



MANCHESTER AND DISTRICT ORIENTEERING CLUB

WELCOME

TO OUR 2019 CHARITY EVENT AT LYME PARK

Venue: Lyme Park, Disley, near Stockport, SK12 2NR. GR SJ 964 823
Entrance is on the A6, between Disley and High Lane

Car parking: National Trust entry fee applies – entry free to NT members.

Charity: Proceeds from this event will go to WaterAid and the Quaker Congo Partnership UK. 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 charities. Prizes will be on display, and tickets will be available, in the car park. Prizes are only given to tickets produced at the prize giving, so stay around or give your tickets to someone who *is* staying.

The Race: 'John o' Goats' is MDOC's version of the head-to-head 'Billygoat' hill races held in the US. **In our version, the course you run, and the number of controls you can miss, depends on your age class.**
(You can run a 'wrong' course if you want to but you will be non-competitive.)

Competitors on the Long, Medium, Short and Very Short courses have two mandatory controls, the first and the last. Other than that, they should visit the right number of controls on their course *in any order*, and choose which ones to miss out.

Participants on the Yellow/Novice course should visit every control in the order shown on the map.

Course		Estimated Length	Men Classes	Women Classes
Long	Miss 1 control	9.5 km (Black)	M21	
	Miss 3 controls		M35	
	Miss 4 controls	8.2 km (Brown)	M40	
Medium	Miss 1 control		M20, M45	
	Miss 2 controls	7.1 km (S Brown)	M18, M50	W21
	Miss 3 controls		M16, M55	W35
	Miss 4 controls	6.3 km (Blue)	M60	W40
Short	Miss 1 control	5 km (S Blue)	M65	W20, W45
	Miss 2 controls			W18, W50
	Miss 3 controls			W16, W55
	Miss 4 controls	4.7 km (Green)	M14, M70	W14, W60
Very Short	Miss 1 control	2.9 km (S Green)	M75	W65
	Miss 2 controls		M80	W70
	Miss 3 controls	2.8 km (VS Green)	M85	W75, W80, W85
Yellow		2.5 km	M12, Novice	W12, Novice

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

Don't forget to clear and check your SI card before starting.

Registration: 10.30 to 11.15 at cars in the Car Park. Take your completed entry slip to the correct registration car, make a donation in lieu of an entry fee (suggested donation at least £5.00 per runner) and collect a sealed map for your course which **must not be opened until the start whistle blows.**

Remember to make a note of how many controls to leave out !

- SI Cards:** SI cards can be borrowed (£30 charge for lost cards). Please collect your SI card from the SI car and write down the number on your slip before registering.
- Novice:** The novice course is approximately yellow standard and is open to anyone of any age, though children under 12 should be accompanied by an adult. Some short sections will be taped and there will be two marshalled road crossings. The controls must be visited in order. There will be a mass start for this course, about 5 minutes after the main mass start, and from the same location.
- Start:** The Start is about 150m from the Car Park just before the Courtyard.
- Very Short, 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 near the Start. The last control is compulsory. **After finishing, please go immediately to Download in the Boiler Room off the Courtyard.**
- Results** These will be published on www.mdoc.org.uk soon after the event.
- 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.**
- Courses Close:** **Courses close at 13:30.**
- Facilities:** The toilet block is beside the millpond (3 minutes from car park). No muddy shoes in the toilet block please.
No water will be provided at the Finish.
The coffee shop in the Courtyard should be open from 12 noon for refreshments.
- Dogs:** Under close supervision in the car park only.
- Safety:** Please leave your car keys at registration if travelling alone.
Parts of the area are very exposed, so dress accordingly.
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 licence is that no spikes shall be worn.
- Prizes:** There will be prizes for the leading runners on each course. They will be presented at about 13.00 followed by the raffle.
- Officials:** Planner: Marie Roberts
Organiser: Margaret Gregory