

Exmoor Long O notes:

Location: Dunkery Park Gate at 51.154, -3.5805 or [w3w.towells.offstage.booklets](http://w3w.towells.offstage.booklets)

There is parking for several vehicles off the road here. There is a convenient co-op shop and good pub in Wheddon Cross village just 2km away.

Start and finish are both only a few metres from the parking.

- The scoring is the 10s, 20s and 30s format with 10 controls at each value, totalling 30. You can collect controls in any order (their points values are in brackets alongside the control number for each) with the proviso that once you move from a control of a lower to a higher value, then any subsequent controls visited of a value lower than the new one are deemed invalid. Maximum potential score without penalties is 600.
- You can select a time limit of 3, 4 or 5 hours maximum in map run. Points values scored are the same for each course time. On all courses, penalty points of 5 points per minute or part minute will be applied if you exceed the time limit.
- The controls are all located on definite features, off paths mostly, in the open moorland areas on the map so will (should!) work with map run even if gps reception is poor on the day due to weather etc.
- The terrain in the area is high exposed open moorland- please dress sensibly for the weather expected on your day and take food/drink as necessary. O tops and shorts are probably not the best choice of apparel. Remember that you are on your own for this exercise: there will be no rescue squad back at an event centre poised to come and look for you if you fail to return. Phone signal is patchy at best but better than nothing so take one with you. As the event is a score format, nobody but you will know your intended route and location so rescue if required could be an extremely lengthy and difficult process- best to try not to get into this situation in the first place.
- The ground cover is typical for this part of Exmoor- rough open moorland with areas of bracken, gorse, heather and patches of good old Exmoor tussocks- or any combination of these. Traversing directly off-path is going to be a matter of potluck as to what you encounter and is likely to be slow, heavy going and possibly painful at times. There are many paths and tracks on the area. The main ones are marked and should be identifiable on the ground. There will be many smaller unmapped animal tracks on the ground. The best advice is: if there's a path heading generally in your intended direction, then use it!
- That said, some areas have short, cropped grass which is good to run on and due to the excellent dry summer, seasonal undergrowth (bracken and young gorse) has been quite restricted in the areas we are using. Older extensive gorse is

easily seen and best avoided. The biggest areas are mapped with the appropriate green symbols.

- The area's roads are fairly quiet, but the occasional traffic can and does travel quickly- please be careful and alert when crossing and/or if you choose to traverse them.
- There are many animals in the area you may encounter- cows with young calves, ponies, deer and sheep are the obvious noticeable ones. Smaller but possibly more troublesome are adders and ticks- the former are likely to avoid you but take care at all times, the latter can't wait to meet and get up close to you- a thorough inspection up to 3 days after your run is required to avoid tick borne diseases.
- Field system boundaries are variable but typically will feature a high stone wall or earth bank with associated trees/bushes and possibly fences either side (or even on top). Some special symbols used are a combination of these features and will be self-explanatory. Access crossing points (gates) are shown where available- please try not to damage fences etc if you need to cross them.
- Finally make sure your phone and/or watch battery is fully charged and up to the task- having the gps function enabled while the map run app is running is quite power hungry. I usually take a small power bank and lead as backup.
- Enjoy!