



The West Midland Championships and West Midland League Event 9 Telford Town Park November 11th 2018

Venue:

Visitor Centre, Telford Town Park.

Big Thanks to Nicola Allen, Jackie Jones and Debbie King of Telford Council and Town Park, for all their assistance and permissions for this event at short notice.

Directions:

Leave M54 at junction 5, follow signs for Southwater TF3 4BZ.

The **Southwater** Multi Storey Car Park is located at the roundabout at the junction of Grange Central and St. Quentin Gate. Car Park cost £1 all day. This is a multi-storey car park with a maximum height of 1.9m. Alternative car parking is available close by in Telford Centre.

Directions to Event Centre:

Leave the Car Park at Level 2 and turn left. The Visitor centre is signed on some of the finger posts You are heading for "SW1" which is the Library and University Centre. You'll pass Premier Inn on your left and Cineworld to your right. At SW1 go around the left-hand side of Southwater Lake. At the end of the Lake turn right and follow the lake along and beyond into the Town Park passing close to a Grey Iron arch. The Visitor Centre is on the far side of Spout Pool which will be on your right. There will be some tapes and small O signs to help you. You may see orienteers on their courses, please give them priority if you do. No muddy shoes in the event centre please.

There will be a parade at 10:20am from Southwater Square to the Remembrance Memorial in Telford Town Park for 10.30am. We don't know the exact route of the parade, but it will either be along this taped route, or crossing this route. Please be respectful. You will also be passing close to the war memorial where the service will be taking place from 10:30 until 11:15am. Please again be respectful. You are all welcome to attend the service.

Map:

1:7500, 5m contour printed on A4. Waterproof paper. Updated 2018 to ISOM 2017 by Pete Jones

Terrain and Venue Information:

Very mixed Public Park with a fragmentary mosaic of runnable grassland, heath and woodland. Many steep pit mounds with contour detail and unforgiving vegetation. There is an extensive path network many with tarmac surfacing. The area is very popular with the general public. Spikes would not be the organiser's choice of footwear. Please be aware of other park users including: children, dog walkers, horse riders and cyclists. There will be a Junior Park Run in the park, this will finish before orienteering commences. They do start, and finish close to the visitor centre, so please give way to them if you see them.

Entries:

Seniors £8. Juniors £3. Non BOF members £10

Sportident:

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

Registration:

Open 10am-12:15pm.

Starts:

Due to the close proximity of the Remembrance service, starts will be from 11:05am until 12:45pm. Courses close at 14:45pm.

Courses:

White - 1.2 km - 15m - 9 controls
Yellow - 1.9 km - 30m - 10 controls
Orange - 2.7 km - 50m - 15 controls
Light Green - 3.7 km - 55m - 18 controls
Short Green - 3.8 km - 50m - 20 controls
Green - 4.4 km - 105m - 20 controls
Blue - 6.7 km - 130m - 28 controls

For the West Midland Championships and League, competitors who would normally run a Brown course will need to run the Blue.

To be competitive in the West Midland Championships, competitors will need to run the A/L, Long: course for their age class as detailed in the tables below.

Men:

Colour-coded course	Technical Difficulty	M Classes Long	M Classes Short
White	TD1		10
Yellow	TD2	10	12
Orange	TD3	12	14 70 75 80
Light Green	TD4	14	16
Short Green	TD5	70 75 80	60 65
Green	TD5	16 60 65	18 45 50 55
Blue	TD5	18 45 50 55	20 21 35 40
Brown	TD5	20 21 35 40	

Women:

Colour-coded course:	Technical Difficulty	W Classes A/L	W Classes B/S
White	TD1		10
Yellow	TD2	10	12
Orange	TD3	12	14 60 65 70 75 80
Light Green	TD4	14	16
Short Green	TD5	60 65 70 75 80	40 45 50 55
Green	TD5	16 40 45 50 55	18 20 21 35
Blue	TD5	18 20 21 35	

Trophy Presentation:

Trophy presentation for juniors will hopefully take place at 1:30pm. If you are a current trophy holder, please can you remember to return your trophy to enquiries on the day.

Facilities:

Toilets available at the Event centre. Many pubs and cafes are available close by. A great shopping centre for Xmas shopping later.

Safety:

Whistles must be carried. In case of bad weather cagoules may be compulsory. Competitors take part at their own risk and are responsible for their own safety. Please remember to download after your run, or a search will take place for you. Full leg cover is required.

Dogs:

Dogs are allowed but must be under control and must leave no trace of their presence.

Organiser: Diane Jacks (WRE) dijacks@btinternet.com

Planner: Clive Richardson (WRE)

Controller: Bob Brandon (OD)