

Devon/Quantock Long-O weekend of orienteering

8/9 October 2016

Final Details

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

Day 1: Okehampton Ranges North- long score event

The event centre is the village hall in Belstone Village GR SX 621 938. There will be free tea, coffee & biscuits. Cars may be parked in the free public carpark opposite or as directed by the parking marshal. Please do not park in the car park overnight between Day 1 & Day 2. Registration will be from 10.30am in the hall NO MUDDY/SPIKED O SHOES IN THE HALL PLEASE. It is a short walk (10 mins) 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 – 1, 2 or 3 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 1:15,000 with 5 metre contours, printed on single-sided A3 waterproof paper. A blank copy (i.e. without controls shown!) will be displayed at registration. Map bags will be available in case of very wet weather- but bring your own if possible.

Terrain: The area, containing the highest peaks of Devon, consists entirely of classic Dartmoor rolling upland moorland terrain offering fast running. There are very few marshy areas, mostly limited to the stream valleys. A centrally located farm and bounding field systems is out of bounds. There are many tors with associated large areas of loose boulders and clutter- the going can be slow over these areas and slippery if wet. As the majority of the area lies within the Okehampton Firing Range, there is an extensive network of military tracks and roads, and mobile phone reception is generally good throughout. The entire 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.

Safety: The area is divided n-s by at least four major stream systems. Normally these are crossable in most places with, at worst, wet feet. If however there is excessive rainfall leading up to and during the event they will flood rapidly and crossing them will become at best a major challenge, and at worst potentially serious. There are many bridges and shallow fords in the area crossed by the military roads- please exercise caution and use these points to cross if the streams are in spate.

This is a military training area- do not touch or pick up any metal objects you may come across!

Kit and Safety Issues: See Day 2 details below.

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

Scoring Method: There are 19 controls, 6 with a value of 10 points, 6 with 20 points, 6 with 30 points, and 1 with 40 points. Individual controls, with their respective points values are shown on the map and the control descriptions, colour coded for clarity.

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, would give you only 140 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, on the long course only), if you excel, a 5 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. 32km- this will be significantly longer in practice!)

Day2: Cosdon Hill Long - O

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 common start/finish is a short distance away and will be manned only for the starting period. 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. 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. There are many well established paths and numerous small animal tracks covering the area. Only the more prominent paths and tracks have been drawn on the map.

Terrain: Very open rolling Dartmoor hills, several with prominent tors on top. The ground is very runnable in places but also can be quite tussocky and uneven underfoot. You will encounter some areas of gorse / heather / bracken but due to the exposed nature of the terrain their growth tends to be minimal. Most of the areas shown as 'marsh' on the map are generally quite easily crossed although the courses have been planned to avoid the worst of them. The streams are generally easily crossed although 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 23.3 km; 780m climb
 Medium 17.2 km; 670m climb
 Short 9.6 km; 300m climb

A control manned from 10.30 – 14.30 will be passed on Medium and Long. 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: This area of Dartmoor is **very** exposed and potentially subject to poor weather and changeable conditions. An emergency phone number will be printed on the map and advice over escape options. If you do become disorientated your best exit option will be to head north back to Belstone or alternatively east towards the manned control. Heading south or west will only take you deeper into the moor!

Good studded footwear and lower leg cover is advised. The following kit requirements are for the safety of competitors and are **compulsory**.

	Day 1 – 1,2 or 3 hours	Day 2 – 9,17 or 23k
Short	waterproof top whistle mobile phone	waterproof top whistle mobile phone
Medium	waterproof top whistle drink and food mobile phone <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>	waterproof top whistle drink and food mobile phone <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>
Long	waterproof top whistle drink and food mobile phone <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>	waterproof top whistle drink and food mobile phone <i>and for very bad weather: hat and gloves, warm layer and over trousers</i>

- A kit check will be made at registration & your mobile phone number will be taken.
- 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. Please also only bring dogs if they have been wormed within the last 3 months.

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 8.00pm on 7th October) or rwych@hotmail.co.uk

Last and most important: Enjoy your run!