

CLARO Regional Orienteering Event - Sunday 16th November 2025

Venue: Harlow Hill and Birk Crag, Harrogate
Assembly: Girl Guiding North Yorkshire West, Birk Crag Centre, Cornwall Road
Postcode: HG1 2NG **What3Words:** gave.scar.broom **Grid ref:** SE284551
Times: 1000-1200: registration open (pre-entries may go straight to start)
1030-1230: starts
1430: courses close (you must have returned and downloaded by this time). Anybody finishing after this time will count as having not finished.
Entries: Via RaceSignUp until Sun Nov 9th. After this, subject to map availability and supplement, on RSU until Thu Nov 13th, then at the event on the day only.

Courses - approximate distances (to be confirmed)

Course	Kms*	Climb (m)	Controls	Standard
Blue	4.6	195	26	Long Experienced
Green	4.1	130	20	Medium Experienced
Short Green	3.1	70	14	Short Experienced
Red	3.8	90	20	Long Orange: Fitter Beginner/Intermediate
Orange	2.7	45	14	Adult Beginner/Junior Intermediate
Yellow	2.4	40	13	Junior Beginner
White	1.4	20	14	Very Young Beginner

*Distances are measured 'straight line' between controls. Add c 25% for expected running distance.

**For guidance: see Racesignup for more detailed information

*** The Blue, Green, Short Green, and Red Courses will involve running along a short stretch of Crag Lane – a minor public highway. Safety instructions will be given in the Start Briefing.

Map: 1:5000, 5m contours drawn by Quentin Harding, summer-autumn 2025.

Terrain: Harlow Hill is a fairly flat runnable area with a comprehensive path and track network. Birk Crag is a steep, rugged rocky valley side featuring some complex contour features but also good parallel longitudinal paths. There are some dangerous crags which will be clearly marked on the course map. The two areas are connected by approx. 300m of tarmac side roads.

Facilities: Assembly at the Centre will house Enquiries, Download, and Toilets. Tea & coffee-making facilities will be available plus – we hope – a cake-stall. Competitors may leave kit here whilst out in the terrain. Bicycles may be left here at owner's own risk. To protect our host's floors, please, o-shoes must be put on/taken off in the signed lobby area of the Centre.

Start: in Irongate Field (SE287546, scam.shave.keep), 600m flattish walk from assembly. Route will be signed and taped. It is along the grass verge on the SW side of Cornwall Road. **Please stay on the verge: Cornwall Road is busy on Sundays. There is no need to cross it and you should not.**

Finish: Two finishes. One is adjacent to the Start for shorter courses. For Assembly, please retrace your outward steps **staying on the verge**. The other Finish is in Birk Crag close to Assembly. The route from this to Assembly will be taped.

Transport: Nearest railway station is Harrogate. 2.5km - 25-30 mins walk, 10 mins cycle. The frequent 36 bus connects Harrogate station to Ripon and Leeds. There is no service more local to event.

Parking: Do not park in the Assembly car park. Please use roadside parking along Duchy Rd or Rutland Rd, respecting local access. Please do NOT park in Cornwall Close or Oakdale Mews.

Main Officials: Organiser - Richard Kirk ; Planners - Sean Molloy & Kerensa Welsby; Controller - Graham Ramsden. For entries queries, contact the Entries Secretary, Linda Kelly, at entries@claro-orienteeing.org.uk. For other enquiries, contact the organiser on 07871-755311.