**Airienteers**.

Conistone Long O and Regional Colour Coded Event Saturday 13 September 2014.

**PARKING AND ASSEMBLY**

In fields near Scargill House, south of Kettlewell. Grid ref SD975711. Postcode BD23 5HU.

**DIRECTIONS**

Signposted from B6160 in Kettlewell. Please only approach from Kettlewell. The lane from Conistone is extremely narrow.

**DOGS**

Sorry but dogs are not allowed in the assembly field or in the competition area as stipulated by the landowners.

**COURSES**

Ultra long courses.

NB Only those +16 on the day can enter these.

A: 23.5km 655m climb.

B: 17.5km 455m climb.

C: 12km 385m.

Courses will close at 3.45 pm. If you are likely to be slow book a very early start. Enter the course of your choice – but be realistic! Take a look at the Aire Valley Long O results from 2007 and 2012 at [www.aire.org.uk](http://www.aire.org.uk)

Normal length Colour Coded Courses.

White: 1.8km 30m climb Yellow: 2.2k 45m climb

Orange: 2.8km 45m climb Light Green: 3.1km 50m climb

Short Green: 3.2km 45m climb Green: 4.1km 80m climb

Blue: 5.5km 120m climb

White and Yellow maps and control descriptions will be available at Registration only.

**TERRAIN**

An extensive area of classic limestone terrain on the east flank of the Upper Wharfedale Valley stretching from Grass Wood to Kettlewell, providing for fast running. Map 1:10000.

**WATER**

Please carry your own water, especially competitors on the Ultra Long Courses.

Water will not be provided in the competition area, at the Finish or assembly.

**ENTRIES**

Entry on the day.

Colour Coded Courses. Seniors £8.00, BOF members £6.00. Juniors and students £2.00.

Ultra Long Courses. Seniors £10.00, BOF members £8.00. Juniors and students £3.00.

**REGISTRATION 9.00 to 11.30 am.**

**STARTS 10.00 to 12.00 noon.**

**1.1km and 175m climb to the Start.**

**FINISH**

The Finish is in a remote area, though you will pass it on the way to the Start. Clothing can be left near the Finish.

**DOWNLOAD**

Download will be located in the assembly area. Please make every effort to download no later than 4.00 pm please.

**SAFETY**

It is strongly advised that you take a whistle. Cagoules may be compulsory if the weather is cold and wet.

Two steep sided pits will be taped off with yellow and black hazard tape. There are many pits, crags and rocky ground where care is needed.

ORGANISER Guy Patterson tel 0113 229 2201 before 9.00 pm please.

PLANNER Chris Burden.

CONTROLLER Mike Cope, Claro.

Further details at [www.aire.org.uk](http://www.aire.org.uk)