

WREKIN ORIENTEERS' CHOC 'O' 2015

To celebrate the lengthening of the days following the winter solstice and to help minimise your festive flab here is a 'Norwegian O' style course on the Long Mynd otherwise known as Choc O.

Page 1 has information about a **LONG course**. **Page 2** has information about a **SHORTer course**. An up-to-date version of OS Explorer Map 217 (The Long Mynd & Wenlock Edge) at 1:25,000 scale is required to show necessary detail and to ensure correct interpretation of open access land. It's also critical that you know how to use a grid reference; 10 figure references are provided but you might prefer to convert them to 6 figures.

Print off this instruction sheet and take it with you along with a pen or pencil to note down each grid reference (or to leave a note for your nearest and dearest). At each Control site you should find a small stake in the ground which gives the grid reference of the next Control. The longer course and the shorter course each share Control 1 so take care to note the correct Grid Reference for the second control of your chosen course.

All controls are on open access land. If/when you leave open access land it is important that you navigate carefully and use public rights of way.

Make sure someone responsible knows what you are doing – someone you can contact for assistance in the event of difficulty or emergency. Be prepared for poor weather and or poor visibility on exposed high ground.

The course will be open on a 'turn up when you want to' basis and the controls will be in place (vandalism permitting) from 9:00 am on Tuesday 22nd December to 4:00 pm Sunday 3rd January.

LONG COURSE = 11 miles		Grid Reference:
PARK/START	Car Park at the top of Rectory Field, Church Stretton (but others in the town will do)	SO 44934 93586
Control 1	Woodland knoll top	SO 44914 93787
Control 2	Fence corner/apex	
Control 3	Fence corner	
Control 4	Stream junction	
Control 5	Fence corner	
Control 6	Fence corner (apex)	
Control 7	Pond, SE edge	
FINISH: you have completed the challenge at Control 7 so sign the book and navigate to your transport (1+ miles).		

FOR THE SHORT COURSE SEE NEXT PAGE

GOOD LUCK!

Planner: Charlie Leventon (E: charles.leventon@btinternet.com)

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SHORT COURSE = 6 miles		Grid Reference:
PARK/START	Car Park at the top of Rectory Field, Church Stretton (but others in the town will do)	SO 44934 93586
Control 1	Woodland knoll top	SO 44914 93787
Control 2	Tumulus	
Control 3	Stream junction	
Control 4	Fence corner	
Control 5	Fence corner (apex)	
Control 6	Pond, SE edge	
FINISH: you have completed the challenge at Control 6 so sign the book and navigate to your transport (1+ miles).		

FOR THE LONG COURSE SEE PREVIOUS PAGE

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