

# 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 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 for those with SIAC cards. However there will be a punching start on both days. The Finish will allow contactless punching and there will be a Safety punch after the Finish on Saturday but not on Sunday due to the proximity of download. Standard SI cards are available for hire @ £1 per day (Lost cards £30.00) A limited number of SIAC cards are available for hire @ £2.50 per day (Lost cards £70.00) for EOD A SIAC Battery check will be available at Registration on both days	
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)
EOD	EOD is available on Sunday (on day 1 there may be some available for those accompanying pre-entries) and still subject to availability of maps.	
EOD Fees	Saturday	Senior £14 Junior £7
	Sunday	Senior £10 Junior £6
	Adult Non BOF members: £2 surcharge each day	
Changes	Pre entry changes ONLY allowed on the day at £2 surcharge	
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	

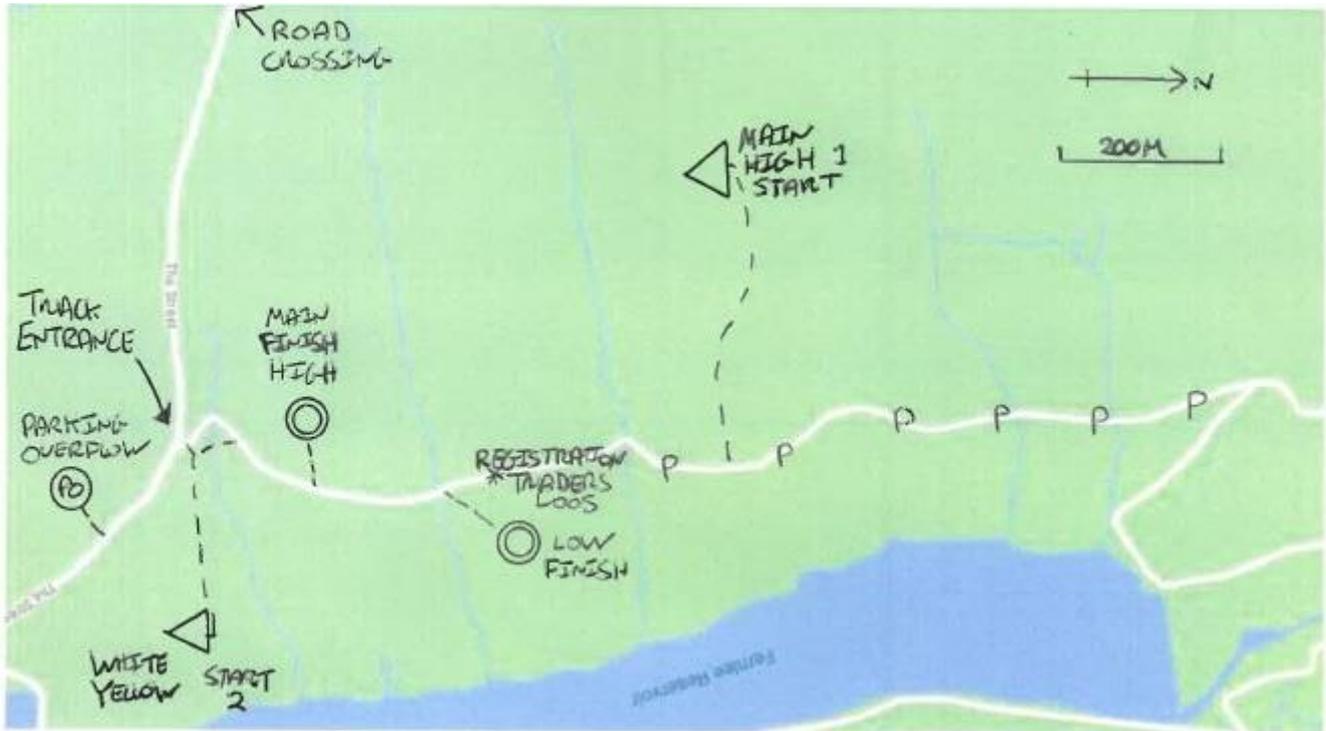
### Saturday 9th November

Assembly	Goyt Valley – nr Buxton, Derbyshire SK17 6GJ – O/S Grid - SK 010 760 Sat Nav: 53.281054, -1.986144. Entrance 0.5 miles NW from Errwood Dam crossing.	
Directions:	Approach from East or West Only! – there is no entry from the South (Derbyshire Bridge/Cat & Fiddle) due to one-way-system and road closures. <b>Update: 08/11/2019</b> In the event of ICE or SNOW overnight the best route may be approaching from the East as the road is more likely to be gritted.	
From the East:	Whaley Bridge to Buxton Road A5004 – Approx. 2 Miles NW of Buxton head west. Follow brown signs to Goyt Valley (Goyts Lane) at Long Hill. Cross the Reservoir Dam and turn right up the hill past public car park, parking turnoff is on the right.	
From the West:	Off the B5470, either from S.end of Kettleshulme (Smith Lane) or after Rainow (Side End Lane) via Pym's Chair follow signs to Goyt Valley and continue into Goyt Valley, parking turnoff is off to the left down the hill.	
Parking	Limited Linear Parking on narrow Forest Track – Please give way to crossing competitors. This is important! our parking limit has been reached. You may be parked up-to 1km from Registration and may be close parked next to verge so doors may open into undergrowth. Please allow plenty of time to arrive and follow the directions of the marshalls – park closely and do not obstruct the byway - there will be other forest users on the day - dogs, walkers and cyclists. When the parking track is full you will be directed to an overflow as below. We have been asked not to use the public car parks as a condition of our permit so once all parking is full you may be parked alongside the Errwood reservoir at the bottom of the hill.	

**A one-way system is in operation until 12.30.** Anyone wishing to leave before this time should notify the entrance official who will direct you to an alternative car park, this is at least 300m downhill from the entrance and further from Registration.

You are urged to share transport where possible.

**Anyone bringing a Large Vehicle, Camper Van or Minibus must notify the organiser well in advance. You may be parked in the overflow car park or even turned away if there is no space.**



Dogs: Dogs on leads please. The parking track will be busy with cars, cycles, competitors and the public.

Public Transport <https://goyt-valley.org.uk/public-transport/>

EOD: Parking is full and our entry limit has been reached. **Limited EOD is available but intended for those accompanying pre-entries only.** Due to the parking limitations there may not be space available unless you share transport with a pre-entry. We have been asked not to use the public car parks as a condition of our permit so if you turn up on spec for EOD you may be asked to park a significant distance away or turned away altogether. Registration will only be open from 09:30am.

Terrain Last used for Twin Peak 2012, <https://www.mdoc.routegadget.co.uk/rg2/#139> 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 visit the steeper forest slopes South of the road that splits the area. Welcome to a taste of Scotland in the Peak District!

An adjacent section of forest provides a network of good paths for the less technical courses.

Safety: A risk assessment has been carried out by the organiser, but you are reminded you enter at your own risk and are responsible for your own safety. Suitable bad weather clothing may be compulsory, and this will be advised as you enter the parking. Whistles must be carried, and Lone runners please leave car keys at Registration. Course close at 15:15pm that means we would appreciate it if you could report to download by this time, rather than still being out in the forest. It will get dark quite quickly after this time.

Safety Bearing: Head East to either the parking track or for short courses the reservoir boundary. For those longer courses, once across the road you may be best heading North back to the road you crossed.

**Cancellation:** As you are aware the recent weather has been appalling. The forest is wet and slippery particularly on fallen wood. The area is remote and if bad weather is forecast and the cloud is low, there is a real danger of hypothermia. A notice will be posted on the MDOC website [www.mdoc.org.uk](http://www.mdoc.org.uk) should the event be cancelled. Please monitor this before you travel.

**Map:** 1:10000 Green to Brown; 1:7500 Shorter Courses, 5m contours;

**Special Symbols:**

The following special symbols are used on the map:

**Black circle** 'man-made object' represents a post, a ruined hunting tower, and a very small fenced enclosure

**Black cross** 'man-made object' represents a hide

**Control Descriptions:** These will be printed on the map and available at the start. White yellow will have text descriptions, all others pictorial. Two special symbols are used in the control description. A cross means a hide. A circle means a post

## MAPPER'S NOTES

Errwood Forest sets conifer plantations of varying maturity alongside attractive open birch wood, although these deciduous areas appear more runnable, they can often be slower due to underlying heather. With this in mind, the mapping seeks to provide guidance on runnability rather than noting the density of planting – where the density or visibility does not significantly impact runnability no change is represented on the map.

The forest has suffered from wind blow over the years. Mapping these areas was the most significant challenge. Where windblown has occurred, the map considers to what extent you can keep running and how much deviation and climbing is required to progress: thus, where you are able to keep running at a diminished pace, the runnability is indicated as 'slow run'. Where you can run only for short stretches or with significant deviation from the desired line, it is 'difficult to run'. Where you are no longer able to run, it is 'fight'. The boundaries of these areas are not to be relied on for precise navigation purposes.

Undergrowth screen has been used to indicate areas of windblown in clearings, as well as areas of bramble and bracken.

It should be noted that narrow rides have the runnability of the surrounding forest, unless otherwise indicated.

Fences that must not be crossed are shown in purple. All other fences may be crossed anywhere; in a few places they could be awkward for less agile or shorter legged competitors, but there will always be somewhere easier nearby.

**Facilities:** Portable Toilets, Orienteering Trader (CompassPoint also offering vegetarian chilli, jacket potato, burgers, bacon and egg rolls).

Course Colour	Start	Finish	Length (km)	Climb (m)	Controls	Map Scale	Junior Interland Age class in 2020
Brown	Main (High Start)	(High)	6.9	280	23	1:10,000	
Short Brown	Main (High Start)	(High)	5.8	240	20	1:10,000	M18
Blue	Main (High Start)	(High)	4.9	195	17	1:10,000	M16
Short Blue	Main (High Start)	(High)	4.3	150	15	1:10,000	W18
Green	Main (High Start)	(High)	3.8	155	14	1:10,000	W16
Short Green	Main (High Start)	(High)	2.3	70	12	1:7,500	
Very Short Green	Main (High Start)	(High)	1.9	65	11	1:7,500	
Light Green	Main (High Start)	(Low Finish)	2.9	140	11	1:7,500	M14/W14
Orange	Main (High Start)	(Low Finish)	2.3	95	13	1:7,500	
Yellow	White/yellow (Low)	(Low Finish)	2.1	75	10	1:7,500	
White	White/yellow (Low)	(Low Finish)	1.8	75	11	1:7,500	

Courses Brown through to Green run along a 150m section of minor road between mandatory crossing points. All competitors must keep to the path North of the road and not run along the road itself. **These courses visit some controls twice to ensure that the crossing points are used. Make sure you punch the controls BOTH times.**

Competitors on Orange and Light Green courses cross the forest track used for parking. Competitors must beware of event traffic and mountain bikers not associated with the event.

**Starts:** 10.30 until 13:00  
Courses close 15:15 prompt.

**Start Times:** If you can adhere to your allocated start time if possible, however we hope to be flexible flexible and we are operating a punching start, if you wish to start early please approach the start officials before doing so !

**For Interland competitors** – it may not be possible to change your start time easily at the start - to comply with the seeding restrictions you may have to wait to ensure the seeded competitors maintain a 4-minute gap. Please approach the start officials if you arrive late.

Main High Start: 880m, 50m climb – Signed North from Registration – rough terrain;  
The approach to the main start includes a 300m uphill stretch up a ride which is very rough in places.  
(4min Call up)  
-4 Check – Interland Class Check  
-3 Loose control descriptions - SIAC Check  
-2 Blank maps

White and Yellow Start (Lower): 825m, negligible climb Signed South from Registration.

The start for the White and Yellow courses includes a steep downhill path and stile that is unsuitable for prams or buggies.

Quoted distances are from Registration to the starts. Linear parking along a forest track means that distances from parking to the start could be shorter or as much 1.2km or further should overflow parking be required. The approach to the White/Yellow start is not en-route to the main start it is near to the entrance from the road.

**Finishes:** Finish 1 (High)- 265m South from Registration  
Finish 2 (Low) - 210m Head South from Registration

**Please remember to punch the safety control immediately after the finish and do not forget to download at Registration before you leave.**

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

**Officials:** Organiser: Paul Jarvis, MDOC Tel. 07867 003442 (for Urgent 'Non-Entry' specific queries)  
Planner: Jim Trueman, MDOC  
Controllers: Dan & Karen Parker, BL  
Enquiries to: tp2019@mdoc.org.uk

## Sunday 10th November

### IMPORTANT NOTE for Competitors on Course 1 and 2 only

SI cards 5 & 8 are not suitable due to the number of controls  
Competitors with these cards MUST come to Registration prior to their run to be issued with a suitable SI card free of charge.  
Pre entered Competitors who are affected should have been contacted about this issue beforehand.

### IMPORTANT NOTE for Competitors on Course 6

The Start time for course 6 is now 11:15 to 12:00  
This is because there are 4 marshalled crossings for this course, there is a low entry and the vast majority want an early start. Therefore we can reduce the number of volunteers required.

Assembly Stockport Town Centre, Mersey Square, Stockport SK1 1NP O/S Grid SJ893903  
Outside 'Superdrug'  
what3words App reference: shock.smoke.store

Facilities One Registration/download tent. One tent for clothes and kit, left at owners risk  
Public toilets in Bus Station 50m away (open 10:00)  
There are many eating places in the Town Centre

Parking Please use the Heaton Lane Car park (20p an hour) (Height restriction 2m)  
O/S Grid SJ890904 nearest Post Code SK4 1AQ BUT follow signs for entrance  
Assembly 100-200m depending which pedestrian exit is used.  
Please do not use the Red Rock and Precinct Car parks as they are in the competition area.  
Camper Vans and High vehicles: Street Parking only which is free.  
Chestergate and Daw Bank next to the Bus Station are the nearest to Assembly

Travel Directions to Heaton Lane Car Park.

#### **From Junction 1 M60**

At motorway roundabout Follow Town Centre or Station signs  
Then Follow Heaton Lane parking signs  
(At second junction turn right under motorway  
At next roundabout take 1st exit onto Great Egerton Street (not Heaton Lane) and the entrance is 200m on the right.

#### **From A6 south**

There are likely to be diversions around the Town Hall for the Remembrance Day event.  
Follow Heaton Lane Parking signs..

Train 500m walk from Stockport Station  
Follow Station road signed Hatworks to A6 turn Left and follow A6 downhill you will see the Assembly on your right as you enter Mersey Square.

Bus From Stockport Bus station go under road then 30m walk  
If getting off at the Mersey Square stop you will see the assembly area.

EOD  
Registration 10:30 to 12:30

Start Times 11:15 to 13:00 (Juniors 11:15 to 12:00)  
Punching start but suggested Start Blocks  
Very early and early 11:15 to 12:00  
Middle 12:00 to 12:15  
Late and very late 12:15 to 13:00

Start 600m from assembly  
Allow 10min walk  
Clear station just before Call up  
4min Call up  
-4 Check  
-3 Loose control descriptions and SIAC check  
-2 Blank maps

Finish Adjacent to Registration and Download in Assembly.  
Course Close Courses Close 15:00

## Terrain

The original Stockport (Town Centre) map only went as far west as the A6. The new (Edgeley extension) runs west from the A6, across the West Coast Main Line and into Edgeley itself, which is typified by a grid of Victorian Terraces with back alleys, many (but not all) of which are gated and therefore out of bounds (and mapped as such).

To the north of Edgeley lies Hollywood Park, to the south lies Alexandra Park and a line of three reservoirs, and to the NW lies an area of relatively modern housing which has a detailed path network.

## Timed-out crossings

To provide safe transfer from Edgeley to Stockport, *all courses* have timed-out crossings first one (2 minutes) and a second one (1 minute) which are shown on the control descriptions..

Course 6 (M/W 16): this course has an additional timed-out crossing (1 minute) again shown on the control descriptions, and a further marshalled crossing later in the course.

Competitors are required to obey the instructions of the marshal, but this crossing is not timed-out.

## Map:

1:5000, ISSprOM 2019, A3

Stockport: Graham Gristwood / Scott Fraser (2008), updated and converted to ISSOM by Eddie Speak (2019)

Edgeley: Eddie Speak (2019)

## Courses 1-4

These courses have a double sided map

First Part is a Full A3 size print on A3 paper

Second Part is A4 size print on back of Part 1 A3 map

## Courses

Standard UK urban league classes

Course No	Suggested Men's classes	Course name	Suggested Women's Classes	Course Name	Length: Straight line (km)	Length: Optimum route (km)	Anticipated winning time (min)
1	Open (M18-35)	MO			9.8	13.0	65
2	Veteran (M40+)	MV	Open (W18-35)	WO	8.9	11.6	60
3	Super Veteran (M55+)	MSV	Veteran (W40+)	WV	7.0	9.1	50
4	Ultra Veteran (M65+)	MUV	Super Veteran (W55+)	WSV	5.3	7.1	40
5	Hyper Veteran (M75+)	MHV	Ultra Veteran (W65+) Hyper Veteran (W75+)	WUV WHV	3.8	5.0	35
6	Junior (M16-)	MJ	Junior (W16-)	WJ	4.6	6.1	32

## Suitability

**Juniors under 16 on the day can only enter course 6**

**Juniors M/W12- MUST be accompanied by an Adult**

## Officials:

Organiser: Chris Rostron, MDOC Tel. 01663764799 / 07929516649

Planner: Ian Gilliver, MDOC

Controller: Pete Owens, DEE

Enquiries to: tp2019@mdoc.org.uk