

CLARO ORIENTEERING PLUMPTON ROCKS 10 October 2021.

CLARO will host the **YHOA Middle Distance Championships** at Plumpton Rocks, near Harrogate, North Yorkshire on Sunday 10 October 2021. The event will also be used for the **YHOA SuperLeague** and as a race for the **UK Elite League**.

PROVISIONAL DETAILS

LOCATION	On an old road/bridleway at SE 351541 accessed from the A661 at SE 349536
NEAREST POSTCODE	HG5 8LX
LATITUDE/LONGITUDE	53.9780 N. 1.4685 W for access from the A661 to old road/bridleway
What3words	///proof.lungs.points should get you to the access point from the A661

COVID 19

Participants must not attend the event if they or a member of their household has Covid 19 Symptoms or if they have been asked to isolate by NHS Test and Trace.

Participants are required to be familiar with and follow this [link to the guidelines](#) dated July 2021. A copy will be displayed near Enquiries, near Download and at the Start.

DIRECTIONS

Please consider using public transport or a bike to get to the event. If coming by car, please car share as much as possible if Covid safe.

By Train: There is no direct rail link. However, see below for bus services from Harrogate Bus Station (next to Harrogate Railway Station)

By Bus: No 7 to Wetherby and Leeds from Harrogate Bus Station. Times: 08.00; 09.00; 10.00 and 11.10 - 15 minute journey. No 7 Buses also run from Leeds via Wetherby at 09.35 and 10.35 - 1h 15min journey. Plumpton Rocks is an official stop about 800m south east of the access point. The stop is rarely used so you will have to warn the driver then he/she might be kind and drop you near the access point.

By Bicycle: It is a pleasant approach from the north to our assembly area. There is a tiny stretch of footpath from the A658 opposite the south end of the B6163 from Knaresborough which leads you to the old road/bridleway. Please take care crossing the A658.

For those without a car we will ensure there is a suitable place to leave your belongings, with cover if it is wet.

By Road: The access point to the old road/bridleway is on the north east side of the A661 400m south east of the roundabout junction of the A658 and the A661.

From Harrogate, take the A661 towards Wetherby. Take the second exit at the A658 roundabout.

From York and the A1(M), go to Junction 47 on the A1(M) (roadworks could cause a delay but unlikely on a Sunday morning). Take the A59 and then the A 658. At the roundabout with the A661, take the first exit onto the A661.

From Leeds, use the A61 towards Harrogate and then the A658. At the roundabout with the A661, take the third exit onto the A661.

PARKING.

Car parking will be on the east side of the old road/bridleway.

Please drive slowly along the road. Be aware of its use by walkers, cyclists, dog walkers and horse riders and comply with instructions from marshals. There must be access for other users at all times.

Please drive 1.2km on the left to the end of the road where there is a turning circle. After turning so that you are facing in the correct direction for exit, drive back to where marshals will park you on the east side of the road.

Anyone planning to come in a minibus or campervan must contact the organiser in advance for parking instructions.

TERRAIN.

Plumpton Rocks is an old landscaped garden. See website:<http://www.plumptonrocks.com>. As an Orienteering venue it may be described as bijoux. It comprises areas of very runnable woodland with some thicker parts, all surrounding an attractive ornamental lake. Its highlight is an extensive series of rock formations on eastern, southern and northern sides. These are reminiscent of Brimham Rocks, and create a complex area with entertaining navigational challenges. Some have called Plumpton Rocks their favourite orienteering area. We are grateful to landowner Robert de Plumpton Hunter for welcoming us onto his land.

PLANNERS NOTES ON TERRAIN (SAFETY AND FUN)

The rocks and crags in the area are varied sizes. Some are vast. Anything less than 1m is unlikely to be mapped. Due to the density of rocks some uncrossable features are drawn using the thinner crag line for clarity. Assume all crags are uncrossable until you have information to the contrary.

Less common map and description symbols include those for rock passages, caves, a tunnel and the lake. A hide is marked with a black cross.

Absolutely no swimming in the lake.

Shoes with good grip are recommended. Ascents and descents can be steep and slippery.

There are a lot of controls both in the area and, for your entertainment, on your course. Please take more care than usual that you visit all the right ones in the right order. There are some controls virtually on top of each other. The planner and controller have taken care that these remain more than 15m from each by shortest foot route and more than 10secs apart if dibbed by mistake.

Blue and Brown courses call for a good level of physical dexterity. Green courses and below will be somewhat less exciting (hopefully no less fun). Please take care of yourself and choose your course wisely. The suggested age classes for the purposes of the YHOA Championships are a guide.

Green course and above visit the newly added area to the north.

Light Green course and above have two-sided maps with a note to turnover halfway.

Yellow, Orange and Light Green competitors will need to use the lake and the boundaries of the area to aid their navigation. Paths are limited and where vague, or conflicting with lines of crags, are not mapped. The first control on all three courses involves running down a rocky re-entrant to-

wards the lake. The start team are available to ensure Yellow course competitors head off in the right direction.

ENQUIRIES and DOWNLOAD.

These will be set up nearby on the old road/bridleway at SE 351541

MAP.

1:3000 with 2.5m contours printed on waterproof paper. A4. The map has been extended and updated by Quentin and Ruth for this event. Loose descriptions will be in the start lanes. Written descriptions for the Yellow course. Pictorial and written descriptions for the Orange course.

ELECTRONIC PUNCHING.

SI will be used. Controls will be enabled for contactless dibbing, but competitors must dib at the start and finish. All Blue and Brown courses will have more than 30 controls so the information cannot be stored on the very oldest dibbers. You could buy a new dibber, hire a dibber via the entry form (it won't be contactless) or run the Green course or shorter.

START and FINISH

Both are approximately 500m from SE 351541 along a bridleway through fields. You may be parked a little further away.

There is no space for warming up in the last 200m before the start or at the start itself. Please warm up on the bridleway and do not go to the start until you are ready to run.

COURSES

The BROWN courses will be used for the Elites before others start. There is a separate Google form for the elite races where ELITE MEN or ELITE WOMEN should be chosen. Non-elite men and women (18-40 age classes) will then be able to show up the elite runners by taking on the same courses.

Course lengths, climb and number of controls are subject to final adjustments and controlling.

Course	YHOA Champs M classes	YHOA Champs W classes	Length	Climb	Controls
(Elite) Brown Men	M18, 20, 21, 35, 40		3.6k	175m	38
(Elite) Brown Women		W18, 20, 21, 35, 40	3.6k	150m	40
Blue Men	M16, 45, 50, 55, 60		3.4k	145m	39
Blue Women		W16, 45, 50, 55	3.4k	140m	37
Green	M65	W60	2.4k	100m	28
Short Green	M70	W65	2.1k	85m	22
Very Short Green	M75, 80, 85	W70, 75, 80, 85	1.9k	60m	17
Light Green (trickier)	M14	W14	2.4k	75m	28
Orange (a bit tricky)	M12	W12	1.4k	45m	14
Yellow (easiest)	M10	W10	1.0k	20m	10

Anyone may run on any course. However to be competitive for glory and prizes in the YHOA Middle Distance Championships, competitors must run the appropriate age course. You can only win your own age category and while running your allotted class as shown in the table above. Yorkshire SuperLeague points can be achieved running any course.

The area does not lend itself to a White course. Parents who wish to shadow their child on the Yellow should do so after their own run. Children being shadowed cannot be competitive for the Yorkshire Middle Championships. The bold White course competitor could tackle the Yellow course as the area is contained around the lake and within the field boundaries, so the opportunities for disappearing are limited.

Adult beginners may like to run the Orange course, or Light Green for a challenge.

ENTRIES and FEES.

The event will be pre-entry only. There will be no Entry on the Day. Entries will open on 13 September 2021.

Please use this [Colour Coded Entry Form](#) for colour coded courses, or this [Elite Entry Form](#) for the elite courses. Entries close midnight Sunday 3rd October. Thereafter map numbers will be sent to the printers. A few extra maps will be printed and you can enquire with Linda until Friday 8th October (treasurer@claro-orienteeing.org.uk) as to what is available.

Payment should preferably be by bank transfer to the following account:

Account Name: Claro Orienteering Club BIA

Sort code: 30 93 91

Account No: 00419604

Reference: Plumpton and Surname

There will be a card machine available on the day for card payments or you can pay by cash but no change will be given.

Entry fees are higher than usual for a CLARO event because the owners of the road and land where we are parking, setting up enquiries, download and toilets are not asking for a fee, but have requested a donation to the Yorkshire Air Ambulance. We hope all participants will be happy to support this good cause.

- Very Short Green and above - Seniors £10, Senior Non-members £12, Juniors and full time students £4
- Yellow, Orange and Light Green - £4
- Maximum family entry charge: £22
- SI dibber hire: Seniors £1, Juniors and full time students 50p

EVENT TIMES.

Start times for the Elite Race will be from 1000 to 1030. Start times for other competitors will be from 1045 to 1230. Competitors will choose a preferred start time block via the Google Form. Courses will close at 1400. Start times will be extended if necessary due to entry numbers.

PRIZE-GIVING

This will be as soon as possible once the results are known. It will be in the enquiries/download area. Prizes are for members of YHOA clubs who run their correct course. We hope to have the landowner, Robert de Plumpton Hunter, at the event to present the prizes.

Prizes will be awarded to the YHOA winners of all senior classes (18+) and first three juniors (10-16). Prizes will not be posted if you are unable to attend so please do so or ask a club mate to collect yours for you.

We plan to have live results available to view. Whether this is by live link to your phone or on a screen at download is yet to be determined.

TOILETS

Portable toilets will be available near enquiries/download.

DOGS

Dogs are not allowed on courses or in the competition area. They can be exercised on leads on the bridleways.

SAFETY.

A comprehensive risk assessment will be carried out by the organiser, but competitors take part at their own risk and are responsible for their own safety. All competitors who start must report to download even if they retire. Whistles and full leg cover are compulsory.

There are potential dangers in the area. All crags must be treated as impassable. You must not attempt to climb or descend them. You must take due care when negotiating the rocky areas and paths which will be very slippery if wet and/or covered in leaf litter. The central lake has deep water.

If you have a medical condition that first aiders should know about in an emergency, please contact the organiser with details before the event, or fill in a form at registration. These details will only be used for the purposes of this event and can be collected or will otherwise be deleted/destroyed afterwards.

RESULTS.

These will be posted on the CLARO website – www.claro-orienteering.org.uk.

CANCELLATION.

In the unlikely event of cancellation, details will be posted on the Claro website – www.claro-orienteering.org.uk.

INSURANCE.

Please note that if you are not a member of an orienteering club affiliated to British Orienteering then you are not covered by our public liability insurance except if you are a newcomer to orienteering, in which case you are covered for three registered orienteering events without joining. Please ask any of our club officials for more information if you would like to join CLARO

PHOTOGRAPHY.

In accordance with the British Orienteering Policy Safeguarding Children and Vulnerable Adults, the organiser of this event requires that any person wishing to engage in any video, zoom or close range photography should register their details with the organiser before carrying out any such photography. The organiser reserves the right to decline entry to any person unable to meet or abide by the organiser's conditions.

Wendy Carlyle is attending to take photographs. The event will appear in the next edition of Compass Sport Magazine. Let Wendy or the organiser know if you do not wish to feature in any photographs.

OFFICIALS

Organiser – Mike Cope mike.cope1800@gmail.com 07900 675706 or 01423 868545

Planner – Ruth Ker

Controller – Quentin Harding