**South Yorkshire Orienteers**

 *affiliated to Yorkshire and Humberside Orienteering Association*

**YHOA Superleague Event Sunday 10th January 2015**

**Canklow Woods, Rotherham**

**MIDDLE DISTANCE RACE**

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| **Assembly****and Car Park** | Car parking is on hard standing within the grounds of Thomas Rotherham College which is not far from junction 33 of the M1 Motorway to the south of Rotherham. Registration and download are inside the college next to the car park. Thomas Rotherham College is located at the junction of Moorgate Road and Boston Castle Grove, Rotherham. Post code S60 2BE.  |
| **Travel****Facilities** | From junction 33 of the M1 take the exit towards Rotherham. At the first roundabout take the 2nd exit onto the A631 Bawtry Road for 0.8 miles. Turn left at A618 Moorgate Road. In 1.2 miles turn left into Boston Castle GroveIndoor Registration and download. Toilets, changing facilities and showers within the college. |
| **Terrain** | Canklow is a steep wooded area with many paths and intricate contour detail at the top. It is an area used by local people for walking dogs etc. There are also occasional motorcycle riders in the woods.  |
| **Map** | 1:7500 ISOM Updated in November and December 2015 by Charles Hird (SYO)  |
| **Courses** | Details of the courses available is provided in this table, which includes the standard course for each age group in the YHOA Superleague. As a middle distance race we expect the courses to be won in around 30-35 minutes.

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| --- | --- | --- | --- | --- | --- |
| Course | Length (kM) | Climb (m) | Controls | Men’s Classes | Women’s Classes |
| Black | 5.6 | 215 | 28 | M21 M35 M40 M18 M20 |  |
| Brown | 4.9 | 140 | 26 | M45 M50 | W21 W18 W20 |
| Blue | 4.4 | 155 | 22 | M55 M60 M16 | W35 W40 |
| Green | 3.4 | 115 | 19 | M65 M70 | W45 W50 W16 |
| Short Green | 2.8 | 100 | 16 | M75 M80 | W55 W60 W65  |
| Very Short Green | 2.3 | 70 | 13 |  | W70 W75 W80 |
| Light Green | 2.9 | 60 | 16 | M14 | W14 |
| Orange | 1.9 | 35 | 12 | M12 | W12 |
| Yellow | 1.7 | 30 | 9 | M10 | W10 |
| White | 1.3 | 10 | 11 | JUNIOR NOVICES |

All course details subject to final controlling. The White is unsuitable for pushchairs.You may run up or down a course and your Super League score will be calculated according to the Super League rules. See <http://www.yhoa.org.uk/yorkshire-superleague-rules>/. (Basically if you run a longer course than your standard you score the same points for the same min/km as in your standard, if you run a shorter course the scores are reduced)British Orienteering ranking points will be calculated as normal. |
| **Starts** | 10.30am to 12.30pm The Start and Finish are 10 mins away from Registration |
| **Entry** | On the day.Fees Seniors £8 (BOF members £6) Juniors and concessions £3Family £19 (2 adults and 2 or more children) (£15 BOF members) SI punching will be used. SI cards will be free to hire but any lost cards may be charged at full replacement cost. |
| **Dogs** | Dogs welcome under control in the woods but please keep on a lead in the college grounds and clear any mess up |
|  | Organiser - Colin Best (colinallanb@yahoo.co.uk)  Tel 01142302621/07800540596Planner - Charles HirdController - Jim Elder |
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