

# Manchester & District Orienteering Club

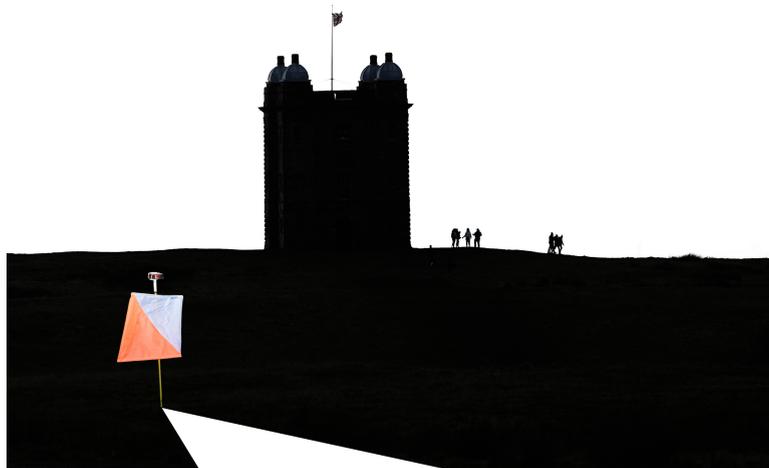


## John o' Goats Charity Event at Lyme

Saturday April 10th 2021

This is our annual version of the Billy Goat head to head race held in the USA. This year we have adapted it to a low-key format for covid-19, so no mass start. But we are retaining the novel aspect where you choose which controls to miss out.

Watch the website [www.mdoc.org.uk](http://www.mdoc.org.uk) for more information and updates.



## Final Details

### Venue

Lyme, Disley, near Stockport, SK12 2NR at the Red Lane gate. Grid ref [SJ 967 841](#)

### Entry Fee

The event is free! It's our annual charity event.

MDOC is kindly paying the British Orienteering levy for all entrants on behalf of all runners. Thanks MDOC! Please bear this in mind when making a donation.

### Donations

It is our annual charity event, so instead of an entry free please donate online to our chosen charity for this year, the Alzheimer's Society, using a Just Giving page: <https://www.justgiving.com/fundraising/jog2021>. Thanks!

### Registration

Registration will be for MDOC members only in advance via <http://mdocentry.org.uk>. There'll be an email sent shortly via the club email list to remind you how to use this system. Entries will close at midnight on 8th April.

Starts will be from 10:30am to 11:00am. You'll be able to pick a time slot for your run during registration. Please try to stick to this time. It helps us manage the start area and keep the flow of runners within the guidelines. But it will not be rigidly enforced and late/early runners can slot in when there is space.

You can also pick your course. See [Courses](#) below, for more information. You do not have to run the recommended course for your age group - you can run up or down. But we cannot change this on the day, so you do need to stick to the course you have entered, otherwise the results system will consider your run to be mispunched.

## Event Base

The event base will be outside Lyme, at Disley railway station car park - [grid ref SJ 973 846](#)

We have some facilities on hand:

- The Bohemian Bus Cafe, whose burgers have become famous in lockdown (including a Lyme venison burger) - <https://www.bohemianbuscafe.co.uk/> Open on Saturdays from 10am.
- Disley Scouts have kindly agreed for us to use their scout hut so that we have a toilet available on a one-in-one-out covid-19 basis. Unfortunately it is not available for changing / sheltering out of the weather, etc.

Of course, you should not actually base yourself here... You should arrive ready to run, do your run, and head home to comply with the British Orienteering guidelines for covid-19 orienteering.

## Car Parking

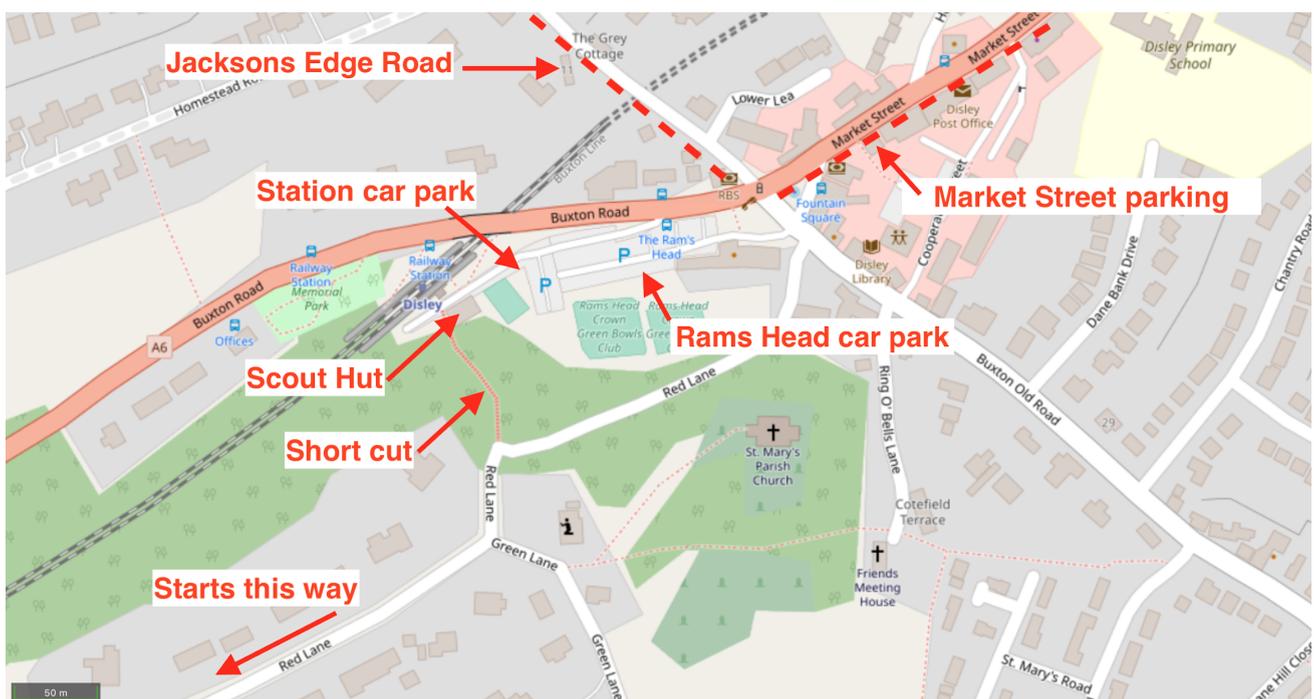
- Disley station car park is free and usually has space on a Saturday morning. It is signposted as 'rail users only' but parking here does not seem to be an issue. Turn in off the A6 (Buxton Road).
- The adjacent Rams Head pub has a larger car park. This is Pay and Display at these rates: 1hr free; 2hrs £1; 3hrs: £2; over 3 hours: £6. Pay with cash or card at the machines and enter your reg plate. Turn in off Buxton Old Road.
- There is free parking available up the A6 (Market Street) through Disley center. It is limited to 2hrs, so probably not quite enough for a run. And also Jacksons Edge road with no time limits.

(None of these car parks will be signed by us)

## To The Start

The start area is at the Lyme side gate about 1km along Red Lane to the west. There is a handy shortcut up some steps from the scout hut to Red Lane. This saves a bit of distance.

## Map



## SI Cards

SI cards can be borrowed when you register via [mdocentry.org.uk](http://mdocentry.org.uk). You can collect them at the start, not the car park. (£30 charge for lost cards).

Contactless punching will not be enabled.

The clear/check boxes will be at the start.

## Courses

This will be six courses available for you to enter on [mdocentry.org.uk](http://mdocentry.org.uk).

1. **Yellow:** A novice course. Suitable for all. Children under 12 should be accompanied by an adult.

A John o' Goats course, split into 4. You choose which controls to miss out and the order you visit them. Suitable for all age classes. You can pick from:

2. JoG missing out 5 controls (**JoG-5**)
3. JoG missing out 4 controls (**JoG-4**)
4. JoG missing out 3 controls (**JoG-3**)
5. JoG missing out 2 controls (**JoG-2**)

And then, for a longer run,

6. **JoG+Score:** A course in two legs. Leg 1, complete a JoG, missing out 3 controls. Leg 2, do a map swap and return to the area for a score. The total time **for both legs** is 75 minutes. So the faster you do the JoG, the more time you have for score. Suitable for those running short blue and above. Don't forget to start a watch at the beginning of the JoG leg to time your overall 75 minutes!

Age Classes	Recommended Course	Approx Length	Approx Climb
M10/W10	<b>Yellow</b>	1.85km	100m
W75+, M/W 12-14	<b>JoG-5</b>	2.5km	110m
M75+, W65, W70	<b>JoG-4</b>	3.1km	125m
M70, W16, W55-60	<b>JoG-3</b>	3.8km	130m
M65, W18-20, W45-50	<b>JoG-2</b>	4.5km	155m
All other age classes	<b>JoG+Score</b>	At least 3.8km, plus your score distance	At least 130m, plus your score climb

We hope this retains the feel of the usual JoG and provides enough challenge for all, while allowing us to keep the event that bit simpler and low-key for covid-19 guidelines.

# Course Special Features

It would not be the John o' Goats without some special features to be aware of...

- The first control (close to the start) is mandatory for all courses - you cannot choose to miss this one out and you have to go here first.
- For the following courses:
  - JoG-3
  - JoG-2
  - JoG+Scorea further control has been made compulsory in Lantern Wood to ensure you visit its excellent thickets.
- All JoG and JoG+Score runners should note that one control is north of the start location - don't overlook it when deciding which controls to miss out!
- All JoG+Score runners should miss 3 controls in the JoG leg of the course.
- If JoG+Score runners are back later than 75 minutes in total across both legs, penalties will be incurred at the following rates:
  - 1-5 minutes late 2 points per minute
  - 5-10 minutes late 5 points per minute
  - 10+ minutes late, all points lost

## At the Start

The check and clear boxes will be at the start. If you need to collect an SI card, you can do this here, too.

Try to arrive at the start at the time you picked. However, the start will be a punching start, with no official starting clock. So if you are early or late, it is not a problem - just slot in when there is a gap. The main thing is to avoid overcrowding at the start, but there will be plenty of space to hang back and wait for a gap.

We will have a print-out of the entry list and we will tick you off as having started. Remember to remind us to do this! This is our safety log. (We are using the least amount of computer equipment possible so we cannot rely on the punching system to log people in and out of the event).

Make sure you remember how many controls you are meant to be missing out before you set off! And remember to start a watch if you are running the JoG+Score course.

## At the Finish

Two things will happen at the finish depending on your course.

Yellow course and JoG course runners are finished right away, as normal. Dib the finish control and move to the adjacent download area.

The JoG+Score course runners will arrive for the first time having completed the JoG leg of the course. You will now do a map exchange. The map exchange is adjacent to the event finish and will be marked on your map with a finish symbol. Take a score map, dib the control next to the maps and run the score leg for the remainder of your 75 minutes. The score map will not show a start triangle. Remember, you have 75 minutes in total for **both** legs. When your 75 mins are up, you will be returning to the same finish for a second time, at which point you are finished. Dib the finish control and move to the adjacent download area.

## Download Area

The download area will be next to the finish.

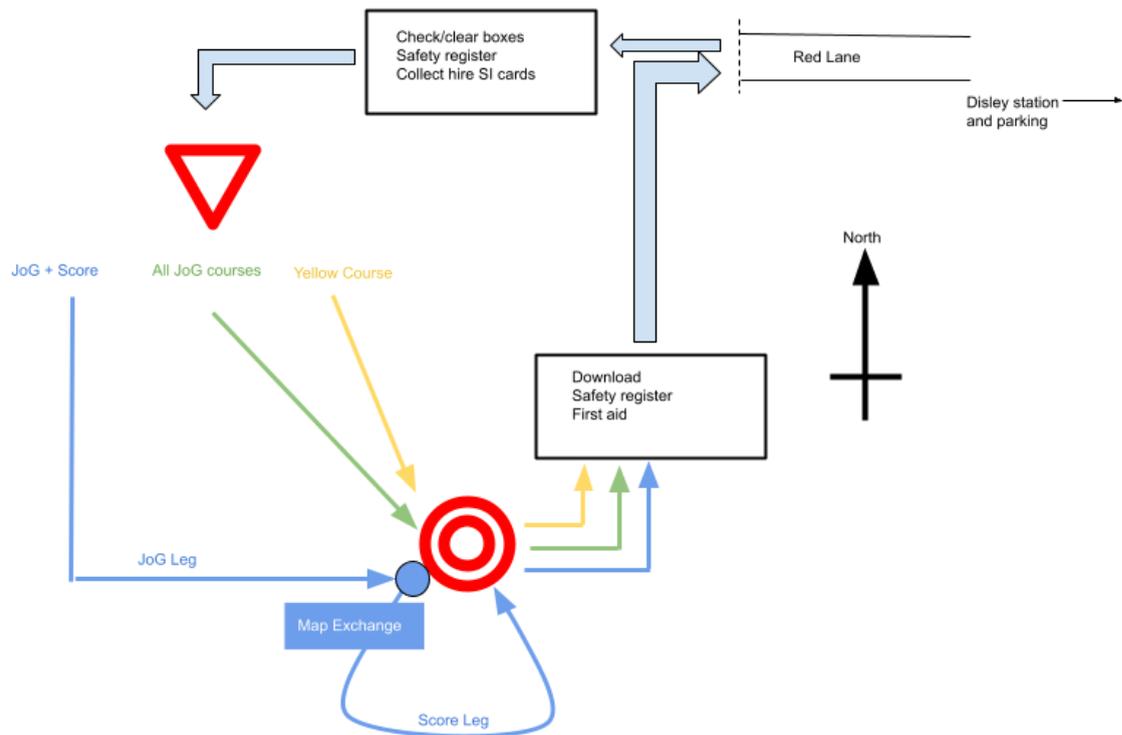
Download as normal and we will give you a printout of your splits. We will also tick you off a list to record that you are safely back - remind us to do this! Return your SI card if you have borrowed one.

Once that's done, the route back to the start is about 1.5km to the north on obvious footpaths. It won't be flagged but will be within the mapped area, so use your map to navigate, if in doubt.

The first aid will be at the download area.

## Event Flow

Here's what it all looks like in diagram form...



## Results

Watch out for results being published later on <http://www.mdoc.org.uk>

## Photography

Nick Taylor who runs the club social media pages will be taking photos at the event, around the start area and out on the course. He's hoping to get some good photos to publicise our events on Facebook and Instagram. If you do not want photos of you to be published, please do drop us a line on [lyme2021@mdoc.org.uk](mailto:lyme2021@mdoc.org.uk).

## Map

For all courses: 1:10,000 scale, 5m contours, ISOM symbols

## Crossing Points

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

## Out of Bounds

Do not enter out of bounds areas marked with red hatching.

## Course Closure

The courses will close at 12:30 and we'll begin collecting controls shortly afterwards.

## Dogs

No dogs with runners in Lyme itself.

## Safety

Lyme is a large area with rugged moorland terrain. Off-road running is essential for all courses (except Yellow) and as such suitable grippy footwear is compulsory. It is April, but the inevitable sleet showers are still cold. Please dress appropriately and be prepared for adverse weather - it can get very cold higher up the hillside.

Cagoules may be compulsory. If so, we will put a notice in the car park on the scout hut door.

There are docile livestock (including Highland Cattle) in the park. They will not be interested in you, but please avoid them and if you need to get past run or walk wide and slowly around them.

If you cannot finish your course within 75 minutes please stop and report to download promptly.

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 the download area.

## Covid-19

We ask that all entrants read and comply with the British Orienteering code of conduct, available at <https://www.mdoc.org.uk/bof-participant-code-of-conduct>

We have followed the most recent British Orienteering guidelines for covid-19 orienteering event organisers. This is factored into our risk assessments, too.

As a runner, the main thing you can do to help is arrive ready to run, do your run, and go home, and stick to the usual social distancing guidelines while in the event.

## Spikes

A condition of using Lyme is that we can't wear spiked shoes.

## Prizes:

Sorry, no prizes this year :-(

## Officials

Planner: Jim Trueman, Organiser: Simon Freytag

For enquiries contact Simon Freytag [lyme2021@mdoc.org.uk](mailto:lyme2021@mdoc.org.uk).

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