



AIRE VALLEY LONG-O & Limited Colour Coded - Final Details

Sunday 9 September 2012

The Long O is a 2012 UK Cup Race.

Course A – Long (Mens UK Cup) and Course B – Medium (Womens UK Cup)

Directions

The event centre is at Titus Salt School, Lower Baildon (Grid Ref SE138386; Post Code BD17 5RH).

For motorists, follow the Brown Tourist signs for “ShIPLEY Glen Tramway” from the junction of the A6038 Shipley to Otley Road and Green Lane (SE151382). The first tourist sign is beside the A6038 / Green Lane junction. Follow the road straight on along Coach Road for 1k until you reach Roberts Park. Parking will be signed for Orienteering to the right.

For those travelling by train it is 5 minutes walk north over canal & river from Saltaire Station

Facilities (Parking, Toilets & Showers, & Registration)

These are all being shared with the Yorkshire Vets Road Relay

Parking is on a field adjacent to the School. Please follow the directions of the marshals. Please avoid parking in the car park immediately beyond this field. This is a public car park.

THE PARKING FIELD WILL BE LOCKED at 4.00 OR WHEN THE LAST ORIENTEER HAS DEPARTED – WHICHEVER IS THE EARLIER.

There are toilets and showers inside the main reception to the School. To keep the school looking smart please remove your O-shoes before entering reception.

Extra Added Value

Roberts Park has an excellent café under the statue to Titus Salt, and a good childrens playground by the footbridge. There is also a foody pub overlooking the river.

Saltire Village is a World Heritage Site and well worth a visit, particularly as the Saltire Festival coincides with our event. See www.saltirefestival.co.uk There are cafes and restaurants in the village. Amongst other attractions, and dining possibilities, Salts Mill has many works by David Hockney on display.

Registration

This will also be in the reception area at the School for both the Long O and Colour Coded courses.

SI card hire for Colour Coded Courses is 50p.

SI CARDS, IMPORTANT NOTE – If you have entered / are entering the **A – Long or B - Medium** Long O courses you require V6 (500000 to 999999) or V9 (1000000 to 1999999) card which will hold sufficient punches.

If you have pre-entered and provided details of a V6 or V9 card you may proceed direct to the Start

If your card number is a V5 (below 500000) or a V8 (over 2000000) you will have to hire an appropriate (V9) card from Registration. Please check your SI card number before going to the Start.

SI card hire for a V9 will cost £2.00 per card.

Entry on the day will be limited by the number of maps printed for each course.

EOD for Long O Courses will be £10.00 (£8 for BOF members) for seniors and £3.00 for juniors and students.

EOD for Colour Coded courses £8.00 (£6 for BOF members) for seniors and £3.00 for juniors and students.

Registration will take place between 9.30am and 11.30am.

Starts for the three Long O Courses will be 10.00am to 12.00noon.

Starts for the Colour Coded Courses will be from 11.00 am to 12.00noon. This is to avoid clashing with the assembling and mass start of the Yorkshire Vets Road Relay.

Start / Finish

The Start for all courses is approximately 200m from Registration with no height climb. The route involves crossing a busy road at a pedestrian crossing, as does the return from the colour coded finish. There are separate Finishes for the Colour Coded courses and the Long O courses. Both are about 200m from Registration. **Please ensure that you report to Download straight from finishing.**

There is a Punching Start.

Loose Control Descriptions will be available in the start lanes

Courses close for the Colour Coded courses at 2.00pm; for Long O courses at 3.45pm

Controls will be progressively collected in before this time.

Course details

Course	Distance(km)	Climb (m)	No. of controls
Long	21.5	700	44
Medium	15.6	510	35
Short	10.5	360	24
Light Green	3.9	45	16
Orange	2.5	10	13
Yellow	1.9	10	12
White	1.1	5	11

String Course

Due to the public nature of Roberts Park and the other events taking place, there will be **no string course**. Roberts Park and the Festival present plenty of activities for children.

Map

All Long O courses will have an A3, 1:10,000 scale map printed on waterproof paper. The Long and Medium course maps are double sided with a substantial overlap between each side – when you get close to the edge simply turn the map over and use the other side. You will need to turn the map over again to finish the course. The Colour Coded courses will have an A4, 1:7,500 scale map printed on waterproof paper

SAFETY

Roberts Park is a public open space. It is also the venue for the Yorkshire Vets Road Relay championship. They do a small loop within the park, exit for a traverse of the local streets and canal side, returning through the grounds of Salts Sports Association and finishing with a further small loop within Roberts Park. The mass start for the Relay is at 10.45am.

Colour Coded courses

All the Colour Coded courses will at some point coincide with the route of the Relay. Please be aware of this and take care when approaching and leaving controls to avoid tripping over runners not expecting you to slow down and veer towards a control. The Relay runners will be advised of our presence so there should be mutual awareness.

At some point both the White & Yellow courses run alongside the River Aire. Will parents / guardians impress upon their children the need to take care and that the river is not a "playground".

Both the Light Green and Orange Courses cross the River Aire by footbridges and enter the grounds of Salts Sports Association. This is the first Sunday of the new football season for the Association and there will be a number of matches taking place throughout the morning. **The Association will be operating a one way traffic system, with our courses, the Road Relay and the traffic all proceeding in the same direction. When crossing the River Aire and approaching the west end of the Sports Association grounds please be aware of slow moving traffic from the right. There will be a sign there to remind you.**

The Light Green course crosses, and re-crosses the Leeds to Liverpool canal, either by a swing bridge or adjacent lock gates. Both gates of the lock are crossable via railed walkways, so if one gate is open simply use the other gate. There should always be an option to cross the canal.

Long O courses

All competitors must wear full leg cover due to the plethora of vegetation in some of the wooded areas. All competitors are advised to carry a whistle. **Metal tipped studs** are not recommended as all courses have sections of tarmac and hard-packed tracks.

Baildon Moor is an exposed moorland area and, in bad weather, can be a serious undertaking. If the weather conditions are bad, or likely to be so, then the organiser may make the wearing of waterproofs mandatory. Please come to the event equipped for this situation.

Road Crossings

All Long O courses cross and also run along roads; **some very fast and busy. Please take care** and look out for traffic, particularly when emerging from vegetation onto a road. Due to the number of roads, warnings are not included in the control descriptions – all roads are of course marked on the map. No crossings are marshalled.

Canal Crossings

The Long and Medium courses cross the Leeds to Liverpool canal a number of times. The crossing near the start of the courses is via a swing bridge or canal lock. Both gates of the lock are crossable via a railed walkway so if one gate is open simply use the other gate or the swing bridge.

Further into these courses the canal is crossed using swing bridges, which are marshalled. If the bridge is opened for a boat the marshal will instruct you to punch a special control (not one of the course controls). And then punch again when the bridge is again crossable. The time spent waiting will be deducted from your overall time at download. If the bridge is crossable when you arrive, simply proceed across without waiting (if there is also a normal course control at the bridge don't forget to punch it)!

Railways

All railways are, of course, strictly out of bounds and must only be crossed via foot and road bridges.

Terrain

All courses will take you through pleasant mixed woodland, generally very runnable but with some areas of undergrowth. Due to the warm and wet nature of this summer's weather some of the underfoot conditions in the woodlands are wetter than normal for this time of year, and the undergrowth may be higher than normal. Planning has attempted to avoid the worst of this.

All Long O courses cross Baildon Moor. Some parts of the moor are bracken covered – shown on the map..It is possible to avoid the worst of the bracken by looking ahead and following paths. There is a golf course on the moor, please be courteous to the golfers, avoid greens and run either straight across or along the edges of fairways and beware of golf balls! Please be considerate of other users of the moor. Runners on the Long course may also cross another golf course on a different part of the area – the route here is along public footpaths. Please stick to this right of way and again be courteous to golfers and beware of golf balls.

Drinks

There are no drinks points on any of the courses. You are therefore advised to carry sufficient drink (and sustenance) to ensure you are able to complete your course.

Results

Results will be posted on the Airienteers website at www.aire.org.uk as soon as possible after the event. We will also have Route Gadget maps of the event linked from the website. Please add to the fun by plotting your route on the map and comparing it with others to see where you went wrong (or right, of course).

Officials

Organiser: Chris Burden (AIRE)

Tel: 01274 583853

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Email: chris.burden@btinternet.com

Planner: Nick Jones (AIRE)

Controller: Tony Carlyle (AIRE)