



Manchester and District Orienteering Club

Saturday January 3rd 2015

'John o'Goats' Charity Event at Lyme Park

Mass start, miss out some controls of your choice (how many you miss out depends on your age class)

- Venue:** Lyme Park, Disley, near Stockport, SK12 2NR. GR SJ 964 823
Entrance is on the A6, just west of Disley village
- Car Parking:** We shall have a licence to allow free entry to the Park which will save you £7 per car. We hope that you will make a donation to offset this cost.
- Charity:** Our charity this year is **Mind**, which promotes mental health education and provides support for those in need. (Further information on www.mind.org.uk)
Unlike previous years we shall have to pay BOF Levy on this event, and we ask you to allow for this additional cost in your donation. All expenses (including the cost of maps) are donated by MDOC and Club members
- Raffle:** Prizes for the raffle are donated by club members. The raffle will be drawn after the prize giving at about 1.15pm
- Registration:** 10.15 to 11.15 (nb. There's a Park Run at 9.00)
- Mass Start:** **11:30.** Start and Finish will be adjacent to the car park
- Courses:** Long (10 km), Medium (7 km), Short (4 km)
These are the approximate course lengths with 2 controls omitted. You leave out between 1 and 5 controls, depending on your age class, so the courses are shorter when omitting more controls. Long is for Black/Brown/Short Brown; Medium is for Blue/Short Blue/Green; Short is for Short Green/Very Short Green
There may be some compulsory controls; other controls may be visited in any order. SI punching will be used.
There will also be a Novice Course of Yellow standard with mass start at 11:35. *This year, the Novice course has 1 control which may be missed out.*
- Prizes:** There will be prizes for each course, to be presented at about 1pm
- Facilities:** Toilets at the lakeside (3 minutes from car park)
No muddy shoes in the Toilet Block please.
The Old Workshop Tea Room should be open from 12 noon
- Fees:** No entry fee will be charged, but donations will be gratefully received
- Dogs:** Under close supervision only.
- Spikes:** A condition of our use of the Park is that no spikes shall be worn
- Officials:** Planner: Liz Britton, whose friend took her own life earlier this year.
Organiser: John and Jen Britton

Enquiries to lyme2015@mdoc.org.uk or phone 0161 426 0301

Details on <http://www.mdoc.org.uk/events/lyme2015.htm>