 

**The Fat Rascal Races**

**Sunday 7th June - Colton Urban Event**

**Level C BML UK & Yorkshire Urban Leagues Event**

**FINAL DETAILS**

Assembly Colton Institute Sports and Social Club, School Lane, Colton

Registration  Leeds **LS15 9AL SE37133307**

Registration will be open at 10.00 to 11.45. Starts 10.30 – 12.30.

Courses close at 14.30.

 Entry on the day subject to availability of maps: Seniors: £9.00 (£7 for BOF

members) Juniors & Students: £3.00; SI card hire 50p (on the day only)

Parking There is parking space available on the football field in Colton Institute Sports and Social Club grounds. Members of the club might be using the hard stand parking spaces. Car Parking will be signposted from the entrance to the Club.

Travel We would like to encourage all competitors to travel to Colton by public transport. Visit [www.wymetro.com/](http://www.wymetro.com/) for more details on public transport system. Cross Gates railway station is about 10 minutes walk away from Assembly. The buses between Leeds and Garforth and Leeds and Castleford, go past then end of the road to the Club.

Courses The Colton event will have the following courses (distances subject to final controlling):

 Course Controls Length Climb Groups

 (km) (m)

 A 28 5.8 105 Men’s Open

 B 27 5.3 80 Veteran Men (M40+);

Women’s Open

 C 21 4.6 60 Super Veteran Men (M65+),

 Veteran Women (W40+)

 D 19 4.0 40 Ultra Veteran Men (M65+);

Super Veteran Women (W55+)

 E 19 3.8 35 Ultra Veteran Women (W65+)

 F 18 2.9 25 Junior Men (M16-);

Junior Women (W16-)

 G 13 1.5 10 Young Junior Men (M12-);

Young Junior Women (W12-)

Electronic SI Electronic punching will be used. If you do not have your own SI

Punching card, one can be hired at the registration point. You will be asked to return your hired card after the race. Lost cards will be charged at cost (£30).

Controls Controls will be attached in the main to immovable objects (railings, lampposts, etc.). Control flags will be attached separately but next to the control blocks. In some cases control blocks will be fixed to the top of stakes with the control also hanging from the stake in the conventional fashion. The control blocks will be secured with steel cables through the dibbing hole. The control number will be shown on the SI control block only. Thecontrol stake will not have a number on it.

Start All courses approx. 5 mins walk from Assembly.

Finish All courses will finish adjacent to Assembly. You must punch at the finish.

You MUST report to download (in the Club Entrance) even if you do not complete your course. Failure to do so will cause the organisers a lot of extra work and hassle as we mount a search to look for you, only to find out that you’ve gone home!

Maps All maps will be printed on waterproof paper. They will not be in map bags. All maps will be A4 single sided. Scale 1:5000, contours 2.5m.

Terrain Complex modern housing development with many open spaces.

Dress Shorts are permitted; shoes with spikes will be inappropriate.

Control Control descriptions will be marked on the map and loose ones

Descriptions will be available at the Start.

Toilets There will be a male and a female toilet available within the Sports Centre.

Drinks The club will be open for light refreshments during late morning and afternoon. There will be no drinks provided at the finish. There will however be water for filling up your bottles at the Sports Centre and there is a supermarket adjacent to the Club.

Safety Orienteering is an adventure sport. Urban orienteering has its own risks unique to this form of sport. The event will take place on open courses, with pedestrians and vehicle traffic. Some courses cross roads.

Courses for young children (course G) will take place within the surroundings streets of the Sports Centre. Course F Junior Men and Women will have a road crossing, which will be marshalled.

 **ALL competitors MUST take care when approaching and crossing roads and turning blind corners. Please slow down at corners and take them wide!**

Competitors enter the events at their own risk and are responsible for their own safety.

Dogs Dogs should **not** be taken in to the Sports Ground.

Officials Planner: Jack Cooper - Airienteers

Controller: Martyn Broadest – Airienteers

Mapping: Mike Cox updated Chris Burden 2015

Organiser: Graham Stuart – Airienteers

Tel 01132 668045 before 9pm

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Acknowledgements

Many thanks to the staff at the Colton Institute Sports and Social Club for

permission and assistance, which has enabled this event to take place.