

**Border Liners Orienteering Club**  
**Alston Urban Event**  
**Saturday 21<sup>st</sup> 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