



The John Bennison
Long Mynd Long 'O'
Sunday 10th September 2017

Wrekin Orienteers present the annual classic moorland and valley navigation challenge for Orienteers, Mountain Marathon competitors, Trail runners and Park runners who want to extend their horizons.

Start times from 10:00 to 12:00. **Courses close at 15:30** (after which any competitors who have not reported to the finish will be considered lost and emergency steps put in place to search for them)

You must report to the finish even if you retire

Map: 1:20,000 scale with 5m contour interval – updated in 2015 by Peter Jones

Courses The beautiful scenery of Shropshire, with courses designed to show you the best views!

All courses begin with an ascent to the Long Mynd plateau. After that it's flat (ish) or downhill (well, some) Distances are based on the planner's optimum route.

LONG 7km. If you usually run 5km this distance is very suitable.

LONGER 10km – the distance many runners aspire to... and you get to see the countryside.

LONGEST 14km – you get to see more for the same entry fee!

Navigation difficulty is based on typical Mountain Marathon control locations (i.e. large features) with route choice options on many legs.

For newcomers to this exciting event:

A compass is advisable, just use the North needle to line up with the North lines on the map, then you are all set to spot the best route. This is **not** the straight red line used by convention to join controls in the order to be visited- descending into valleys and climbing steeply out is probably slower than running around. (and harder?)

Pairs, teams or individual competitors (over 16) can take part.

Terrain: Steep-sided valleys and heather moorland (some bracken), crossed by numerous paths and tracks. All courses will encounter ascents, descents, contouring, stream crossings, some heather, depending on route choices.

Entry: Entry available on the day subject to availability of maps. If you are intending a whole club outing, please phone Mike Callow (Planner) 01952 412 314 **By Monday 4th September** with approximate numbers and course choices.

Cost: £5

SI e-dibber hire £1.00 on the day (£30 payable if you lose it) or bring your own. This electronic timing will record your time for each leg as well as your finish time. Controls are standard orienteering red/white box flags with the SI timing box on top.

Parking: Brown sign, Carding Mill Valley from Grid Ref. SO 453942. B 5477 (old OS maps B4370!)

Car parking is very restricted, so please share (and save money)

If cagoules are required a sign will be placed at the Car Park Hut

Park in the lower National Trust car park; £3.60 – new £1 coin; get your kit on (and £5) and walk up past Toilets in the Visitor Centre to the top car park.

Other Activities for Friends and Family – 3 Permanent Orienteering Courses, Walks map, MTB map, Swimming in the reservoir, (unheated!), Restaurant. See NT website for full range of activities

Safety: Whistles must be carried. Full leg cover needed. **Cagoules may be compulsory.** This is a high level area so dress and plan accordingly. We are not supplying water.

Competitors take part at their own risk

Organisers: Wrekin orienteers

Planner: Mike Callow

For final details and upcoming events, check the Wrekin website <http://www.wrekinorienteers.co.uk>