Derwent Valley Orienteers welcome you to the Midlands Championships 2014

Sunday 26 October 2014
Level A Event

Key information: if you read nothing else read this …

1. **Don't forget the clocks go back.**
2. **Directions:** The event will be signed from the Fox House pub at the junction of the A6187 GR SK266803 and at Owler Bar on the A621/B6054 junction GR SK292780. Please approach the car park from this direction to avoid a difficult right turn.
3. Distance/time from Car Park/Assembly to Far Start: 1.5km/30 mins
4. Distance/time from Car Park/Assembly to Near Start 700m/10 mins
5. **There will be a 5 minute call up for all Championship courses.**
6. Whistles must be carried and a waterproof/hooded top may be compulsory – come prepared!
7. Where the course line is bent to go through a marked crossing point it **must** be used.
8. **All competitors must report to the download even if they retire.**
9. **Courses close at 15:00 , you must report to the finish and download before then.**

Location: Longshaw Estate, near Sheffield, Derbyshire. The event will be signed from the Fox House pub at the junction of the A6187 GR SK266803 and at Owler Bar on the A621/B6054 junction GR SK292780. Parking in a field opposite the Grouse Inn on the A625 at SK258779. Postcode S11 7TZ (n.b. this postcode covers a wide area) 53.298N, 1.614W.

Longshaw Estate is owned by the National Trust and has millstone quarries and packhorse routes. There is a Visitor Centre and café (pay and display car park). Our thanks go to the National Trust for their permission to use the land and, in particular, to Chris Millner, for whom nothing has been too much trouble.

Car parking: Parking fee of £2. It would be preferable for traffic to access the field from the north and make a left hand turn into the field. **It is a very busy road – please obey marshals' instructions.** No exit before 12.30pm because of the narrow entrance. If the current wet weather continues camper vans may have to park across the road in the National Trust car park. There is a specially constructed pedestrian exit – please use this and do not attempt to climb any other fences. The route to the start crosses the A625 – take care.

Courses: As specified in the British Orienteering rules which can be found at http://www.britishorienteering.org.uk/images/uploaded/downloads/events_competitionrule2014_i_areachamps.pdf. By agreement with BOF Events and Competitions Committee there are no elite courses.

Course details are:

Course Number	Men	Women	Length (km)	Climb (m)	Number controls	Map Scale	Start
1	M21L		11.2	425	26	15,000	Far
2	M35L, M40L		9.7	385	25	15,000	Far
3	M18L, M20L	W21L	8.1	325	20	15,000	Far
4	M45L, M50L		9.0	355	20	10,000	Far
5	M55L, M21S		7.5	335	24	10,000	Far
6	M16A, M60L		6.7	280	22	10,000	Far
7	M35S, M40S	W35L, W40L	6.5	265	20	15,000	Far
8	M21V, M45S, M65L,	W45L, W50L	6.2	215	21	10,000	Far
9	M18S, M20S, M50S, M55S, M70L	W16A, W21S, W55L	5.7	195	17	10,000	Far
10		W18L, W20L,	5.6	195	15	15,000	Far
11	M60S, M75L	W35S, W60L	4.5	210	17	10,000	Far
12	M65S	W40S, W45S, W50S, W65L, W70L	4.3	190	16	10,000	Far
13	M70S, M80L	W18S, W20S, W21V, W55S, W60S, W75	3.8	80	14	10,000	Near
14	M75S, M80S, M85, M90	W65S, W70S, W80	3.4	70	11	10,000	Near
15		W85, W90	2.3	50	9	10,000	Near
16	M14A, M16B		5.4	140	16	10,000	Near
17	Light Green	W14A, W16B	4.3	105	12	10,000	Near
18	M12A, M14B Orange	W12A, W14B	4.2	100	12	10,000	Near
19	M10A, M12B Yellow	W10A, W12B	4.1	95	14	10,000	Near
20	M10B White	W10B	2.6	60	14	10,000	Near

Courses 19 & 20 have written descriptions, Course 18 has written and pictorial descriptions, All other courses have pictorial descriptions

Entries: . Late entries will be available on Fabian until Thursday 23/10/14 so long as maps are still available.
Fees £16 adults, £6 juniors/students
No entry on the day for Championship courses.
White, yellow, orange and light green courses available for EOD only at £6/£3.
Entry queries to Mike.Godfree@btinternet.com

String Course: There will be a free string course located in the assembly field

Shadowing: ***No shadowing is allowed on the championship courses – even after adults have competed.***

Timing: SI electronic timing will be used. £1 for SI dibber hire and £30 charge for any loss.
Pre-entered competitors needing a hire dibber should collect their allocated dibber from enquires – do not hire another one.

Starts: *There are two starts – Far and Near. The route to both leaves the car park/assembly fields in the north west corner and crosses the busy A625 – please follow marshal's instructions. The route to the Far Start is 1.5km with steep downhill sections, allow at least 30 mins. It has a further unmanned road crossing. The route to the Near Start is 700m.*

Clothing transfer: there will be no clothing transfer. You may leave clothes at the finish which you pass on the way to both starts.

There will be a 5 minute call up for all courses.

Control descriptions will be available in the start lanes (on waterproof paper) and also printed on the front of the map.)

There is a **timed start** for all courses. Late starters will be allowed to start at the discretion of the start official when a spare start time becomes available on their course. Because many courses are nearly full, there may be quite a long wait. Their actual start time will be recorded but their running time will be taken from their allocated start time.

Timed out road crossings: All the courses from the Far Start have a timed out 2 minute road crossing– **please obey the marshal's instructions**.

Colour coded courses: Maps will be at the Start – they will not be handed out at Registration. All colour coded competitors will be given a start time

Finish: The finish is across the road from Assembly/Car Park, approximately 200m. Please take care returning to the assembly/car park field.

Prize Giving: We hope to have the Prize Giving at 14.30 in Assembly near the DVO marquee. The Midland Championship trophies are open to members of EMOA, WMOA and EAOA. Trophy holders should return their trophies to enquiries before they run.

Map: The map scale is 1:10000 (A3) or 1:15000 (slightly over A4) as shown. Maps are litho printed on waterproof paper. The map has been recently updated. Contour intervals are 5 metres. Significant areas of bracken have been shown with the dense undergrowth symbol where it affects route choice. Where the course line is bent to go through a marked crossing point it **must** be used. Within the forest course lines are not bent indicating that walls (frequently ruined) may be crossed at any point.

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.

Out of Bounds: All public 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.

Event Safety: Whistles must be carried and, if the weather is poor, waterproof, hooded jackets (or hat and jacket) may be compulsory.
Full leg cover is required, NO SHORTS or cut down trousers.

The British Red Cross will be in attendance at the finish.

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

Courses close at 15:00 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.

Facilities: Within the Assembly field there will be the DVO marquee including:

- Enquiries
- Registration for colour coded courses
- Trophy return
- Dibber collection for those hiring dibbers
- Download
- Results display

Toilets will be in the car park field. There are no toilets at the starts.

Club tents: There will be limited space for club tents. Either at the finish or in the assembly field.

Dogs: Are welcome on leads in the car park areas and Assembly only – not on the courses.

Water: Water will not be provided; please bring your own.

Catering: Podium Catering will be in the Assembly area. The Fox House pub and The Grouse Inn are nearby and there is a café at the National Trust Visitors' Centre.

Shops: Ultrasport and Compass Point will be attending.

Event Officials:

Planner: John Duckworth(DVO)

Controller: Michael Chopping (NOR)

Organiser: Stuart Swalwell (DVO) – 07941-842780 before 9pm or email Stuart.swalwell2412@mac.com

Entries enquires: Mike Godfree (DVO) – 01335 346004 (before 9pm) or email mike.godfree@btinternet.com

Event Safety Officer: Ranald Macdonald (DVO) – 01629 734307; mobile 07900 213800; email r.f.macdonald@btinternet.com