

Manchester & District Orienteering Club
Twin Peak 2013 – Sat/Sun October 26/27
Final details

Day 1 – Saturday October 26 – Macclesfield Forest

Travel

Located at Grid Ref. SJ 95122 71416, Postcode SK11 0NE, Lat/Long 53.239756, -2.074532.

Approach from the west via Macclesfield and Langley is recommended. Approaching from the east and the south involves travelling along extremely narrow single track lanes and may conflict with competitors walking to the Start or from the Finish.

From Macclesfield station, follow the A523 for about 1km south in the direction of Leek. At a set of traffic lights, turn left and follow signs to Sutton and Langley. After 1km, pass under the canal and fork left to continue to Langley. Pass through the village for another 1km to the parking field. A local bus service operates from Macclesfield to Langley village with a 1km walk to the Assembly.

Parking

The main parking and Assembly will be in a large field opposite the Leathers Smithy Inn.

Campervans and large vehicles will park on hard standing at the United Utilities Forest Office, 1km beyond the Assembly. A £1 per vehicle parking charge will be collected. In the event of very wet weather, alternative parking arrangements along roads will be used.

Assembly

Toilets, Enquiries, Registration for EOD, Traders, Caterer and First Aid.

EOD

Entry on the day will be available to all courses subject to the availability of maps.

EOD fees are: Very Short Green to Black: Seniors £13, Juniors £5.50

White to Light Green: Seniors £8, Juniors £3.50

Competitors parked at Assembly may register for EOD at Enquiries. Those parked at the Forest Office may register at Download which is on the route to the Start.

SI Card hire is £1. Pre-allocated hire cards will be collected at Enquiries on the Assembly field.

A free string course will be available at a 900m walk from Assembly in the direction of the Start.

Dogs - In Assembly and car parking only.

Terrain and Map

Very variable forest, considerable climb, many forest tracks, all types of vegetation. In general, the runnability is better than normally expected at this time of year. Some areas of recent felling will be slower. There are areas of Out Of Bounds (OOB) shown on the map where the OOB hatching covers mapped tracks. These tracks are also OOB. Mountain bike and deer activity create new tracks which may not be shown on the map.

The map has been updated by Vicky Thornton during summer 2013, with some minor updates during controlling. The map scale for all courses is 1:10,000. Short Brown and longer are A3 size whilst the remainder are A4.

Safety

The walking route, from both parking locations to and from the Start and the Finish, will have a short section along a very quiet minor lane. There will be no marshals. Take great care and look out for vehicles. Full leg cover is required and you are advised to carry a whistle. There are steep slopes on some courses and these can be slippery if wet so studded shoes are recommended. Waterproofs should be carried if heavy rain is forecast.

There are two reservoirs on the map. Short Blue courses and longer will pass close to one of them. Short Blue courses and longer will also cross minor roads. The roads themselves are out of bounds and can only be crossed at the marked crossing points. One of the crossings on Short Brown and longer courses will be offset, requiring competitors to run about 20 metres on the road. Please follow the tapes at this point.

Download will be situated close to the Finish (**not at Assembly**). If you retire, you must return to Download. If you fail to do so, we will assume that you are still on the area and may initiate a

search. People travelling alone are recommended to leave their car keys at Enquiries or Download, with a label showing the vehicle registration number.

If you are completely lost, head north or south to reach a road and then follow the road in a westerly direction. If you are injured, please try to reach the Start, Finish or one of the roads. The forest is popular with the public. Please be considerate. Animals have been previously located in the Assembly field. Wash your hands before handling any food.

First Aid

First Aid will be located at Download. A supplementary first aid kit will also be available at Enquiries in the Assembly field. The nearest A&E hospital is at Victoria Road, Macclesfield, Cheshire, SK10 3BL. Directions will be available at First Aid and at Enquiries.

Start

Start times will range from 12:00 to 14:00. Start times will be published on the Fabian4 website. The route from Assembly is 1km walk on minor roads and tracks. Allow 20 minutes. The route from the Forest Office is 600m on minor roads and tracks and will pass close to the Finish and Download at 350 metres. Allow 10 minutes. Clothing may be left at the Start to be collected after finishing. Look out for vehicles as you cross the minor roads. Call up will be at -4 minutes. A punching Start will operate. Loose control descriptions will be available in the -3 start box. They will also be printed on the map.

Finish

The Finish is 1.4km to Assembly and the route will pass the Start. It is 350m to the Forest Office. Download will be in a tent close to the Finish. You must download here even if you retire. **NO DRINKS** will be provided either on the courses or at the Finish. Courses close at 16:00

Twin Peak Competition

To be eligible for the Twin Peak competition, you must enter the recommended course for your age class as shown below. Prizes will be awarded after the Sunday event at Stockport.

Course	Men's classes	Women's classes	Distance km	Climb m	No of controls
Black	M21		9.5	580	21
Brown	M35 M40		8.3	545	17
Short Brown	M18/20 M45/50	W21	7.1	425	15
Blue	M16 M55/60	W35 W40	5.5	260	15
Short Blue	M65	W18/20 W45/50	5.0	220	13
Green	M70	W16 W55/60	3.5	195	13
Short Green	M75-85	W65/70	3.2	175	10
Very Short Green		W75-85	2.5	105	8
Light Green	M14	W14	2.8	175	10
Orange	M12	W12	2.8	145	10
Yellow	M10	W10	2.7	120	10
White			2.0	100	10

White, Yellow and Orange courses have text descriptions. White and Yellow maps will be available in the pre-start area.

Officials

Organiser – Trevor Roberts (MDOC)
Planner – Steve Dempsey (MDOC)
Safety Officer – Ian Gilliver (MDOC)
Controller – Ian Cooper (SYO), aided by Monika Cooper (SYO)

Acknowledgements

United Utilities – Trevor Greenhalgh
Mr Peter White – Assembly Field
Mr Norman Eardley – Tenant farmer