



MANCHESTER AND DISTRICT ORIENTEERING CLUB

FINAL DETAILS

2018 CHARITY Lyme Park “John o’ Goats” Saturday 6th January 2018

- Venue:** Lyme Park – signed with brown tourist signs off the A6 SW of Disley, Greater Manchester SK12 2NR. Accessible by public transport to main gate only, 1 mile from registration/car park.
- Car parking:** Car Parking at Lyme Park is free for National Trust Members and £8.00 for a non-member day ticket. **NB-there is a park run at 9am, so do not arrive too early unless you want to do it as a warm-up**
- Charity:** All proceeds from this event will be for Cheshire Search and Rescue (CSAR), a team of volunteers who are on call 24 hours per day, 365 days per year and deploy in any weather. They are not government-funded and, like Mountain Rescue and RNLI rely on donations. The team is extremely well trained and assist Cheshire Police, local Mountain Rescue and other statutory emergency services. If you want your donation to be eligible for Gift Aid, please fill in the separate Gift Aid form AS WELL as a registration slip (new rules). <http://www.cheshire-sarteam.org/>
- Raffle:** Please support our raffle; all proceeds will also go to CSAR. Prizes will be on display, and tickets will be available, in the car park. Prizes only given to tickets produced at the prize giving, so stay around or give your tickets to someone who is staying
- Terrain:** Mostly open rough grassland, small wooded areas, some steep sided slopes and rocks, can be exposed on higher parts. The rough open in the N of the area is a lot less tussocky than that in the SW and E
- Map:** The map will be A3 sized. Note that it has been recently converted to ISOM 2017 – this shouldn't make a massive difference, but the observant will notice cross-hatch for Out of Bounds, 7.5mm control circles, 300m gap in Magnetic North lines, the special open triangle symbol used for a platform and narrower form lines.
http://orienteering.org/wp-content/uploads/2017/04/ISOM2017_20May2017.pdf
http://orienteering.org/wp-content/uploads/2017/04/Changes_from_ISOM2000_to_ISOM2017.pdf
 IOF 2018 control descriptions will also be used, the only tangible difference for this is that some of the “bend” descriptions can also now specify which side they are on.
http://orienteering.org/wp-content/uploads/2010/12/control-description-a4-pages_copy.pdf
- The Race:** ‘John o’ Goats’ is the MDOC version of the annual American head-to-head Billygoat race. The original race had just one course where everyone missed out one control.
Today there are three technical courses on which one you miss a number of controls depending on your age class. (you can run a shorter course if you want, but you will be non-competitive)
You MUST visit the first and last controls on your control description list. Apart from that you can visit the remaining controls on your course *in any order*, and choose which ones you miss out.
Strategy is critical - leave out an early control and get into the lead, or stick with the leaders (following is a permitted strategy) leave out a late control and beat the rest into the finish?
The planner hopes you will enjoy the problem but please remember it's a fun event.

	Long 30 Controls, 9.5km	Medium 22 Controls, 6.8km	Short 13 Controls, 4.2km
Miss 1 control	M21	M16 M50	W21 *M12 M70 W14 W55
Miss 2 controls	M20 M35	M55	W20 W35 M75 *W12 W60
Miss 3 controls	M18 M40	M14 M60	W18 W40 M80 W65 W70
Miss 4 controls	M45	M65	W16 W45 W50 M85+ W75+
*M/W12 please note that the course is Technical Difficulty 5, novice orange course is also available			

The Novice course is a standard 3.4km (8 controls, fixed order) Orange (TD3) course suitable for children and adult beginners.

Registration: 10.00-10:45 at the gazebos near the millpond to the N of the Car Park. Take your completed entry slip to the gazebo, make a generous donation in lieu of an entry fee (Note the BOF levy will be taken from this) and collect a sealed map for your course which **must not to be opened until the start whistle blows.**
!!! Remember to make a note of how many controls to leave out !!!

Clear and check your SI card at registration.

Start: The Start and Finish are a short walk from the Car Park.
Remember that for Short, Medium and Long, first and last controls are compulsory, but the others can be taken in any order. You MUST NOT leave off the first or last controls.

Long and Medium – Mass starts at 11:00 (timed, not punching)

Short and Novice – Mass starts at 11:10, but please be there for 11:00 as there is a stile for all to cross after the Long and Medium have started (note that this year Novice is also a mass start)

Punching: Standard SI punching will be used. SI cards can be borrowed (£30 charge for lost cards). Please collect your SI card at registration

Remember - FIRST and LAST controls compulsory for long/medium/short courses

Finish: The last control is compulsory.
After finishing, please go immediately to download at the gazebo

Prizes/Raffle: There will be prizes for the leading runners on each course.
They will be presented at about 13:00 followed by the raffle.

Results These will be published on www.mdoc.org.uk soon after the event.

Crossing Points: Do not cross any wall or fence except at marked crossing points

Course Closes: Course closes at 13:30 and you must finish by that time.

Facilities: The toilet block is beside the millpond (3 minutes from car park).
No muddy shoes in the toilet block please.
There will not be any water provided at the Finish.
The Timber Yard Café should be open for refreshments.

Dogs: Under close supervision in the car park only. Mass-starts, dogs and leashes aren't a good mix.

Safety: A full risk assessment has been carried out, but you are responsible for your own safety
No checks will be made for finishers; please use a buddy system. Leave your car keys at registration if travelling alone.
Parts of the area are very exposed, so please make a sensible judgement about clothing.
Take care crossing the Park roads and in the Car Parking area, and please be considerate of other Park users, especially at gates and stiles.
First Aid will be available at the Download area.
Nearest hospital-Stepping Hill, full details available at registration
If you have competed in 3 or more orienteering events and not joined a club you are not covered by our public liability insurance

Privacy: Your name may appear in the results on our website or in newspaper reports

Spikes: A condition of our licence is that no spikes shall be worn.

Officials: Planner and Organiser John Kewley. lyme2018@mdoc.org.uk