



## MANCHESTER AND DISTRICT ORIENTEERING CLUB

# WELCOME

### TO OUR 2015 CHARITY EVENT AT LYME PARK Sat 3<sup>rd</sup> Jan 2015

**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 £7 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 **Mind, the mental health charity**. 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 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 the MDOC version of an annual USA head-to-head Billygoat race. The original race had just one course and everyone missed out one control.  
**Today there are five courses and which one you run and the number of controls you can miss depends your age class.**  
(You can run a "wrong" course if you want to but you will be non-competitive.)

**This year, there are no controls that are mandatory.** Just visit the right number of controls on your course *in any order*, and choose which ones you miss out.

*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 planners hope you will enjoy the problem but please remember it's a fun event.***

| Course     |                 | Estimated Length  | Men Classes  | Women Classes       |
|------------|-----------------|-------------------|--------------|---------------------|
| Long       | Miss 1 control  | 12.0 km (Black)   | M21          |                     |
|            | Miss 2 controls |                   | M35          |                     |
|            | Miss 3 controls | 10.0 km (Brown)   | M40          |                     |
|            | Miss 4 controls |                   | M20, M45     |                     |
| Medium     | Miss 1 control  | 7.4 km (S Brown)  | M18, M50     | W21                 |
|            | Miss 2 controls |                   | M16, M55     | W35                 |
|            | Miss 3 controls | 6.6 km (Blue)     | M60          | W40                 |
| Short      | Miss 1 control  | 5.5 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  | 3.8 km (S Green)  | M75          | W65                 |
|            | Miss 2 controls |                   | M80          | W70                 |
|            | Miss 3 controls | 3.2 km (VS Green) | *M12, M85    | *W12, W75, W80, W85 |
| Novice     | Miss 2 controls | 2.5 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

**Clear and check your SI card AT REGISTRATION.**

**Registration:** 10.30 to 11.15 at cars in the Car Park. Take your completed entry slip to the correct registration car, make a generous donation in lieu of an entry fee (suggested at least £6.00) 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 **as there will be no facility to do so at the mass start.**  
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:** There will be a special novice course of approximately yellow standard. The course length is 2.5k. 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.

**Clear and check your SI card AT REGISTRATION as soon as you have registered. There will be no facility to do this at the start.**

**Start:** The Start is about 150m (uphill) from the Car Park.  
**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 down the hill from the start, between the car park and the toilets, with Download adjacent. Please take care when running across roads near the Finish.

**Results** These will be published on [www.mdoc.org.uk](http://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 runner).

**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 Coffee Shop in the Courtyard should be open from 12 noon for refreshments.

**Dogs:** Under close supervision.

**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 licence is that no spikes shall be worn.

**Prizes:** Sponsored by Running Bear. 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: Elizabeth Britton  
Organisers: John and Jen Britton