 

**The Fat Rascal Races**

**Saturday 6th June – Holt Park/Golden Acre Park Chasing Sprint**

**Level C Yorkshire Urban League Event**

**FINAL DETAILS**

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| Location | Holt Park Estate and Golden Acre Park, approx. 5 miles north of Leeds city centre |
| Event Centre | Ralph Thoresby High School. Holtdale Approach, Leeds LS16 7RX, SE258399Registration will open at 10.30am to 11.45am. Download will be at the event centre for the prologue and at Golden Acre Park for the sprint. |
| Travel | Car - There will be O signs off the A660 from the north and south and on route to the event centre.From the south take A660 out of Leeds to the junction with A6120 (Ring Road), continue on the A660 then shortly after take the left turn towards Cookridge. Continue along this road until you see the transmitter tower. Holtdale Approach is the next right. If coming from the north, after going through Bramhope look for the Lawnswood Arms on your right. Take the right turn on to Holt Lane (signed for Holt Park Shopping Centre), continue along here veering left onto Holt Road. Continue along Holt Road then turn left onto Holt Crescent. At the end turn left onto Holtdale Approach. Bus <http://www.wymetro.com/BusTravel/Leeds>: No 1. and No. 6 from Leeds City Centre both stop at Holt Park Asda, 150m walk from Ralph Thoresby School.Bicycle – Racks are available at Holt Park leisure centre, which is next to the school or can be parked in the school car park which will remain open until after both events.  |
| Entry | Seniors: £8.00 (£6 for BOF members) Juniors & Students £2.00 SI card hire 50p. Entries preferably through Fabian4 ([www.fabian4.co.uk](http://www.fabian4.co.uk) )Entries via Fabian4 close - midnight Sunday 31 May 2015Entry on the day. Seniors: £9.00 (£7 for BOF members) Juniors & Students: £3.00 |
| Parking | In the school car park for both events. There may be limited parking available at Golden Acre Car Park off the A660 for the Chase e.g. for families with young children, but this will not be organized (if weather is fine this car park is likely to be full and there is no alternative parking nearby). The walk to Golden Acre Park is flat and is approx. 2.5km – allow 45 minutes, it’s quite scenic (crossing Cookridge golf course and proceeding through Breary Marsh nature reserve), please leave your car in the school car park for both events.  |
| Registration | Registration will open at 10:30am to 11:45am. The enquiries point will be at the “Aireport” desk adjacent to Registration. Help will be available there if you are new to orienteering and are not sure what to do. Bags can be left at Aireport for those using public transport for the prologue (no loose clothing please) and near the download tent at Golden Acre Park for the sprint. |
| Toilets | Available at the event centre and public toilets at Golden Acre Park |
| Starts | Holt Park Prologue: from 11.00 to 12.00. Courses close at 13:15. The start for the Prologue is approx. 300m from Registration (5 minutes) and crosses a minor road which may be busy with local traffic – take care. A punching start will be used for the Prologue.Chasing Sprint - timed start commencing from 2pm to 3pm. Starts will be 2pm plus your finish time from the prologue.The start will be in Golden Acre Park, approx 2.6km from the event centre; allow 45mins walk The route will be taped; the start is marked on north edge of the Holt Park map. It is mainly well marked footpaths but also a short 100m along a narrow lane. A café is also located close to the start. |
| Format | The competition will comprise two races – a prologue and a chasing sprint. Start times in the Chasing Sprint will be calculated as the competitor’s race time from the Prologue added to a base time of 2:00pm. Competitors taking more than 40 minutes in the Prologue will be started in 30 second intervals from 2:40pm.Start times for the Chase will be published and available at the Holt Park Event Centre. There will be Phi loops (<http://news.worldofo.com/wp-content/uploads/2010/01/philoop-300x226.jpg>) on Courses A – D. Course E will be a standard linear course. The first person to punch the finish control wins! |
| Maps | Holt Park - 1:4000 to ISSOM 2007 standards 2012 (with updates 2015, Chris Burden)Golden Acre Park – 1:4000 to ISSOM 2007 standards 2010, (with resurvey and updates 2015, Tony Thornley)  |
| Control descriptions | Printed on the map and loose copies available in the start lanes for the Prologue, on the map for the sprint |
| Controls | Holt Park (Prologue) - Controls blocks and flags will be attached to immovable objects (railings, lampposts, etc.).  The control number will be shown on the SI control block only. There will be no control stake with a number on it.Golden Acre (Chasing Sprint) – Conventional O Controls/stakes will be used.  The control number will be shown on the SI control block only.  |

Courses

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| **Course** | **Class** | **Prologue** | **Final** |
| A | Men’s OpenVeteran Men (M40+); Women’s Open | 3.0km / 35m | 3.4km / 70m |
| B | Super Veteran Men (M55+); Veteran Women (W40+) | 2.6km / 30m | 3.1km / 80m |
| C | Ultra Veteran Men (M65+); Super Veteran Women (W55+) | 2.3km / 30m | 2.4km / 60m |
| D | Ultra Veteran Women (W65+)Junior Men (M16-); Junior Women (W16-) | 1.8km / 20m | 2.1 km / 40m |
| E | Young Junior Men (M12-); Young Junior Women (W12-) | 1.2km / 10m | 1.4km / 35m |
| String | Holt Park only |  |  |

If under16 on the day you must run Course D or E

Course D crosses no through roads and cul-de-sacs (including parking areas) where traffic is light and slow and therefore is suitable for older juniors (M/W 16-). Course E crosses no roads, but does run along pavements besides the cul-de-sacs and parking areas and is suitable for younger juniors (M/W 12-)

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| Terrain | Holt Park Estate – 1970’s housing estate with a maze of walkways linking grassy areas and quiet cul-de-sacs providing an interesting and challenging mix of “hard surface” orienteering and parkland.Golden Acre Park – fast runnable mix of woodland and parkland |
| Water | No water will be provided. There are shops at Holt Park and a café at Golden Acre Park |
| Safety | First Aid will be available at the event centre and a first aid kit will be located at Golden Acre Park at the download tent. Competitors take part at their own riskHolt Park – the longer courses (A, B, C) cross residential/local roads which may be busy with local traffic. The road crossings have been planned so that, where possible, your route should take you along the road to be crossed, so that you can choose a safe time to cross without pausing too long. Please take care.Course D only crosses quiet cul-de-sacs – but care is still required crossing.Course E runs alongside parking areas in cul-de-sacs at times. Competitors should have no need to leave pavements, paths or grass.Please be aware of local residents and pedestrians – especially the elderly. There are a number of narrow alleyways and footpaths with sharp corners, please take extra care not to run into residents or other runners. Please slow down when running round blind corners.Shoes with metal studs are NOT allowed.Golden Acre Park – the park is popular with walkers and dog owners. Please take care and respect the equal rights of the public to use the park.Shoes with metal studs are allowed. Full leg cover strongly advised as there are areas of undergrowth. Dogs welcome but must not be taken out on the course.  |
| Finish  | The finish for the Prologue Event will be 100m from the event centre.The finish for the Chasing Sprint Final Event will be within 200m of the start.You must punch at the finish. Courses close at 1:15pm (Prologue) and 3:15pm (Sprint) |
| Download | The download point for the prologue is in Ralph Thoresby School, and in Golden Acre Park will be located near the start. You MUST report to download 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’re quite safe and have gone home. |
| Prize giving | The Nick Jones Trophy (M55) will be presented at about 3pm (or shortly after) at Golden Acre Park. A ‘Fat Rascal’ will be presented to the winners of each class. |
| Cancellation | In the event of cancellation due to unforeseen circumstances, a notice will be posted on [www.Aire.org.uk](http://www.Aire.org.uk). Airienteers reserve the right to retain all or part of the entry fees to cover costs. |
| Event officials  | Planner – Richard FosterController – Ian MarshallOrganiser – Liz Davies (07875 359100) |

Many thanks to Leeds City Council for permission to use Golden Acre Park and the Holt Park Tenants and Residents Association for their support.