



Present: **The John Bennison Long Mynd Long 'O'**

At: **Long Mynd – NE of Pole Cottage**

On: **September 13<sup>th</sup> 2020**

**Venue:** North East of Pole Cottage, Long Mynd. Thanks to National Trust Long Mynd Staff

**Event site: Grid ref; SO 417 943.** From Church Stretton, head up the Burway and continue onto the top, turn left (signed Asterton) to the grid reference to be directed by an official to a parking location and start/registration. Parking is spread across several small sites along the road across the top of the Mynd. Please park with consideration for other orienteers and members of the public and watch out for cars, bikes and horses if walking alongside the road. **Please remember social distancing measures.**

**Map:** 1:15000, 5m contour printed on A3 or A4 depending on course. Waterproof paper. Updated 2020 to ISOM 2017 by Pete Jones

**Terrain and Venue Information:** Exposed open moorland, rising to 516m o.d. Runnability is generally good with an extensive path network and rides. The vegetation is a mixture of grass, heather, bracken and gorse. All steep slopes have scattered crags and some scree. Both bracken, heather and gorse reduce runnability. Human activity makes some paths less obvious and recent bracken cutting makes the terrain faster than shown, or it might not.

**Entries:** Strictly online only at:

[https://www.sientries.co.uk/event.php?event\\_id=7462](https://www.sientries.co.uk/event.php?event_id=7462)

Seniors £7.50. Juniors £4, but the following applies:

- Juniors M/W 18 if suitably experienced can run unaccompanied up to Medium
- Juniors M/W 16 and above can run unaccompanied on Short and V. Short
- Juniors M/W 16 and above can run if accompanied by a capable adult on Medium
- Juniors M/W 14 and below can run if accompanied by a capable adult on Short and V Short

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

**Starts:** Starts 10.00 a.m. - 12.30 pm. Courses close at 15:30pm. Competitors will be spaced out along a ride prior to the start to allow adequate social distancing.

### Courses

**Facilities:** Toilets available in Church Stretton – Lutwyche Road or Easthope Rd (near Co-Op car park).

### Safety:

- Competitors take part at their own risk and are responsible for their own safety.
- **Please give the public and other competitors adequate space, particularly at control sites.**
- All sloping ground is very slippery- wear your best gripping shoes.
- All courses cross a minor road at least twice. There are no compulsory crossing points so **it is your responsibility to avoid traffic including cars, cyclists and horses.**
- Whistles must be carried.
- It is advisable to carry fluid on longer courses.
- In case of good weather cagoules may not be compulsory. Full leg cover is required.
- Please remember to download after your run, or a search will take place for you.

<u>Course</u>	<u>Controls</u>	<u>Length</u>	<u>Climb</u>
V. Short	7	4.7km	180m
Short	11	7.1km	435m
Medium	14	10.0km	650m
Long	20	15.4km	980m

**Dogs:** Dogs allowed but must be kept under control and leave no trace of their presence.

**Planners:** Heather and Tim Kieniewicz (WRE) [hrkieniewicz@hotmail.co.uk](mailto:hrkieniewicz@hotmail.co.uk)

In the event of extreme weather please check the WREKIN orienteers website or Facebook page to check the event is still happening. It would have to be quite extreme.