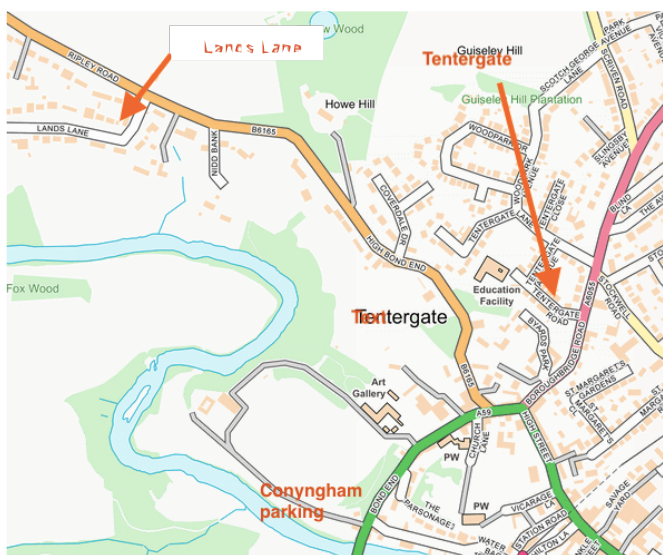


## Event Details – CONYNGHAM HALL 2<sup>ND</sup> JUNE 2024

**WEATHER :** If extreme weather is forecast please check the Claro website before travelling. [www.claro-orienteering.org.uk](http://www.claro-orienteering.org.uk) Information can also be obtained by phoning the organiser.

LOCATION Event Centre	Conyngham Hall
APPROXIMATE POSTCODE	HG5 9AY
OS GRID REFERENCE	SE345571
What Three Words	carpentry.giants.threaded



**DIRECTIONS:** The event will be held at Conyngham Hall on the west side of Knaresborough where the A59 crosses the River Nidd. The car park is accessed immediately off the A59 on the right side just before the bridge coming from central Knaresborough. The event start will be nearer the far side of the car park from the road.

**PARKING: Pay and Display** Extensive Parking at Conyngham Hall (£1.80 for 2 hours and £3 for 4 hours) On street parking near Tentergate or Lands Lane - both of which will be about 0.5 miles away so would need to walk. Please share transport wherever possible.

**TOILETS:** There are toilets at the entrance to the car park at Conyngham Hall.

**TERRAIN:** Footpaths, large grassy areas, woodland, also some rough steep embankments. The River Nidd goes right through the landscape and bisects the park.

It will be the last Sunday before Knaresborough Bed race so please be aware that teams will be out practising running and the river crossing. It is also used extensively by dog walkers and family groups.

**ENTRIES:** Via [racesignup.co.uk](http://racesignup.co.uk) last guaranteed entry Sunday 26th May. Online entry until Thursday 30th May and entry on the day (EOD) at Registration/Download is subject to map availability and with extra cost.

SportIdent (SI) punching will be used for all courses. SI Hire cards (dibbers) will be available.

**FEES:**

Type	Entry fee	Late entries from 27 <sup>th</sup> may 2024 & EOD ( subject to maps availability)
Senior	£6.00	£8.00
Senior Novice	£3.00	£5.00
Senior Novice	adult doing Orange or Yellow course	
Non BO Member Supplement	£2.00	£2.00
Senior Dibber Hire	£1.00	£1.00
Junior/Student	£3.00	£5.00
Junior Dibber Hire	50p	50p
Juniors	under 25 on 31 <sup>st</sup> December	
Full time students	qualify for Junior Fees	
Family Fee	£21.00	
Lost Hired Dibber	£30 charge	
Parking charge	£1.80 for 2 hours and £3 for 4 hours	

**MAP:** 1:4,000 scale with 5m contours for all courses, printed on waterproof paper with control descriptions on the map and separate descriptions also available in start lanes. Map updated 2024 by Quentin Harding.

**COURSES:** The boxes will be SIAC enabled apart from Start and Finish which must be punched.

Course	Controls	Distance	Climb
White	5	0.8km	15m
Yellow	10	1.3km	30m
Orange	15	3.1km	65m

Light Green	22	3.4km	110m
Green	24	4.1km	140m

**Yvette Baker Eligibility - see**

<https://www.britishorienteering.org.uk/yvettebaker> or ask at Registration.

**JUNIOR COURSES:**

White Course – is straightforward along paths and lanes. Small children should be accompanied as there is a very small chance of traffic

Yellow Course – is all on pathways, some more rough. Small children should be accompanied as there is a very small chance of traffic

Orange Course can be run all on pathways but does cover the whole area extensively so would be unsuitable for small children

Light Green & Green Courses cover the whole area including into woodland and banked areas without paths

**TIMINGS:**

Registration: 10:00 am – 11:30 noon

Starts: 10:30 am - 12:00 pm

Courses close: 1:00 pm

Please start early if you might take more than an hour or wish to run twice.

**START & FINISH:** These are both close to the Kiosk Café. From the Main Car Park, make your way towards Conyngham Hall itself, following signs for Pitch & Putt – temporary signs and red & white tape will be put up to help guide you. The café itself should be open for the event, so refreshments will be available for competitors, spectators and parents.

**REGISTRATION & DOWNLOAD:** will be located at The Kiosk Café, close to the Start & Finish and will be signed. Keys and bags can be left here.

**DOGS:** Please do not take dogs on the course and keep them on a lead at all times.

**SAFETY:** Competitors take part at their own risk and are responsible for their own safety. The River Nidd flows through the site, so take care when near river. Teams for Bed race may be practising, please give them a wide berth. **Whistles are compulsory.** Please dress appropriately for the time of year and specific weather on the day. Please bring water to drink. **Waterproof jackets may be made compulsory in the case of bad weather,** If travelling alone, please leave your car keys at registration. A Medical and Contact Details form can be downloaded /completed and brought to Registration in a sealed envelope labelled with your name and class if you wish to leave medical or emergency contact details.

**ALL COMPETITORS WHO START MUST REPORT TO DOWNLOAD EVEN IF THEY RETIRE.**

**FIRST AID:** First aid kit at Download

**RESULTS:** These will be posted on the Claro website [www.claro-orienteering.org.uk](http://www.claro-orienteering.org.uk).

**PHOTOGRAPHY:** In accordance with the British Orienteering Safeguarding Procedures, 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. The club policy is here.

**OFFICIALS:**

Organiser: Pamela Singleton (CLARO) 07968375949

Email: [pamelaorienteering@outlook.com](mailto:pamelaorienteering@outlook.com)

Planner: David Rochester CLARO

Controller: Ruth Ker CLARO