



MANCHESTER AND DISTRICT ORIENTEERING CLUB

FINAL DETAILS

2017 CHARITY John o' Goats EVENT at Lyme Saturday 7th January 2017

Venue: Lyme (formerly Lyme Park) - off A6 south of Disley, Greater Manchester SK12 2NR
See brown tourist signs. Not accessible by public transport, parking 1 mile from gate

Car parking: The usual park entry fee 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 be shared between Huntington's disease Association and Kinder Mountain Rescue Team. If you want your donation to be eligible for Gift Aid, please fill in the separate Gift Aid form AS WELL AS registration slip (new rules)

Raffle: Please the 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

Terrain: Mostly open rough grassland, small wooded areas, some steep sided slopes and rocks, can be exposed on higher parts

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 three courses and which one you run and the number of controls you can miss depends your age class.
(You can run an easier course if you want to but you will be non-competitive.)

You MUST visit the first and last controls on your control description list. Apart from that you can visit the remaining 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 planner hopes you will enjoy the problem but please remember it's a fun event.

	Long	Medium	Short	
Miss 2 controls	M21	M18 M45	M14 M60	W16 W18 W40
Miss 3 controls	M20 M35	M16 M50 W21	*M12 M65 M70	W14 W45 W50
Miss 4 controls	M40	M55 W20 W35	M75	*W12 W55 W60
Miss 5 controls				W65 W70 W75

*M/W12 please note that the course is Technical Difficulty 5, novice yellow course available
Lengths with no controls missed out are about 10.2k, 7.7k and 6.4k

Registration: 10.00-11.15 at blue gazebos at far end of Car Park. Take your completed entry slip to the gazebo, make a generous donation in lieu of an entry fee 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 !!!

NB-there is a park run at 9am, so do not arrive too early

Clear and check your SI card as soon as you have registered.

SI cards can be borrowed (£30 charge for lost cards). Please collect your SI card at registration

Novice: There will be a special novice course of approximately yellow standard. The course length is 2.7k. The controls must be visited in order. The maps will not be sealed. A punching start will be used, with short intervals between runners. Anyone of any age can choose to do this course.

Remember-FIRST and LAST controls compulsory for long/medium/short courses

Start: The Start and Finish are both close to the Car Park.
Short, Medium and Long – Mass start at 11:30 (timed, not punching)
Yellow/Novice – assemble with everyone else, but stay to one side for your punching starts.

Finish: The last control is compulsory.
After finishing, please go immediately to download at blue gazebo

Prizes/Raffle: There will be prizes for the leading runners on each course. They will be presented at about 13:00 followed by the raffle.

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 marked crossing points

Course Closes: Course closes at 13:30 and you must finish by that time.

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 Timber Yard Café should be open for refreshments.

Dogs: Under close supervision in the car park only.

Safety: A full risk assessment has been carried out, but you are responsible for your own 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 the Download area.
Nearest hospital-Stepping Hill, full details available at registration
If you have competed in 3 or more orienteering events and not joined a club you are not covered by our public liability insurance

Privacy: Your name may appear in the results on our website or in newspaper reports

Spikes: A condition of our licence is that no spikes shall be worn.

Officials: Planner Andrew Stimson, Organiser Alison Doyle lyme2017@mdoc.org.uk