

YHOA Middle Distance Championships

Knapton Wood

Sunday 29th March 2015

Final Details

(correct at 22/03/2015)

**Don't forget the clocks go forward at 2.00am on Sunday !
There is no entry on the day for this event**

Location	<p>The event will be signposted from the A64 Malton to Scarborough road. Turn south off the road, 11 km east of Malton, at Grid Ref SE 896757 (link).</p> <p>Please Note: The A64 is a very fast road, competitors must take care when turning onto the track (at SE 896757) when arriving and on to the A64 when leaving the event. Warning signs will be placed to alert all road users, but please take extra care, particularly when leaving the event.</p>
Parking	<p>Parking space is very limited and HALO requests that, where possible, competitors car share.</p> <p>Access and egress to the site is via a single track and entrance so appropriate care should be taken. Please give way to pedestrians. When entering and leaving the event, please be vigilant for competitors crossing the car parking areas on their courses.</p> <p>Drivers must follow the instructions and directions of the Marshalls.</p>
Enquiries & Download	<p>This will be on the northern edge of the competition area as the track from the A64 enters the wood.</p>
Facilities	<p>Toilets will be located in the quarry area. Water will be available close to Enquiries/Download. Dogs on leads in the parking area only.</p>
Start and Finish	<p>There are two Starts both approximately 200m from the Assembly area. One is for Yellow and Orange courses and the other for Light Green – Black.</p> <p>The Finish is approximately 300m from the Assembly area.</p>
Start times and procedure	<p>Starts will be from 10.30 to 12.30. Start times will be allocated to competitors and published on Fabian 4 from Thursday 26th March. It is not necessary for competitors to visit Enquiries unless they need to hire an SI Card. A punching start will be used by all competitors.</p>
Courses	<p>See table below for details.</p> <p>Unfortunately, it will not be possible to offer a String Course at this event.</p>
Maps	<p>1:7500, 5m contours. Original survey 2006, minor updates 2013, 2015. Maps (A4 size) will be printed on waterproof paper. For Black, Brown, Blue & Green courses, the maps will be double sided. The Finish will be marked on both Part 1 and Part 2 of these maps.</p>
Terrain	<p>An area of mainly deciduous woodland on steep, well drained chalk slopes with a variety of contour detail and excellent runnability. (see video on the HALO website)</p>
Control Descriptions	<p>Control descriptions will be on the map, loose ones will be available from the Start lanes (-3). Yellow/Orange/Light Green courses will have written and IOF descriptions. All other courses will use IOF symbols.</p>
Controls	<p>Sport Ident (SI) will be used for all courses. Controls are mounted on the top of stakes with a standard kite. The control number will be</p>

marked on the control unit. Those requesting to hire an SI cards (dibber) should collect it from Enquiries. There is a £30 charge for lost or damaged hired SI Cards.

Safety

Competitors take part at their own risk and are responsible for their own safety.
Competitors should carry a whistle.
Car keys may be left at Enquiries if necessary. Competitors travelling alone should leave their car keys and particulars at Registration.
Competitors should not cross fences.
Most courses (Yellow excepted) cross the tracks and quarry area used for parking. Care should be taken as competitors may be driving in or out as you pass through these areas.
Competitors should note the impassable crags marked on the maps.
Cagoules and whistles may be compulsory in the event of adverse weather conditions. In such circumstances, competitors will be notified upon arrival at the event.
All competitors must report to download in the Enquiries/Download tent, even if they do not complete their course.
First Aid & details of nearest A&E will be available from Enquiries.

Results & Presentations

These will be published on the HALO website. Competitors wanting a printed copy must deposit a s.a.e. at Enquiries. Presentations will take place at 13.00 or as soon as possible after that.
Route Gadget will be available for this event.

Cancellation

If it is necessary to cancel the event, a notice will be placed on the HALO website. The Organiser may be contacted if required.
Competitors entered through Fabian4 will be notified by E-mail.

Acknowledgements

HALO is grateful to Mr. K. Sowden (Landowner) for his generous support of this event:

Officials

Controller: David Horn (EBOR)
Planner: Brian Ward
Organiser: Ken Hutson; ken.hutson@gmail.com; 01482 632529; 07748 763368

Course	Technical difficulty	Approx length (km)	Climb (m)	Controls	Age Class recommendations
Yellow	Easy/Moderate	2.0	85	12	M10; W10;
Orange	Moderate	1.9	105	13	M12; W12;
Light Green	Fairly hard	2.4	130	14	M14; W14
Very Short Green	Hard	1.8	115	13	W70+
Short Green	Hard	2.4	140	18	M75+; W55/60/65
Green	Hard	2.9	195	17	M65/70; W16/45/50
Blue	Hard	3.9	245	21	M16/55/60; W35/40
Brown	Hard	4.1	300	20	M45/50; W18/20/21
Black	Hard	4.7	320	25	M18/20/21/35/40

COMPETITORS TAKE PART AT THEIR OWN RISK AND ARE RESPONSIBLE FOR THEIR OWN SAFETY

Thank you for supporting this event. HALO hopes you have an enjoyable run and wishes you a safe journey to and from the event.