



# The Legendary Choc 'O' \* 2018

(\*Choc=short for Chocolate and O=short for orienteering)

**Live from Sunday 23 December to Sunday 6 January**

**Start from the Cattle Grid in Carding Mill Valley, Church Stretton;** Park sensibly and safely somewhere which allows you easy access. Please park with consideration for residents and other people. If you park in Carding Mill Valley please use the pay and display meters- *National Trust Members bring your cards to park for free.*

**CHOC "O"** is a navigation challenge on the Long Mynd. You have to navigate around a set of control points starting from the grid reference point shown at the bottom of this sheet. At each Control there should be a white post about 30 cm high on the post will be the grid reference and control description for the next point on the course. Write down the **grid references** and **description** and mark the control on your map

At the last control you will find goodies. Enjoy, reseal tin, leave a message in the book and hide the sack! If you leave your email address we will keep you informed about other **WREKIN Orienteering** events. Then get back to your car which should be about 1.5km away.

This year there are 3 course options. Straight line lengths to the last control are:

**Short; 7.5km** -course splits at the first control

**Long; 13.5km** -Long and longer options split at the fifth control

**Longer; 16km.**

**THE LONG MYND** – is a high lump of sometimes very steep or shapeless ground. Visibility can be very poor and relocating can be difficult. Even if the weather and visibility is good in Church Stretton please assume that there will be thick cloud and high wind when you leave the shelter of the Valley.

**Terrain:** Steep-sided valleys with monster bracken in places and heather of various depths on open moorland crossed by numerous paths and tracks. Not all the paths are shown on the map. All courses will encounter steep ascents, descents, contouring, stream crossings, wet ground and heather, depending on route choices

**NAVIGATION equipment** – Map; OS Long Mynd 217 Explorer, plastic bag (for map cover), compass, pen, paper. A bright torch could help if you set off after lunch. GPS is allowed but the organisers decisions on correct locations remains final.

**KIT:** FRA standard plus more to allow for winter and extended duration. Take hat, gloves, enough clothes, a good waterproof jacket and overtrousers

**SURVIVAL:** Some spare food, a drink and a phone

**Please make sure that someone responsible knows what you are doing and when you expect to finish. Then please tell them when you have finished.**

**Entry:** Free. You can go solo, pairs or in a larger group – easier to find posts and more fun. If the Chocolate supply is running low or there are other issues, then let me know – text might be best

Adrian Pickles [adrian.pickles@gmail.com](mailto:adrian.pickles@gmail.com) **EMERGENCY NUMBER 07846 301251**

Control	Grid Reference	Description
Start	SO 4493 9423	Fence, West side
1		
	CHECK	Make sure you use the right one for your course
2		
3		
	CHECK	Make sure you use the right one for your course
4		
	CONGRATULATIONS	Short course finishes here. Please fill in the book and go back home. Make sure someone knows you are safe
5		
	CHECK	Make sure you use the right one for your course
6		
7		
	CONGRATULATIONS	Long course finishes here. Please fill in the book and go back home. Make sure someone knows you are safe
8		
	CONGRATULATIONS	LONGEST course finishes here. Please fill in the book and go back home. Make sure someone knows you are safe

