



Invite you to  
The John Bennison Long O  
At  
The Longmynd  
On  
Sunday 11<sup>th</sup> September 2016

**Venue:** Assembly will be at the southern end of the Longmynd, next to the entrance to The Midland Gliding Club. From the A49 turn West at the traffic lights into Church Stretton. Continue ahead to the Give Way at the crossroads, straight ahead here, and follow this road, which becomes single track with passing places, up onto the Longmynd. Keep left at the road junction and continue for approx. 3.5km. Grid Ref: SO 40459 91893, Postcode: SY6 6TA

**Car Parking:** Is along the roadside. Please park as advised.

**Map:** 1:20,000 map with 5m contour interval, A3 size printed on waterproof paper. Updated 2013 By Peter Jones.

**Terrain:** An open moorland of mainly sheep grazed grass, heather and bracken, with deep valleys and rocky outcrops. The area also contains streams and marshes and a path network.

**Courses:** Short 9.5km. Medium 11.6km. Long. 14.6km.

**Entries:** All entries £5.

**Registration:** Open 10am-12pm. Courses close at 15:00pm. This is a Long distance event, please arrive early to ensure plenty of time to complete your chosen course.

**Facilities:** Toilet.

**Sportident:** Electronic punching will be used. Dibbers available to hire £1. Lost dibbers will be charged at £40.

**Safety:** Whistles must be carried. Full leg cover is required. There are a small number of nettles present in some areas. In case of bad weather cagoules will be compulsory. It is recommended that you carry water. Please remember to download after your run, or you will be deemed as missing and a search will take place for you. Competitors take part at their own risk and are responsible for their own safety.

**Dogs:** Dogs allowed, on leads please due to the presence of sheep.

**Organiser/Planner:** Diane Jacks: [dijacks@btinternet.com](mailto:dijacks@btinternet.com)