

Border Liners Orienteering Club
Alston Urban Event
Saturday 21st July 2018

Venue: Alston Town, Cumbria

Event Centre: Alston Fairhill Recreation Ground car park, A689 Nenthead to Alston road. This is located at the top (southern end) of Alston's Front Street. Postcode CA9 3TH

Parking: Limited parking in the recreation ground car park. Additional roadside parking outside the park.

Note: Alston Music Festival is on this weekend so the town centre will be very busy.

Terrain: Urban

Starts: Set off on your chosen course between 11.00am and 12.30pm

Courses Close: 2pm

Please let the organiser know you are back, even if you haven't completed your course!

Courses: Long Urban (Technically difficult) 4.3Km

Short Urban (Moderately difficult) 2.4km

Junior Park sprint / Newcomers 'Come and Try It' (Yellow standard) 0.6km

Note that due to the nature of urban areas, distances may be considerably longer than published distance. Alston is also one of the highest towns in England and it is hilly!

Anyone under 16 on the day MUST be accompanied by an adult if they wish to run on the Short or Long Urban course.

Entries: register your entry on the day (arrive in good time if you are new to the sport)

Entry fees: Junior/ Student £1.50

Senior British Orienteering member/non-member £3.50 / £4.50