

John o' Goats Charity event at Lyme Park

Saturday January 7th 2023

www.mdoc.org.uk



Venue and Travel

Lyme Park, Disley, near Stockport

Entrance on A6 just west of Disley Village **SK12 2NR** (SJ 964 823; 53.357320, -2053411)

Nearest train station: Disley

Assembly

South end of Lyme Park main car park SK12 2NX

Entries

Everyone wishing to guarantee that a map is available should Pre-register using <https://mdocentry.org.uk>.
EOD will be very limited

Costs / Payment

Park Entrance: For those entering the park by car after 09:00, there is a park entrance fee of £6 for adults and £3 for children (National Trust members and pedestrians are exempt) which is paid at a booth just after entering the park, members will need to show their membership cards. Entry by car before 09:00 is free.

Race Entry: There is no entry fee for the race itself

Voluntary Donations: may be made to the event charity (see below). Donations can be Gift Aided (forms will be available).

There will be a raffle with prizes donated by competitors. All proceeds will be donated to the event charity (see below).

For those giving donations or buying raffle tickets we would appreciate it if you brought cash (although we will try to have a contactless unit available).

Event Charity

Proceeds will go to Cheshire Search and Rescue (CSAR). It is totally funded by donations and occasional grants; it gets no direct government funding. <http://cheshire-sarteam.org/>

Apart from paying the BOF levy, all donations will go to the charity. MDOC donates all costs of running the event.

Map collection, SI-cards and Entry on the day

Assembly will be open from 10.30 – 11.15 in the car park. Be aware that parking may be limited before 10.15 as there is a Park Run. <https://www.parkrun.org.uk/lymepark/>. There will be limited Entry on the Day only, subject to map availability – please pre-enter if you can (see above).

Your map (rolled up) must be collected from the computer tent and **MUST NOT BE OPENED** until you start.

SI cards can be borrowed, please collect from Computer tent

Clear and Check will be at the exit from the car park; controls will be enabled for SIAC punching.

Facilities

Toilets and Cafe in the Timber Yard, open from approx. 09:30, 250m N of the car park.

Mass Start

11.30 within 300m of Registration to the West of the car park. There will be a short pre-race briefing.

Novice course will start a few minutes later.

Map

1:10,000 A3 for Long and Middle; 1:7,500 A4 for Short, Very Short and Novice; 5m contours

Benches are a Black X (Control Description X); Significant isolated trees are marked with a small white blob (controls on such white blobs will use the Control Description "copse", even for isolated trees)

Courses

The Long, Medium, Short, and Very Short competitive courses have age group handicapping (see table below which shows how many controls can be missed). The controls on these courses can be visited in any order.

There will also be an easier (although a bit harder than Yellow) Novice course suitable for younger competitors, families and adult novices of length 3.3km with 100m of climb. Controls must be visited in the order given.

(John o' Goats' is the MDOC version of the annual American head-to-head Billy goat race. The original race had just one course where everyone missed out one control)

Course	Long (9.5km, 400m) 28 controls, 1:10k, A3	Medium (7.1km, 270m) 24 controls, 1:10k, A3	Short (5km, 180) 21 controls, 1:7.5k, A4	Very Short (4km, 100m) 17 controls, 1:7.5k, A4
Miss 2	M21 M35	W20 W40 M16- M55	W16 W55 M14 M70	W70 M80
Miss 3	M20 M40 M45	W18+ W45 M60	W14 W60 M12-	W75 M85
Miss 4	W21- W35+ M18- M50+	W50+ M65+	W12- W65+ M75+	W80+ M90+
The – and + symbols show the option you have when running up, so e.g. a W20 on the Long would be W21- and a W55 doing Long would do the W50+ option.				

Course lengths and heights above are straight line distances for ALL the controls

Terrain

The terrain in the N of the 1:10,000 map (and the majority of the 1:7,500 map) is fast rough grassland. On the other hand, it is important to note that the terrain is a fair bit rougher (marshy and/or tussocky) in the S and E of the area. Avoiding rough terrain may be as important as reducing distance or height climb when deciding which controls to miss.

You must not climb walls or fences – these are very clearly marked on the map with a purple overprint.

Safety and Risk

As this is winter and it could be very wet or icy, please be careful crossing stiles as they may be slippery, and streams may be wider/deeper than usual.

Depending on weather forecast/conditions, we may insist on carrying/wearing full leg covering and waterproof jacket.

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

Restrictions

Dogs are only permitted if under close control in the park and on leads near livestock and vehicles.

Spikes are not permitted in the park.

Finish

Courses close 13.30

Download is at Assembly, just over 200m downhill from the Finish

[Please remember to Download](#)

Prizegiving and raffle draw

In Assembly at 13:00; there will be prizes for the first few on each course

Enquiries

Lyme2023@mdoc.org.uk

Officials

Planner/Organiser: John Kewley MDOC (also a member of Cheshire Search and Rescue)

Supported by Sue Birkinshaw, John Britton, Julie Brook and Chris Rostron