.

**Descriptions** Control descriptions will be on the map. Loose control descriptions will also be available at the start.

**Controls** SI, which will be SIAC-enabled. You must punch the Start and Finish controls.

**Courses** Middle distance in style but the longer coursesare designed to be about 10 minutes longer than recommended and with more route choice. The section of courses in the Nell Bank area is more typical of a sprint race.

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| Course | Length | Climb | Controls |
| Brown  (double sided map) | 6.0 km | 215 m | 30 |
| Blue  (double sided map) | 5.0 km | 170 m | 24 |
| Green | 3.8 km | 115 m | 21 |
| Short Green | 2.4 km | 80 m | 18 |
| Very Short Green | 1.8 km | 60 m | 10 |
| Light Green | 2.5 km | 80 m | 17 |
| Orange | 2.0 km | 65 m | 13 |
| Yellow | 1.7 km | 50 m | 13 |
| White | 1.2 km | 30 m | 11 |

There will be a free string course in the grounds of the Swimming Pool.

All courses except Very Short Green, Yellow and White have part of the course in the grounds of Nell Bank centre. This part of the course is shown on the inset map to the right of the main map. The transition between the main map and the inset map is at a gate which will be open for the duration of the competition. **There will be a control at the gate which must be punched both on entering and leaving the Nell Bank grounds**. The fence around the Nell Bank property must not be crossed: it is shown on the main map in purple overprint. Adventure equipment areas within the grounds of the Nell Bank centre are strictly out of bounds and are shown on the inset map with purple overprint.

The Brown, Blue and Green courses cross Curly Hill [road] into and out of the western section of Middleton Woods. The road is wide and carries mainly residential traffic. Leave the woods only on the paths shown on the orienteering map. There are public stiles over the fence on the eastern side of Curly Hill and at the northern crossing a kissing gate in the fence at the western side of Curly Hill. These are frequented by the public - please be courteous to walkers. The crossings will not be marshaled. **Please Take Care Crossing the Road**. Competitors take part at their own risk and are responsible for their own safety.

**Organiser** Peter Haines (AIRE) - hainesilkley@yahoo.co.uk

**Planner**  Roger Lott (AIRE)

**Controller**  David Williams (AIRE)