



MANCHESTER AND DISTRICT ORIENTEERING CLUB
January 4th 2020
ANNUAL CHARITY EVENT AT LYME

- Venue:** Lyme, Disley, near Stockport, SK12 2NR. GR SJ 964 823
Entrance is on the A6, between Disley and High Lane. 1 mile from gate to Car Park.
- Car parking:** The National Trust charges £8 for entry to the Park. Sorry about this but there is nothing we can do about it. NT members need their card to get free entry.
- Entry Fee** There is no entry fee.
All event expenses are donated by MDOC and its members but we have to pay BOF Levy for all runners. Please bear this in mind when considering a donation.
- Registration:** 10.30 to 11.15 at cars in the Car Park. Take your completed entry slip to the correct registration car and collect a sealed map for your course which **must not be opened until the start whistle blows.**
- Donations** There is a tent beside Registration where you can make a donation to this year's Charity, ClientEarth. It is an interesting Charity which is using the law to protect the planet. Full details at the tent. Gift Aid forms available.
- Raffle:** Please support our raffle. Proceeds will go to an MS Therapy Centre.
Prizes are only given to tickets produced at the prize giving, so stay around or give your tickets to someone who *is* staying.
- SI Cards:** SI cards can be borrowed (£30 charge for lost cards) from Registration cars.
Clear and Check boxes will be sited near Registration, NOT at the Start.
Touch free punching NOT enabled.
- Start:** The Start is about 200m up the road west of the Car Park. Allow 5 to 10 minutes.
Very Short, Short, Medium and Long – Mass start at 11:30 (timed, not punching).
Please get into the correct lane for your course. Each course has a compulsory first control.
Yellow – assemble with everyone else, but stay to one side for your own mass start 5 minutes later.
- Finish:** It is about 150m from the Finish to the **Download tent in the Car Park.** Take care as all cars coming to the Park use this area.
- The Race:** 'John o' Goats' is MDOC's version of the head-to-head 'Billygoat' 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.** See the table below (or separate 'JOG Age Classes' document) to find which course you should compete in and how many controls you should miss. Optimum routes are all within BOF guidelines for the age category, but should you wish to run down please mark you entry form with n/c.

The first control for Long, Medium, Short and Very Short courses is mandatory. Other than that, you should visit the correct number of controls *in any order*, and choose which ones to omit.
- Yellow Course:** The novice course is much shorter and easier (approximately white/yellow standard) and is open to anyone of any age, though children under 12 should be accompanied by an adult. The controls must be visited in the given order. There will be a mass start for this course, about 5 minutes after the main mass start, and from the same location.

Course	Long	Medium	Short	Very Short
Miss 3	M21, M35	W20, W40, M16, M55	W16, W55, M70	W70, M80
Miss 5	M20, M40, M45	W18, W45, M60	W14, W60, M12	W75, M85
Miss 7	W21, W35, M18, M50	W50, M14, M65	W12, W65, M75	W80+, M90

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

Don't forget to clear and check your SI card at registration

Remember to record how many controls you should omit.

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. Control collection may start earlier on the moor.

Facilities: The toilet block is beside the millpond (3 minutes from car park). No muddy shoes in the toilet block please.
The coffee shop in the Courtyard should be open from 12 noon for refreshments.

Dogs: Under close supervision in the car park only.

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 January! Please dress appropriately and be prepared for adverse weather as even in good weather it can get very cold higher up the hillside. Cagoules may be compulsory. 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/walk wide and slowly around them.
If you can not finish the course within 2 hours 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 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: Sam Drinkwater, Organiser: Sue Birkinshaw