

Final Details - Knaresborough 15th July 2023

These details contain information specific to this event. Please read in conjunction with the weekend final details, which contains all info common to both races.

Getting to the Event Centre

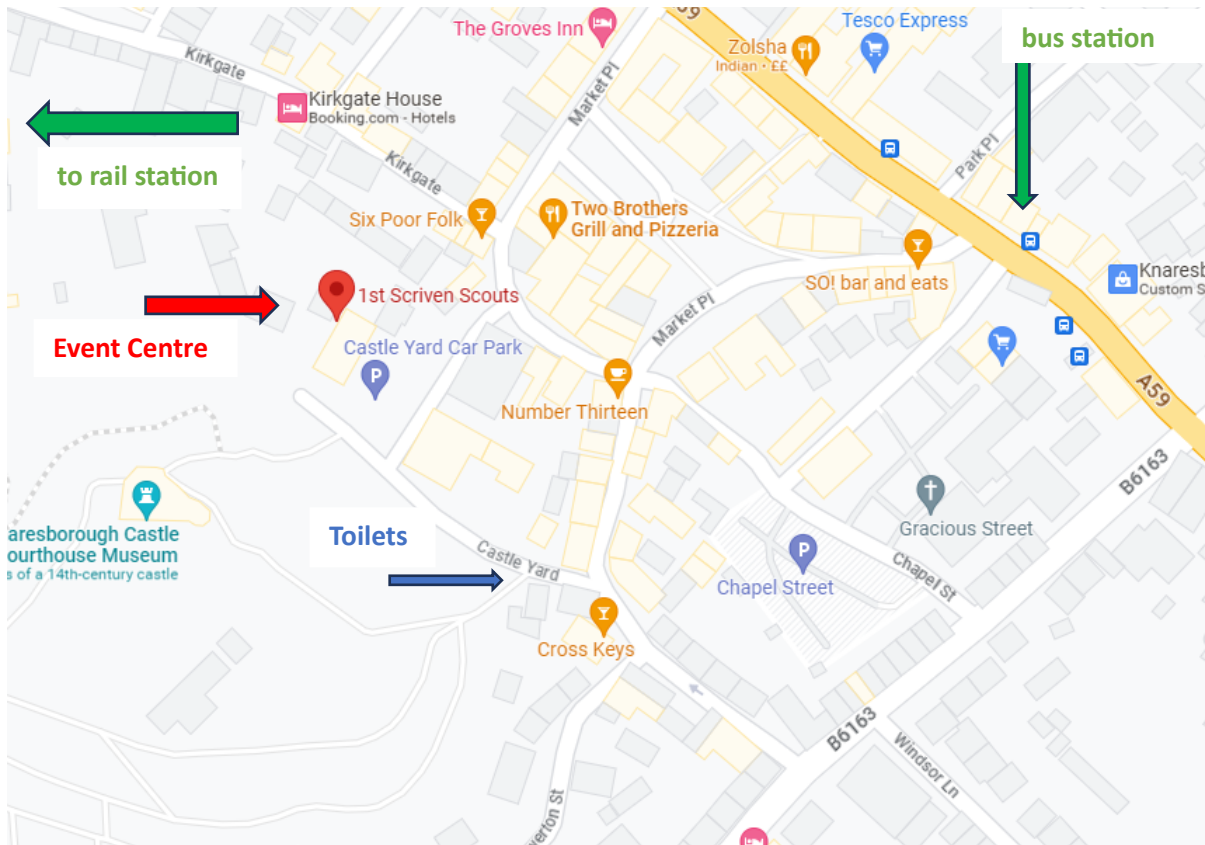
The event centre is the 1st Scriven Scout HQ, Old Girls School, Castle Yard.

Nat. Grid: SE349569

lat, long: 54.007671 , -1.4685644

what3words: smaller.initiates.stable

postcode: HG5 8AS



Public transport

The bus and rail station are both a short walk from the event centre.

Car parking

York Place (240 spaces) - £1.60 for all day. 10 minute walk to event centre.

Castle Yard (70 spaces) – max stay 4 hours for £1.60. Adjacent to event centre.

Chapel Street (56 spaces) – max stay 4 hours for £1.60. 5 minute walk.

Aspin Lane - free roadside parking – 10 minute walk.

Please avoid using the Waterside and Conyngnam Hall car parks due to their location, with routes to the event centre passing through the competition area. Please approach the event via the town centre rather than via Waterside or the castle grounds, to minimise impact on competitors.

Toilets: public toilets close to the event centre in Castle Yard, Fisher Street and York Place car park. There are no toilets available to competitors in the event centre itself.

Event centre facilities: please see weekend details. Specific to this event: There is only limited space for bag storage; please only leave your kit there for the minimum time required to make space for others.

Added 13/07: Margy Longhurst (Deputy Mayor of Knaresborough and experienced walking tour guide) will be attending the sprint on Saturday and has kindly volunteered to lead a free 45 minute excursion at 12.30 from

the event centre. It's possible you might have missed one or two of Knaresborough's weird and wonderful corners during your sprint so do come along!

Start and finish: both will be just inside the castle grounds, adjacent to the Event Centre. Please do not enter the grounds until 10 minutes maximum before your chosen start window. Starts 1000-1200. Please stick to your chosen start block as times are tight. Courses close at 1330.

Map: Scale 1:3000, 5m contours, updated June 2023. Single sided A4 size. Updated 2023 by Quentin Harding. Previous urban races have included the castle area and can be seen on Claro's routegadget page at <https://www.claro.routegadget.co.uk/>

Course details

Course	Classes	Distance	Optimum distance	Climb	Controls
1	Men Open	2.5km	3.7km	100m	20
2	Women Open Men Veteran Long	2.3km	3.5km	80m	19
3	Men Super Veteran Women Veteran	1.8km	3.0 km	70m	17
4	Men Ultra Veteran Women Super Veteran Medium	1.7km	2.8km	65m	16
5	Women Ultra Veteran Men & Women Hyper Veteran Men & Women Grander Veteran	1.0km	1.8km	35m	11
6	Men & Women Junior Short	0.8km	1.3km	50m	11
7	Men & Women Younger Junior	0.5km	0.7km	30m	9

Important notes

The following are **strictly out of bounds**. They will be patrolled any anyone going out of bounds will be disqualified.

1. The bowling green and gardens within the Castle grounds – olive green on the map.
2. The railway crossing – olive green on the map. The underpass must be used.
3. Gallons Steps. This is marked out of bounds in purple on the map.

Race numbers, control descriptions, punching: please see weekend details.

Safety

Please see weekend details. Specific to this event: courses are in the castle grounds, Bebra Gardens, the grounds around Knaresborough House and the roads, steps and narrow footpaths between them. Some of the steps are steep. In places they are uneven, they can be slippery if wet, and they may be crowded with other orienteers and visitors to Knaresborough on a summer day. Please be extremely courteous when passing members of the public.

Officials

Organiser: Liz Drewe (lizdreweAToutlook.com)

Planner: Tim Evans

Controller: Mike Cope