

# Devon/Quantock Long-O weekend of orienteering

4/5 October 2014

## Final Details

We extend a warm welcome to the weekend of orienteering and hope you enjoy some challenging runs in areas of outstanding natural beauty.

### Day 1: Princetown South to Burrator - Long Score Event



The event centre for both days is the primary school in Princetown

Cars may be parked in the school playground, the pay and display car park or residential roads in the town. Registration will be from 10.30am in the school NO O SHOES IN THE SCHOOL PLEASE. It is a short walk (5 minutes) following tapes to the start and finish from here. Dibbers issued for day 1 will be collected and re-issued for day 2. Both events will use SI punching. Lost hired dibbers will be charged for. There are punching starts for both days, so no start times will be pre-allocated. An official at the start will organise a queue if necessary. Car keys may be left at registration (recommended for sole car occupants).

**Start Times:** 11.00 -12.00hrs

**Courses:** There is an option of 3 course times – two, three or four hours. Select the time when you register. All use the same map and all controls are available to all courses and score the same values on each course. All controls are at technical difficulty 4/5.

**Map:** The map scale is 1:10,000 with 5 metre contours, printed on double-sided A3 waterproof paper. There is a significant overlap on each side for clarity. A copy of each side (without controls shown!) will be displayed at registration. Map bags may be available in case of wet weather- but bring your own if possible.

**Terrain:** The area consists of a mixture of fast rough open moorland and some mixed woodland with intricate contour features details, many the result of historical surface mining operations. The whole area is completely exposed to the elements and as such, you must follow the minimum kit requirements as detailed below. Good studded footwear is recommended

**Control Descriptions:** These are on the map in symbolic format - loose sheets in descriptive format will be available at the start.

**Kit and Safety Issues:** See Day 2 below. The safety bearing is north to reach the B3212

**Scoring Method:** There are 25 controls, 6 with a value of 10 points, 6 with 20 points, 6 with 30 points, 6 with 40 points and 1 with 50 points. Point values and individual control codes are shown on the map and the control descriptions. All controls are available to all three courses with the following condition: **only controls of equal or greater value than the one you have previously visited will be valid.** For example the sequence 10, 10, 20, 10, 30, 20, 10, 30, 40, 50 would give you only 190 points, as the third and fourth 10, and the second 20 would be invalid. PLEASE MAKE SURE YOU FULLY UNDERSTAND THE SCORING SYSTEM – ASK FOR CLARIFICATION AT REGISTRATION IF NEEDED.

**Lateness Penalty:** A deduction of 5 points will be made from your score for every minute, or part minute, that your time exceeds the time you have chosen to run. However, on all courses (but in practice only on the long course) if you excel, a 2 points per minute bonus will be added for achieving all controls in less than the allocated time! For interest, we have calculated the optimum straight line route to visit all controls in valid order to be approx. 34km - this will be significantly longer in practice!

**Tip:** Having a piece of string with knots indicating how far you expect to run in an hour would be a useful accessory in selecting your route. Competitors who have run score courses on mountain marathons will appreciate the benefits of this simple aid.

### **Day2: Dartmoor- King's Tor/Cox Tor/Great Mis Tor**

The event centre is as Day 1. It will be open for well deserved food and drinks – soup, bread and cake (included in entry fee) as you return from your run.

**Registration** and dibber hire/late entries are in the hall. NO O SHOES IN THE HALL. The start is a short distance away at the end of the houses in Station Road. It will be manned only for the starting period. The finish (unmanned) is a 5 minute walk back to the centre. We will look after your keys if requested. Registration is from 9.00am. Starts: 9.30-11.00am. Slower runners on the long course should start early.

**Maps:** limited small detail due to the scale (1:25,000 for medium and long courses and 1:15,000 for short) overprinted on waterproof paper with control numbers and descriptions printed as text. The Day 2 map has been produced mainly from Lidar data which comes in 1Km squares. Unfortunately some squares are not available, at least from our free source, and some have parts of the square missing. These have been filled in from other sources such as previous Devon Orienteering maps. Although the contour detail is very good in most places the complex rock detail on the top of tors is not well shown. The result is a map that is a cross between that which you might expect to find on an Orienteering map, and that found on a Mountain Marathon map. This part of Dartmoor has lots of rock features, only boulders or boulder groups that are locally prominent are shown. Areas which would be shown on an orienteering map with black dots as 'Boulder Field' are not shown. Most of the areas shown as 'marsh' in the southern part of the map are generally quite easily crossed and not worth a large deviation to avoid.

**Terrain:** Mostly runnable open moorland with some marshes and rocky tors. The area also contains several disused quarries, most of which are not fenced off, these should be treated with caution. There are many well established paths and many small animal tracks exist in addition to those paths shown on the map. Some stream crossing points and bridges are shown on the map. Competitors should use their own judgement if there is a spell of wet weather. Further information will be displayed at registration if deemed necessary.

**Course lengths:** Long 28.7km; 650m climb  
 Medium 19km; 420m  
 Short 8.8km; 220m

Courses may be shortened if very poor weather is forecast.

A control manned from 10.00 – 14.00 hrs will be passed on Medium and Long courses. Please ensure that your details are given to the official in addition to using the electronic control. This is for your safety in case a search is needed. Assistance/retirement may be possible. Water is available at the manned control.

Courses close at 4.30pm. If runners retire they **MUST** report back to the event centre.

**Safety:** Dartmoor is exposed and potentially subject to poor weather and changeable conditions. Competitors should obviously be prepared for the possibility of wet weather and poor visibility, but also consider that hot, sunny weather can have safety implications too. An emergency phone number (07866686435) will be printed on the map along with advice over escape options. Runners on the Day 2 Medium and Long courses will be able to retire at the manned control (just before the half way point) if necessary. Alternatively, the B3357 runs east/west across the Day 2 map and can also be used for retirement. Please prepare adequately for the course undertaken.

Lower leg cover is advised. The following kit requirements are for the safety of competitors.

	Day 1 – 2,3 or 4 hours	Day 2 – Short/Medium/Long
Short	waterproof top whistle	waterproof top whistle
Medium	waterproof top whistle drink and food <b>and for very bad weather: hat and gloves, warm layer and over trousers</b>	waterproof top whistle drink and food <b>and for very bad weather: hat and gloves, warm layer and over trousers</b>
Long	waterproof top whistle drink and food <b>and for very bad weather: hat and gloves, warm layer and over trousers</b>	waterproof top whistle drink and food <b>and for very bad weather: hat and gloves, warm layer and over trousers</b>

- A kit check will be made at registration.
- We will rely on competitor honesty to carry appropriate kit.
- Anyone deficient in kit will be allowed to only do the short course.
- The kit list is flexible and will be adjusted depending on the weather forecast.
- A mobile phone should be carried for emergency use only and reception is good in the open areas.
- We will provide a weather forecast at the start.

**Dogs:** may run with their minders, but bear in mind that there are sheep and cows in the area, the dog's behaviour is your responsibility.

**Crossing points:** are not compulsory, but we have assured the owners that fences will not be damaged. Please respect fields marked out of bounds.

**Gates:** The default state of all gates is CLOSED. If you find one open please close it behind you.

**Queries and payment for late entries:** These will be dealt with at the registration desk for each event. At other times contact Rosie Wych 01823 451942 (until 8.00am on 3 October) or [rwych@hotmail.co.uk](mailto:rwych@hotmail.co.uk)

**Last and most important:** Enjoy your run!