



## Ilkley Moor MapRun Orienteering, 31<sup>st</sup> July - 9<sup>th</sup> August 2020 Event Details @ 310720

### Travel

Car/bike: Park in or near the Cow and Calf car park LS29 8RF. This car park gets very busy but it is almost always possible to park further East along Hangingstone Road.  
Public transport: Train to Ilkley then walk 1.3km up Cow Pasture Rd. TL out of station then diagonal R at the roundabout in 50m. A steep walk! The Cow and Calf café may be open for takeaway snacks. Toilets are closed though.

### Timings

The competition is open from Friday evening 31<sup>st</sup> July to end of Sunday 9<sup>th</sup> August. Please note proposed road closure of Hangingstone Rd for resurfacing on Friday 31<sup>st</sup> – until 5pm.

### Terrain notes

The courses have been planned with easy control sites but some tricky route choices. The bracken makes almost all of the lower slopes of the moor impossible except on the paths. The upper slopes are a mixture of heather and marsh. The latter is usually tussocky. You are recommended to use the paths as much as possible. Other points:

1. The large crags are dangerous. You could take a direct route on the last leg on all the courses over the Cow. This is not the best route choice – please avoid the big crags.
2. The sides of Backstone Beck, the main N-S river are steep and awkward to cross. Best to use the marked paths.
3. There are many unmarked paths.

### MapRun

Download map from MapRun F.

**Where to find the courses on the app:** Open the app → Select Event → UK Folder → Aire Valley Folder → Lockdown Series 1 > Cow and Calf Long or Cow and Calf Medium or Cow and Calf Short → Download

You can do more than one course by downloading all the courses you may want to do. The courses are available after initial download via Select Event > Access Local Events (Offline) > Cow and Calf Long etc

Each course has a unique **PIN Long 7522 Medium 1942 Short 3607**

The PIN is also printed on the paper map. You need to enter this when you're ready to start to get the map and tracking software functioning for the course you are running.

For details how to use MapRun see <https://www.aire.org.uk/info/maprun>

### Map

The printed map for the long course is 1:10000, the printed maps for the medium and short courses are 1:7500. All have 5m contours.

Download your map(s) with PIN to take with you. **Available on Website Events Details Page from 12 noon Friday 31<sup>st</sup> July**

We strongly recommend that you print a copy of your course to run with.

### **Courses**

Long 5.5km (straight line) +200m climb

Medium 3.8km (straight line) +145m climb

Short 2.5km (straight line) +65m climb – the short course has much shorter legs than the other two.

### **Start**

Use the map or MapRun to navigate to the start. It is up the surfaced track WSW from the car park towards the quarry. After ~100m, just before the quarry, take the surfaced track L (S and then SW) for a further 150m to the top of the slope. Be ready to go as MapRun will start you as soon as you get within 15m of the triangle.

### **Finish**

Is 100m from the main Cow and Calf car park.

### **Results**

Will be posted on the Aire website on Monday 10<sup>th</sup> August

**Important:** This is **not** an official BOF event and not covered under their insurance policy. We strongly advise all children to be accompanied by an adult. British Orienteering does not currently sanction any events or group activities therefore participation is an individual activity at your own risk.

### **Queries/problems**

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