



BRAMPTON BRYAN

SINS Day 2 Sunday 28th May incorporating the Midland Area Long Distance Orienteering Championships Part of the UKOL

Final Details v3 at 22 May

Please read these details in conjunction with the Information Common to All Days

Organiser	Peter Langmaid (HOC) plhoc@tiscali.co.uk Phone 07905 031479 before 2100hrs
Planner	Andy Johnson (HOC)
Controller	Henry Morgan (POTOC)
Terrain	Wooded hill and semi-open ridge descending to parkland at lower level. Wooded areas are generally runnable.

Directions

The event will be signed from the A4113 in Brampton Bryan. The postcode for satnav users is SY7 0DH. Access to the car park for all vehicles is via the estate road, accessed at the triangular green at SO 369 724 W3W ///booklets.submit.desiring. If approaching from the west, please do NOT cut down the western side of the green but make the sharp right turn at the far side.

Parking

Level field adjacent to the park. **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 so it will make life easier for the car parking team if you can arrive before 12.00pm. No exit until after 12.00pm.

Assembly	The Assembly area is in the parking field.
Registration	Enquiries, SI Card Hire/Collection and EOD will be open from 09:45
Entry on the Day	Colour-coded courses only subject to map availability
Starts:	11.00 to 14.00
Courses close:	16.15

Dogs

Only allowed in the car park and Assembly area and must be on leads and strictly under control. Sheep will be grazing with lambs in the park.

Start

One start for all courses. 2km and 175m climb along marked route across parkland and up steep tracks unsuitable for pushchairs. **Allow 40-50 minutes** if you want to get your breath back before your start.

Split Starts

Available for Entry on the Day. Pre entered families should have pre-booked their split times. Note the distance/climb to the start.

Clothing Dump A clothing dump will **NOT** be provided.

Clothing

All competitors must have full leg cover as per BOF rules. If the organisers deem that cagoules must be worn then signs will be placed at the exit from the parking/assembly field

Whistles All competitors must carry a whistle.

Maps

1:10000, 5m contours, A3. Survey Colin Spears 2001/2 updated Paul Basher 2022/3

All maps are printed on waterproof paper.

Loose description sheets will be available in the start lanes.

Maps will not be collected at the finish but please do not show your map to other competitors who have yet to run.

Junior Courses

Shadowing is allowed on the colour-coded courses but not on the age-related Midland Champs courses. To remain competitive, any adult who shadows a junior must have completed their run beforehand.

Start Procedure

You will be allocated a start time which will be checked off against a start list.

Late starters and helpers will be fitted in at the discretion of the officials. Late starters on Ward JHI courses may suffer longer delays to comply with the required start interval.

Punching starts will operate with a 4-minute call up.

Labelling of the start lanes and the maps will be by colour of the course so please make sure you know the colour of the course your age class is allocated to. Signs showing the class/course mapping will be displayed at assembly and start.

It is your responsibility to ensure you pick up the correct map **and please make sure you only pick one up.**

Safety

Beyond the usual risks of vegetation and uneven ground, Brampton Bryan is sheep country and we recommend you check yourself for ticks after your run.

The woods are humid and the ground slippery in places. Please ensure you are wearing appropriate footwear.

If lost head north-east to get back to Assembly.

There are deep ponds and marshes in the vicinity of the route from the Finish to Download. Parents are asked to ensure their children do not play around these areas.

First Aid will be located in the Assembly field. Additional kits and water will be at the start and finish

Fence Crossings

The fences around the estate are of varying ages and condition. Where indicated, they should be crossed at crossing points. Nonetheless care should be taken even at these points, as these too may require care when crossing. When crossing, check that the posts are firm enough. Fences marked as crossable without the purple uncrossable line may be crossed anywhere. If you open gates, **please shut them** behind you. If you climb over, climb at the hinge side.

Please respect the Out-of-Bounds areas shown on the map.

The Finish will be marshalled. Follow the marked trail 700m directly to Download.

Drinks

Competitors are responsible for their own hydration pre and post event. If you take your own to the Start please empty bottles you are discarding before placing in a bin bag provided.

A **String course** will be provided in the park adjacent to the assembly/parking field.

Happy/Sad faces on White and Yellow courses will be used to steer the younger ones in the right direction. Each course will have its own set of faces, clearly identifying the course by colour. Examples will be available at the start.

The **Black course has 34 controls**. Version 8 SI-cards (nos 2,000,001 – 2,999,999) can only store 30 controls and therefore will not record a complete run on this course. Version 5 SI-cards (nos 1-499999) as used in our hire stock can record up to 36 punches but will only record times for 30. A complete run can be recorded on this course with a V5 SI-card but split times for the last few legs will be missing.

Midland Champs Trophies should be returned to the gazebo next to the Enquiries and Registration point. The presentation to this year's winners is expected to take place here at around 3pm. Any trophies not collected at the presentation can be collected at Corndon the following day.

Catering Podium Catering and the WM Junior Squad Cake Stall.

Traders CompassPoint.

Toilets Portaloos in assembly/parking field.

Course Details

Men's Classes	Women's Classes	Course	Length (km)	Climb (m)	No. of Controls
M21L		1 Black	10.1	480	34
M35L, M40L		2 Brown	8.6	420	24
M18L, M18L EngJHISel M20L, M45L, M50L M21S	W21L	3 Short Brown	6.9	335	26
M16A, M16A EngJHISel M55L, M60L M35S, M40S	W35L, W40L	4 Blue	6.2	255	19
M65L M18S, M20S, M45S, M50S	W18L, W18L EngJHISel W20L, W45L, W50L W21S	5 Short Blue	5.7	280	20
M70L M55S, M60S		6 Green Men	5.3	235	17
	W16A, W16A EngJHISel W55L, W60L W35S, W40S	7 Green Women	5.2	230	18
M75L, M80L, M85L, M90 M65S,	W65L, W70L W18S, W20S, W45S, W50S	8 Short Green	3.8	95	13
M70S, M75S M80S, M85S	W55S, W60S, W65S, W70S W75, W80, W85, W90	9 Very Short Green	3.1	65	14
M14A, M14A EngJHISel M16B	W14A, W14A EngJHISel W16B	10 Light Green	3.5	100	13
M12A, M14B M21N	W12A, W14B W21N	11 Orange	3.2	55	13
M10A, M12B	W10A, W12B	12 Yellow	2.7	30	12
M10B	W10B	13 White	1.8	15	10

Other Things to Do Aardvark Books in Brampton Bryan village stocks new and second-hand books and has a small cafe. They will be running a car boot sale/flea market on the day from 9am to 3pm with live music from 11am to 2pm, plus the bookshop and cafe open as normal from 10am to 4pm.

Acknowledgements

The Harley Estate for allowing us to use the area for orienteering.