

# Manchester & District Orienteering Club

## Twin Peak 2019

Saturday 9th November and Sunday 10th November

### General Information

Venue	Saturday	National Event: Errwood, Goyt Valley, Buxton (Classic Forest/Moorland event) Junior Selection Race for Interland 2020
	Sunday	Regional Event: Stockport Town Centre including new mapped area (Urban event)
SI Punching	Contactless punching will be enabled on both days Standard SI cards are available for hire @ £1 per day (Lost cards £30.00) <b>For Pre entry only:</b> SIAC cards are available for hire @ £2.50 per day (Lost cards £70.00) SIAC cards will NOT be available for EOD	
Start Times	Saturday	10:30 to 13:00
	Sunday	11:15 to 13:00 (Late start time due to Remembrance Day events near Town Hall)
Fees	Saturday	Senior £12 Junior £5
	Sunday	Senior £8 Junior £4
	Adult Non BOF members: £2 surcharge each day EOD Adult surcharge: £2 each day	
Entries	via <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a> online entries close midnight Monday 4th November If you can't use Fabian4 for any reason then contact the Twin Peak Coordinator <a href="mailto:tp2019@mdoc.org.uk">tp2019@mdoc.org.uk</a>	
Changes	Changes after Monday 4th November ONLY allowed on the day at £2 surcharge	
EOD	EOD available on both days subject to surcharges as above and subject to availability of maps.	
Safety	Competitors take part at their own risk and are responsible for their own safety. Saturday: Suitable bad weather clothing may be compulsory, Whistles must be carried and Lone runners please leave car keys at Registration Sunday: It is advised that competitors wear highly visible clothing	

### Saturday 9th November

Assembly	Goyt Valley – nr Buxton, Derbyshire SK17 6SX – O/S Grid SK 010 760
Parking	Parking is on a narrow forest track and maybe subject to early exit restrictions, car sharing is strongly advised. Minibuses are welcome, Coaches are not allowed. <b>Drivers of all Minibuses, Motor homes and Large Vehicles - please notify your intention at least a fortnight before the event.</b> Motor homes and some large Minibuses may be parked an additional 400m away and below the registration area. Some maybe further away.
Public Transport	<a href="https://goyt-valley.org.uk/public-transport/">https://goyt-valley.org.uk/public-transport/</a>
Terrain	Last used for Twin Peak 2012, Errwood provides challenging forest on the slopes of the Goyt Valley overlooking Fernilee and Errwood reservoirs. Areas of coniferous plantation are interspersed with patches of mixed deciduous woodland with vegetation boundaries, subtle contour detail and marshes providing potential control sites. The areas used for the technical courses have very few paths, with varied runnability across the whole area making route choice key to a successful run. Longer courses also visit the open moorland and steeper forest slopes South of the road that splits the area. An adjacent section of forest provides a good path network for the less technical courses.
Map	1:10000 Green to Brown; 1:7500 Shorter Courses
Facilities:	Portaloos, Orienteering Trader also offering limited food and drink.
Courses:	Indicative course lengths subject to final planning

Colour	Length (km)	Climb (m)	Junior Interland course Age class in 2020
Brown	7.4	280	
Short Brown	6.3	200	M18
Blue	5.2	150	M16
Short Blue	4.3	110	W18
Green	3.7	100	W16

Short Green	2.5	80	
Very Short Green	2.0	70	
Light Green	2.9	120	M14/W14
Orange	2.6	70	
Yellow	2.3	70	
White	1.8	70	

Suitability: This event forms part of the Junior Selection Races for Interland 2020  
There will be NO string course.

Starts: Provisionally Main start: 850m, 50m climb. White and yellow start: 800m, negligible climb.  
All finishes within 100m of assembly.

## Sunday 10th November

Assembly Parking Stockport Town Centre Mersey Square, Stockport SK1 1NP O/S Grid SJ893903  
Stockport Town Centre Car parks (20p an hour)  
Heaton Lane Car park and Red Rock car parks are the nearest.  
Camper Vans and high vehicles Street Parking only

Public Transport Train Stockport Station then 400m walk  
Bus any route to Stockport Bus station then 100m walk

Terrain Complex Town centre with many steep alleyways and irregular street pattern, plus newly mapped area to the West including small park and many streets and alleyways

Map 1:5000 Urban map

Facilities Public Toilets are nearby and open from 10am onwards  
There are many eating places in the Town Centre

Courses Standard UK urban league classes

Course No	Suggested Men's classes	Course name	Suggested Women's Classes	Course Name	Provisional length: Straight line (km)	Provisional length: Optimum route (km)	Anticipated winning time (min)
1	Open (M18-35)	MO			10.0	13.5	65
2	Veteran (M40+)	MV	Open (W18-35)	WO	8.5	11.8	60
3	Super Veteran (M55+)	MSV	Veteran (W40+)	WV	6.9	9.2	50
4	Ultra Veteran (M65+)	MUV	Super Veteran (W55+)	WSV	5.2	6.9	40
5	Hyper Veteran (M75+)	MHV	Ultra Veteran (W65+) Hyper Veteran (W75+)	WUV WHV	3.8	5.2	35
6	Junior (M16-)	MJ	Junior (W16-)	WJ	4.3	6.0	32

Suitability Juniors under 16 on the day can only enter course 6  
Juniors M/W12- MUST be accompanied by an Adult

Starts: Provisionally, Main start: up to 1km and up to 25m climb. M/W16- provisionally same start  
Finish within 100m of assembly.