

## SPRINGTIME IN SHROPSHIRE 2015



### INDIVIDUAL DAYS – INFORMATION COMMON TO ALL

**CHECK YOUR ENTRY NOW:** After the closing date (2359 on 17 May) Fabian will charge you £3 should you wish to change your entry details. So, to avoid an almighty rush at our on-the-day registration desk, we too will charge you £3 if you wish to change your details at the events! With over 500 runners already confirmed spare time slots may be difficult to find. So please let Fabian know NOW - all Fabian amendments are free until midnight on Sunday 17<sup>th</sup> - about any changes you wish to make before the system allocates the time you originally asked for! You have a choice of V Early, Early, Middle, Late, V Late or Any for all four events.

**Road Access:** Please respect other road users and residents in and around the competition areas to ensure we will be welcomed back in future.

**Parking:** Car parking must be at the marshals' instructions.

**Traders in the Assembly areas:** UltraSport, O-Nosh, Podium.

**Toilets:** Spacemobiles will provide toilets at all assembly areas. There will not be toilets at the Starts

**Registration:** Enquiries, Registration, SI card hire and download located at each day's assembly area.

**Entry on the Day:** Available each day for all courses *subject to map availability*. Entry is by Age class, Long or Short or Colour Coded – White, Yellow, or Orange. Adults running White, Yellow or Orange will be charged at the junior rate. All EOD courses will be at late entry (post 17 May) prices.

**Electronic punching:** SportIdent equipment is being used on all days, and all courses. SI cards are available for hire at £1 for the weekend. Those of you who have pre-booked SI cards can collect them within the assembly area within the marquee. Should you lose your SI card, or fail to return it, you will be charged the full price of a replacement (currently £30). You are advised to bring some twine or very thin cord to make a wrist loop for your SI card.

**Start procedure:** You will be allocated a start time which will be checked off against a start list. Late starters, helpers and split starts will be fitted in at the discretion of the officials. A punching start will operate with a 3-minute call up. It is your responsibility to ensure you pick up the correct map and please make sure you only pick one up.

**Split Starts:** These will be available for EOD. Pre entered families should have pre-booked their split times.

**Whistles:** These are compulsory at all WMOA events and will be checked at the start. Failure to comply with the whistle requirement will result in you not being allowed to run.

**Maps:** All maps are printed on Enduro waterproof paper as used at the British Championships individual race and at the last two Midlands Championships. They will not be bagged. All courses are at 1:10,000 with 5m contours. Maps will not be collected at the finish but please do not show your map to other competitors who have yet to run. Loose description sheets will be printed on the back of old maps and will be available in the start lanes.

**White and Yellow Maps:** These maps will be made available to young and inexperienced orienteers before they step into the start box. The Start team will be able to help if needed.

**OOB areas:** as indicated on the map.

**Control Descriptions:** These will be provided in the Start lane. Courses 1 to 13 will be pictorial. Courses 14 and 15 will use text descriptions.

**Dibber:** Course 1 will have up to 30 controls so should fit on all dibbers. Anyone who punches at an incorrect couple of controls will still get their correct controls recognised, but will miss out on their last couple of split times.

**Shadowing Juniors:** Juniors may be shadowed. To remain competitive, any adult who shadows a junior must have completed their run beforehand.

**Control Sites:** All control sites will be marked with a conventional kite. The SI unit will be mounted on top of a stake with the control number clearly visible. If you discover you have punched the wrong control, ignore the mistake and continue to the correct control. Similarly if you punch out of sequence, the error will be ignored providing you go back and subsequently re-punch *in the correct sequence*. Each control site will have a manual punch in line with BOF Guidelines.

**SI Download:** After punching the finish control you must download as soon as possible. Hired SI cards will be collected from you at the end of your hire period.

**Results:** These will be displayed in the assembly area for each day. The SINS web site will have the previous days' results.

**First Aid:** Members of WRE and HOC who have completed the Outdoor First Aid course.

**Hospitals.** The nearest full emergency hospital is Shrewsbury and it is signed from the A5/A49 junction. There is a hospital car park, fee payable, so have spare £1 and 50p coins available (fee was £2.50p at the last check). Kidderminster hospital can also deal with minor injuries. A "Hospital" sheet will be available with addresses, phone numbers and route maps for each hospital. Collect one if needed from the First Aid point.

**Clothing:** All competitors must have full leg cover as per BOF rules. In the event of bad weather competitors may be required to carry a cagoule. If required a "Cagoules Compulsory" notice will be displayed on the way to the start leaving the assembly field. Failure to comply with any of the clothing requirements will result in you not being allowed to run.

**Safety:** Competitors who are travelling alone are advised to leave car keys (or some treasured object) suitably labelled, or enveloped, with your name at Enquiries. **All competitors must download as soon as possible at the end of their run whether they have completed the course or not.**

This is sheep country and ticks will be around. Competitors are therefore advised to wash their hands before eating or touching food or drink.

Please be careful of steep slopes, slippery bluebells and barbed wire on all courses. While we have carried out full risk assessments of the competition areas, and put in place any mitigation of the risks we found, please be aware that you take part at your own risk.

**Club tents:** There is plenty of room for tents along the run in but please do not pitch them underneath ancient trees as there is a danger of falling branches. Please also do not obstruct any public footpaths or bridleways which may run through the assembly and finish areas. On Days 2 and 3, as the run in finish is some distance from Assembly area and car park, Clubs wishing to pitch tents for shelter should pitch them on the West fence line away from the exit/entry point.

**String Courses:** There will be coloured wrist bands (Orange, White and Green for Days 1, 2 and 3 respectively) for those successfully completing the String course. Come and collect the set!



## Course details

Course	BRAMPTON BRYAN		STAPELEY and RORRINGTON		LAN FAWR and CORNDON HILL		"Colour"	M age class	W age class
	Distance (k)	Climb (m)	Distance (k)	Climb (m)	Distance (k)	Climb (m)			
<b>1</b>	10.1	320	9.5	350	8.5	265	Black	<b>M21</b>	
<b>2</b>	8.7	270	7.9	350	6.6	230	Brown	<b>M35, M40</b>	
<b>3</b>	7.2	270	6.6	245	6.2	225	Short Brown	<b>M18, M20, M21S, M45, M50</b>	<b>W21</b>
<b>4</b>	5.8	185	5.4	255	5.9	195	Blue	<b>M16, M35S, M40S, M55, M60</b>	
<b>5</b>	5.5	170	5.4	240	5.7	185	Blue		<b>W35, W40</b>
<b>6</b>	5.2	115	4.4	250	5.1	165	Short Blue	<b>M18S, M20S M45S, M50S, M65</b>	
<b>7</b>	4.8	125	4.3	190	5.1	165	Short Blue		<b>W18, W20, W21S, W45, W50</b>
<b>8</b>	4.0	85	3.8	200	3.5	150	Green	<b>M55S, M60S, M70</b>	
<b>9</b>	4.1	80	3.8	130	3.7	145	Green		<b>W16, W35S, W40S, W55, W60</b>
<b>10</b>	3.1	105	3.2	120	3.4	120	Short Green	<b>M65S, M70S, M75, M80, M85</b>	<b>W18S, W20S, W45S, W50S, W65, W70</b>
<b>11</b>	2.8	50	2.6	70	2.7	70	V Short Green	<b>M75S, M80S, M85S</b>	<b>W55S, W60S, W65S, W70S, W75, W75S, W80, W80S, W85</b>
<b>12</b>	3.5	65	3.2	75	3.1	95	Light Green	<b>M14, M16B</b>	<b>W14, W16B</b>
<b>13</b>	3.1	65	2.5	60	2.3	55	Orange	<b>M12, M14B, M21N</b>	<b>W12, W14B, W21N</b>
<b>14</b>	2.3	35	1.9	40	1.7	45	Yellow	<b>M10, M12B</b>	<b>W10, W12B</b>
<b>15</b>	1.9	35	1.5	35	1.2	25	White	<b>M10B</b>	<b>W10B</b>

Please note M70S is on course 10 and M85S on course 11.



## Day 1: Brampton Bryan

**Organiser:** Judith and Lester Evans (HOC) [judithevans55@btinternet.com](mailto:judithevans55@btinternet.com), [lester44@btinternet.com](mailto:lester44@btinternet.com),  
phone 01299 832 053 before 2100

**Planner:** Andy Hemsted (HOC)

**Controller:** Andy Yeates (WCH)

**Terrain:** The woodland and parkland of Brampton Bryan is in excellent condition this year; there is a small amount of bramble and of brashings, but generally competitors will be able to make good progress through 'white' woodland and through 'rough open'. Only the most significant vegetation boundaries have been mapped. Most of the vegetation boundaries used as control-sites are between coniferous and deciduous, but one clear larch/conifer vegetation boundary is being used. Very small fenced enclosures around individual trees have not been mapped. Gates leading into or out of the main estate valley must be closed after use, as there will be sheep in this area. Most courses will re-enter the valley via constructed crossing-points. Course 15 will pass through a gate; please would parents of children on course 15 explain to such children the importance of closing the gate after they have passed through. One hide is being used as a control-feature.

**Directions:** The event will be signed from the village of Brampton Bryan SO 370 725. The postcode for sat nav users is SY7 0DH. Access to the car park for all vehicles is via a minor road south out of the village – NOT the estate road. (Follow the signs for Aardvark Books).

**Car Parking:** the parking field is well drained and normally used to graze sheep. It slopes gently upwards from the gate, so cars will be parked facing down the slope towards the gate. Large vehicles will park at the bottom end of the field. **If you plan to bring anything larger than a minibus, please contact the Organiser in advance.** The same gate is used for both entrance and exit and so it will make life easier for the car parking team if you can arrive before 13:30 pm. No exit until 13:30.

**Assembly:** The Assembly Area is 400m from the gate at the top of the car park. Those parked at the very bottom of the car park field will have an 800m walk. Please follow the taped route from the car park to assembly. Please ensure that the gate between the car park field and assembly is left shut to stop the sheep wandering into the car park and potentially on to the lane. Please follow the taped route and avoid walking on the estate road, as vehicles may be passing.

**Registration:** From 11:30

**Starts:** 12:00 – 15:00

**Courses close:** 17:30

**Dogs:** Allowed in the car park and assembly, only on leads and strictly under control. Sheep will be grazing with lambs in the park.

**String Course:** adjacent to the assembly area and the car park field.

**Clothing dump:** None as difficult to access during competition.

**Split Starts:** the distance between the Finish and the Start is 1.3km with 150m of climb.

**Start:** There will be one common start for all courses. The walk to the Start is 1.2k, South-West from Assembly with 150m climb. Allowing 40 minutes to the Start should give time to enjoy the views, and to recover from oxygen-debt! Please stay on the taped route from assembly to the start.

- Crossing points:** there are no marked crossing points. All the courses pass through gates towards the end of their courses. A stile will be constructed at one gateway to permit access for competitors but stop sheep from entering the woodland. All other gates into the open parkland **must be left shut** to prevent sheep from wandering into the woods. **The gardens of the house are OOB**
- Safety:** Please be aware – parents in particular – that there are deep ponds close to assembly at Brampton Bryan. Warning notices will be placed nearby. There is also a deep marsh, with quick mud, on route from the car park to assembly – this will be taped off with hazard tape. In addition there is a small but steep craggy area on the route from the car park – a notice will be displayed but parents are asked to ensure that their children do not play around these areas.
- Finish:** There is one Finish: the run-in will be 100m, allowing plenty of space for club tents.
- Drinks:** Competitors are responsible for their own hydration pre and post event.
- Acknowledgements:** The Harley Estate – for allowing us to use the area for orienteering; Richard Harris, tenant farmer, who has moved his sheep so that we may use the field for car parking; Special thanks to Mick Greenan, the gamekeeper, who has been very friendly and helpful throughout the mapping, planning and organising of this event.
- Post Orienteering information:** Aardvark Books, in Brampton Bryan is open at the weekend and is an Aladdin's cave of new and second-hand books. It also has a small café in the middle of the bookshop selling a range of teas, coffees and cakes, soups and croques monsieurs. Opening hours are 9am-5pm weekdays, 10-5pm Saturdays, 10-4pm Sundays. 01547 530744



## Day 2: Stapeley and Rorrington

- Organiser:** Richard Lewis, [richardlewis989@btinternet.com](mailto:richardlewis989@btinternet.com), phone 01948 840428 before 1930
- Planner:** Pete Jones (WRE)
- Controller:** Simon Thompson (HOC)
- Terrain:** This is generally an exposed open hillside providing straight forward orienteering and relatively fast going through grass, marsh and bracken. There are some steep craggy slopes and two small areas of woodland one typical forestry plantation with extraction lanes and ditches and another on a steep hillside with pheasant pens and mine shafts (open ones will be taped). The area is divided by a fence which has stile type crossing points and fences highlighted in purple on the map should only be crossed at these points. Courses do not enter cultivated areas or fields surrounded by common land.
- Directions:** The event will be sign posted from A488 Shrewsbury to Bishops Castle road at its junction with the minor road to Priestweston, GR SO 320979. Please take care on narrow roads through the Hamlet. Post code ref for SATNAV is **SY5 0JJ**
- Car Parking:** The Car park at GR SO 301975 is a field approached off a farm lane with a uneven surface please take care and travel slowly over this. Competitors will also be exiting the field through the same Gate ways please take notice of the marshals' instructions. **Large camper vans and Coaches cannot be catered in this field. Please contact organiser via email for an alternative solution.** No exit until 13:00
- Assembly:** This will be in the same field as car parking and will have toilets and traders.
- Registration:** From 9:30.
- Starts:** 10:00 - 13:00. As cars will be coming in through the gate that takes runners to the start please take care when leaving the Assembly area. Routes to the start will be signed from the entrance gate and will be along mostly flat lanes to the competition area.
- Course close:** 15:00
- Dogs:** Allowed in the car park but must be on a lead at all times at landlord's request.
- String Course:** String course will be signed from the field exit, approx. 700 m. It will be open and manned from 11:00 to 13:30 after which it may still be in place but not manned.
- Clothing dump:** In bad weather there will be a clothing dump *enroute* to start within 200m of the finish.
- Split Starts:** Distance between Car park and Start is 1.6k with virtually no climb. The route to the Start passes the Finish.
- Start:** One start for all courses signed from the Car park and taped - please allow 20 minutes.
- Crossing points:** Please only use the crossing points or gates marked on the map
- Finish:** The Finish is 1.3 k back to the assembly field and car park. Please take care when crossing the minor tarmac road.
- Drinks:** Competitors are responsible for their own hydration pre and post event.
- Acknowledgements:** Wayne Tuffin, Rorrington Estate and Balfours, Estate Managers



### Day 3: Lan Fawr and Corndon Hill

- Organiser:** Andy Clough (WRE) (01743 246639 before 2100 or [andy.debclough@tiscali.co.uk](mailto:andy.debclough@tiscali.co.uk))
- Planner:** Mike and Tony Callow (WRE)
- Controller:** Henry Morgan (POTOC)
- Terrain:** Spectacular panoramic views of SINS landscape. Complex boulder fields, craggy outcrops and scree slopes, a tricky quarried area on a slope, lightning fast open grassland and heath, more huge boulders and old mines, slower going heather, marsh and gorse scrub. Buzzards, skylarks, ravens and paragliders should you look up, and if you do have reason to stand still in the lee of the hill, absolute silence. Expect most of the above.
- Directions:** The event will be sign posted from A488 Shrewsbury to Bishops Castle road at its junction with the minor road to Preistweston, GR SO 320979. Please take care on narrow roads through the Hamlet. Post code ref for SATNAV is **SY5 0JJ**
- Car Parking:** The Car park at GR SO 301975 is a field approached off a farm lane with a uneven surface please take care and travel slowly over this. Competitors will also be exiting the field through the same Gate ways please take notice of the marshals instructions. **Large camper vans and Coaches cannot be catered in this field. Please contact organiser via email for an alternative solution.** No exit until 1300
- Assembly:** This will be in the same field as car parking and will have toilets and traders.
- Registration:** Opens 9:30.
- Starts:** 10:00 - 13:00. As cars will be coming in through the gate that takes runners to the start please take care when leaving the Assembly area. Routes to the start will be signed from the entrance gate and will be along mostly flat lanes to the competition area.
- Course close:** 15:00
- Dogs:** Allowed in the car park but must be on a lead at all times at landlord's request.
- String Course:** String course will be signed from the field exit, approx. 200m. It will be open and manned from 11:00 to 13:30 after which it may still be in place but not manned.
- Safety:** Please only use the points marked and close any gates which have signs on them to keep shut. Do not attempt to climb barbed wire fences.
- Safety on Course:** A bearing of 270 (i.e. West) will lead to the north-south main track leading back to the car park north. Competitors on White and Yellow Courses will be helped over less distinct linear features by the placing of White and Yellow 'Smiley faces'
- Clothing dump:** Adjacent to the Start /Finish track.
- Split Starts:** The Finish is on Corndon Hill, 200m from the Start and visible from it.
- Start:** One start for all courses, follow tapes and allow **20 minutes walk** on forest track
- Finish:** The Finish control is on Corndon Hill. Follow tapes back to car park assembly field to download as soon as possible.
- Drinks:** Competitors are responsible for their own hydration pre and post event.
- Acknowledgements:** Powis Castle Estate, Keith Meyrick ( car park), Hugh Tilsley (farmer)