



MANCHESTER AND DISTRICT ORIENTEERING CLUB

WELCOME

TO OUR 2016 CHARITY EVENT AT LYME PARK

Venue: Lyme Park, Disley, near Stockport, SK12 2NR. GR SJ 964 823
Entrance is on the A6, just west of Disley village

Car parking: The usual park entry fee of £8 is waived for this event. Please use this saving to support our charity. **Show this sheet if asked for car parking fees.**

Charity: All proceeds from this event will go to **Vision Mozambique**, a charity who fund and manage an orphanage, support widows and develop churches.
We are required to pay British Orienteering Competitor Levy for this event, and we therefore 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. If you want your donation to be eligible for Gift Aid, please fill in the appropriate Registration slip.

Raffle: Please support our raffle; all proceeds will go to our charity. Prizes will be on display, and tickets will be available in the car park. Prizes will be only be given to winning tickets presented at the prize giving.

The Race: 'John o' Goats' is the MDOC version of an annual USA head-to-head Billygoat race. **Today there are four courses; your age class determines which course you run and the number of controls you can miss.**

Also there are a number of mandatory controls :-

Long course - the first two controls must be visited

Medium course - the first control must be visited.

Short and Novice courses – there are no mandatory controls.

The remaining controls (and all those on the Short and Novice) may be visited in any order, making sure to miss out the number of controls depending on your age class.

Strategy is critical - leave out an early control and get into the lead, or stick with the leaders (following is a permitted strategy) leave out a late control and beat the rest into the finish?

The planner hopes you will enjoy the challenge but please remember it's a fun event.

Course		Estimated Straight Line Distance	Men Classes	Women Classes
Long	Miss 1 control	9.3 km	M21	
	Miss 2 controls	9.0 km	M20, M35	
	Miss 3 controls	8.8 km	M18, M40	W21
	Miss 4 controls	8.2 km	M45	W35
Medium	Miss 1 control	7.5 km	M16, M50	W20, W40
	Miss 2 controls	7.2 km	M55	W18, W45
	Miss 3 controls	7.0 km	M60	W50
	Miss 4 controls	6.8 km		W55
Short	Miss 1 control	4.3 km	M65	W16
	Miss 2 controls	4.1 km	M14, M70	W14, W60
	Miss 3 controls	3.8 km	M75	W65, W70
	Miss 4 controls	3.5 km	*M12, M80, M85	*W12, W75, W80, W85
Novice	Miss 2 controls	1.8 km	M10, Novices	W10, Novices

*M/W12 please note that the course is Technical Difficulty 5; Novice course is TD3

Map 1:10,000 scale, 5m contours, ISOM symbols

Registration: 10.15 to 11.15 in the tent at the south side of the Car Park.

Be aware that there is an organised 5km ParkRun at 9:00.

Take your completed entry slip to the correct registration tent and please make a generous donation in lieu of an entry fee (suggested at least £8.00) and collect a sealed map for your course which **must not to be opened until the start whistle blows. Remember to make a note of how many controls to leave out !!!**

SI Cards: **NB** You are responsible for clearing and then checking your own SI card near registration.
SI cards can be borrowed (£30 charge for lost cards).

Novice: There is a 1.8km Novice course suitable for beginners. The controls can be visited in any order, and everyone can miss out 2 controls of their choice. The maps will not be sealed so you can plan your strategy in advance. There will be a mass start for this course, about 5 minutes after the main mass start, and from the same location. Anyone of any age can choose to do this course.

Start: The Start is directly adjacent to the Car Park, on the north side.
Short, Medium and Long – Mass start at 11:30 (timed, not punching)

Novice – assemble with everyone else, but stay to one side for your own mass start

Finish: The finish is across the field from registration, with Download adjacent. Please take care when running across roads near the Finish.

Results These will be published on www.mdoc.org.uk soon after the event.

Crossings: **Do not cross any wall or fence except at mapped crossing points**

Courses

Close: Courses close at 13:30 and you must download by 13:40 (or 12:50 if leading runners).

Facilities: The toilet block is beside the millpond (3 minutes from car park).
No muddy shoes in the toilet block please.
There will not be any water provided at the Finish.
The Timber Yard Cafe in the Courtyard should be open from 10am.

Dogs: Under close supervision only.

Safety: No checks will be made for finishers; please use a buddy system. Leave your car keys at registration if travelling alone.
Parts of the area are very exposed, so please make a sensible judgement about clothing. Take care crossing the Park roads and in the Car Parking area, and please be considerate of other Park users, especially at gates and stiles.
First Aid will be available at Download

Spikes: A condition of our use of the park is that no cross country spikes shall be worn.

Prizes: There will be prizes for the leading runners on each course which will be presented at about 13.00, followed by the raffle draw.

Official: Planner/Organiser: Tom Fellbaum