



**Wrekin Orienteers**

Present a

## **LONG "O" at the LONGMYND**

We are pleased to hold a Long Orienteering Event at the Longmynd on  
Sunday **12<sup>th</sup> Sept 2010**

**A golden opportunity to hone your Mountain Marathon skills ready for the OMM, or simply a chance to run on some superb terrain in glorious surroundings.**

**Car Parking** – Will be at grid ref SO433965 (the same location as last year's West Mid Relays parking) Signed from A49 (opposite pub) in Leebotwood

**Registration** – Will be at the car park Registration from 10.00am

**Start Finish** – will also be in the same area close to the car park  
. Starts from 10.30 am to 12:30pm

**Courses** – **There will be 3 courses on offer 15.5km, 12.5km, & 9.5km**

This is open exposed terrain & cagules will be compulsory if the weather is inclement. All the courses will be technically challenging.

Courses Close at 3:30pm

**Map**:- 1:15000 surveyed by Peter Jones 2010 (A3 on waterproof paper)

**SI** Electronic punching, dibber hire £1. Lost dibber £30

**Entries** – On the Day at registration £5.00 Seniors, including BOF members reduction, Juniors £2.00 (**Under 16's only allowed if accompanied by an adult**)

**Organiser** – Brian Morris Tel 01952 770308

**Planner** – Alan Morris