



## Longshaw Estate Sunday 9 September 2012 (East Midlands League Event)

**Location:** Longshaw Estate, 9 miles SW of Sheffield, Derbyshire. The event will be signed from the Fox House pub at the junction of the A6187 GR SK266803, at Owl Bar on the A621/B6054 junction GR SK262780 and at Calver Crossroads A623/A625 junction GR SK239748.

**Road Crossings:** There are 3 road crossings on the A625 for the event. Please drive with caution. It is a very busy road – please obey marshals' instructions.

**This is a popular area – please car share where possible.**

**Car Parking:** £2.60/£2 or free to National Trust members with membership card. No exit before 12.30pm. **The overflow field is 1km from Assembly.** There is a pedestrian gate in the NW corner of this field – please use this. The route crosses the A625 below the Grouse Inn and follows a public footpath down to Assembly. If you are bringing a minibus or campervan, please notify Organiser before the event.

**Public Transport:** Bus/train to Grindleford. 1km walk via Hay Wood to Assembly.

### Courses:

All courses are on a 1:10000 scale map printed on waterproof paper. Course details are:

Course	Length km	Climb metres	No of controls
Brown	8.1	300	25
Blue	6.3	190	22
Green	4.5	135	16
Short Green	3.9	95	12
Light Green	3.2	90	10
Long Orange	5.6	145	16
Orange	2.8	75	10
Yellow	2.4	60	11
White	1.4	50	9

**Entries:** Entry on the Day. **Registration:** 10.00 – 12.00.

**Entry Fee:** Adults (L Green to Brown) £6/£8 non-members, Adults (White to Long Orange) £3, Children/Students £3, Family £15/£19 non-members, Family group with child on White, Yellow, Orange, Long Orange £3 plus 50p for additional map.

**Timing:** SI electronic timing will be used. SI dibber hire £1 for Adults, free to Children/Students (£30 charge for any loss).

**Start Times:** 10.30 – 12.30. Punching start. Start is 300m from Assembly. (10 mins walk). Follow tapes. The route is not suitable for pushchairs.

Control descriptions will be handed out at Registration along with White and Yellow maps. Control descriptions will also be printed on the front of the map.

**Road Crossings: Green, Blue and Brown courses will have road crossings across the A625 which are marked on the map – please obey the marshal's instructions.**

**Finish:** Finish is 700m from Assembly. (15 mins walk).

**Terrain:** Longshaw has a wide variety of terrain with: deciduous forest with intricate contour detail as a result of quarrying; open moorland with both fast, sheep nibbled sections and slower areas of tussocks and heather; coniferous plantation. There are numerous crags, boulders and areas of rocky ground, particularly on the steeper slopes. Only the most significant rock features have been mapped. Competitors should take great care. Some crags exceed 6m, are uncrossable and will not be taped. **Vegetation is high in places and may affect visibility and runnability.**

**Out of Bounds:** All roads (other than road crossings) are strictly out of bounds. Anyone using them will be disqualified. All other out of bounds must be strictly observed.

On a Sunday, Longshaw can be busy – please show consideration to other visitors.

**Whistles** are advised. The forecast is for warm weather so don't forget your suncream and/or sunhat! **Drinks** will be provided at the Finish but there is a limited water supply so please also bring your own water for later on.

**First Aid** will be in Assembly.

**All competitors must report to the download even if they retire.**

**Courses close at 14.30 after which Controls will be collected in. You must still report to the Finish and download even if you miss the cut-off time to avoid a search being instigated.**

**String Course:** There will be a free string course up on the hill near the Start. Not accessible to pushchairs.

**Toilets** will be in Hays Wood car park; there are public toilets next to the Fox House pub.

**Dogs:** Are welcome on leads in the car park areas and Assembly only – not on the courses. Please clean up after them.

**Refreshments:** The East Midlands Junior Squad will have a refreshments stall selling tea, coffee and cake in Assembly. All proceeds will go towards their coaching and competition fund. The Grouse Inn is nearby and the Fox House pub and National Trust Visitors' Centre cafe are just up the road.

**Event Officials:**

*Planner: Ro Cole (DVO)*

*Controller:* John Hawkins (DVO)

*Organiser:* Zoe Gordon (DVO) – contact on 07891-841787 or email [Zoe.gordon@gmx.com](mailto:Zoe.gordon@gmx.com)