

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

Day 2 – Sunday October 27 – Stockport Urban

Travel

From M60

East Bound - Leave motorway at Junction 27 and follow signs to Lower Bredbury (B6104).

West Bound - Leave Motorway at Junction 26. Continue to large roundabout and follow signs to Lower Bredbury (B6104).

After leaving the roundabout it is approximately 1Km to the car park at BRITISH GAS on the left.

Post Code: SK1 2GT

Car Parking

The event car park will be in the grounds of British Gas which is opposite Vernon Park. It will open at 09:30 and CLOSE AT 15:00. If you have any doubt about not finishing before 15.00 please use alternative parking which can be found along and off Newbridge Lane which is adjacent to the entrance to the park at New Zealand Road. There will be a £1 car park fee which will be donated to the Great Ormonde Street Hospital for Children at the request of British Gas.

To access the park and assembly area, turn right out of the car park and follow tapes to the traffic lights controlled crossing. This is a very busy road. Please use the controlled crossing to the assembly area. This crossing will not be marshalled by an event official

Assembly

Toilets, Registration for EOD, Download, Caterer and First Aid.

There will be no traders.

Please do not stray beyond the Start and Finish into the competition area or you will be disqualified

Kit storage - As the car park is only a few minutes away, there will not be any storage of kit except for anyone arriving without their own transport. Car keys can be left on a key board at registration.

Start

All courses use the same start which is only a few minutes from the assembly area.

It will be a punching start with designated start times. Please try to adhere to your start time. Late starters will be slotted in as appropriate. Please clear your dibber before entering the start area.

At -4 there will be safety instructions in each lane. At -3 control descriptions, at -2 blank maps.

After -1 punch the start box then collect your map and follow the tapes for 100m to the Start kite

Start Times – 10:30 -12:30

Courses close 14:30 for courses 1-5 and 14:00 for courses 6 & 7

Finish

After finishing proceed to Download. Maps will not be collected but please do not show or discuss your course with competitors yet to run.

Prizes

Prizes will be awarded to the winners of all senior long classes and all Junior classes based on the aggregated times of Day 1 and Day 2.

It is not intended to have a formal presentation. If you think you are a potential winner, you should go to registration any time after 13:30.

Terrain and Map

Courses 1-5 use a 1:5000 map of Stockport and Vernon Park. The urban area is made up of the historic centre of Stockport along with more recently developed areas of social housing.

Stockport is quite hilly in parts and this should be considered when choosing optimum routes.

Courses 6 and 7 use a 1:5000 map of Woodbank Park (and Vernon Park). The terrain is a mixture of woodland and open parkland. There has been some recent clearance of rhododendrons and the position of thickets on the map should not be relied upon for navigation. The slopes down to the river can be quite steep in places. These courses are not suitable for pushchairs.

Footwear

Competitors on courses 1-5 should not wear shoes with metal studs. Be aware that if it is wet, the downhill finish to the final controls in the park may be very slippery. Competitors on courses 6 & 7 are advised to wear shoes with plenty of grip as the paths can be wet and muddy.

Control Sites and Control Descriptions

Controls in the urban area are attached to street furniture using gripples. Because of the nature of the the control sites, there are no back-up punches. If a control box is not working or should a control unit be missing or vandalised, please report it to finish officials at Download. Controls on courses 6 & 7 are mostly kites hung on plastic posts with the box on top. X in control descriptions indicates a post (distinctive lamp post or sign post).

All courses visit a control on a crossing point twice. Remember to punch the control in both directions.

Map symbols

It is essential that competitors should be familiar with ISSOM map symbols regarding '**forbidden to cross**' features. These can be downloaded from www.maprunner.co.uk/simon/sprintmapsymbols.jpg Copies will be displayed in the assembly area and at the pre-start area. Any runner seen crossing a feature marked as 'forbidden to cross' or OOB will be disqualified.

SAFETY

It is a standard condition of British Orienteering events that participants take part at their own risk. British Orienteering insurance and other liability insurances do not provide personal accident cover. Further safety information will be in each start lane. All competitors are asked to read them. Although the centre of Stockport is pedestrianised, all adult courses cross busy roads. Please take care and always cross at 90 degrees to the traffic flow. Take particular care crossing the roads as you enter and exit the park since these roads have significant traffic, even on Sundays. The streets and alleyways in the centre of Stockport have many blind corners. Please run wide around corners to avoid collision with other runners and pedestrians.

Show courtesy to residents and other users at all times

Courses

Course	Men's Classes	Women's Classes	Length(Km)	Climb(m)
1	M18-35		8. 1	125
2	M40,M45,M50	W18-35	6. 6	120
3	M55,M60	W40,W45,W50	5. 6	90
4	M65+	W55,W60	4. 2	80
5		W65+	3. 4	70
6	M16-	W16-	4. 0	80
7	M12-,	W12-	2. 6	80

Actual run lengths on urban courses are 20 to 25% greater than the straight line distances shown above.

Juniors (M16- and W16-) are not allowed to enter for courses 1-5 unless accompanied by an adult. Adults can enter any course but will only be eligible for Twin Peak prizes if they enter for their correct age group.

Courses in Woodbank close at 14:00. Urban Courses close at 14:30.
Competitors must download even if they retire

Entry Information

Pre-entry at Fabian4.co.uk up to 20th October £8 seniors, £3 juniors

Late entry up to 24th October £10 seniors, £3:50 juniors

EOD fees are as for late entries while maps are available.

Officials

Planner - Jillyan Dobby

Organiser - Peter Lomas

Controllers - Jane Mockford/Nick Campbell (Deeside Orienteering Club)

Acknowledgments

British Gas for Car parking

Richard Booker - Green Space Project manager, Stockport MBC

Laura Murphy - Active Stockport Officer, Stockport MBC

Imagine FM

Wetherspoon Pub

Natwest Bank

Bennet Verby

Stockport Homes

Residents in Covent Garden

Merseyway Shopping Centre

Little and Large Catering

There is a cafe at the top of Vernon Park which will be open. However competitors may only visit it after they have completed their run as it is, of course, in the competition area and therefore OOB.