

CORNDON HILL Middle Distance Event

SINS Day 3 Monday 29th May Part of the UKOL

Final Details V7 23rd May

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

Organiser Richard Lewis (WRE) email: wroxell@gmail.com

Planner Tony Callow (WRE)

Controller Robert Griffiths (MWOC)

Terrain Spectacular panoramic views of SINS landscape looking out into Wales and England, Complex boulder fields, craggy outcrops and scree slopes, a tricky quarried are on a slope, lighting fast open grassland and heath, more huge boulders and old mines, marsh, gorse scrub land, look up and you may see Buzzards, Red Kites, Ravens and even Paragliders. And should you stand still in the lee of the hill absolute silence. Expect most of the above.

Directions

The event will be signed from the A488 Shrewsbury to Bishops Castle road at its junction with the minor road to Priest Weston. Please take care on narrow roads through the hamlet. The postcode for sat nav users is SY5 0JJ. What3words:///topics.voices.shack Take care on entering and leaving the car park and be aware of pedestrians.

Parking

The car parking is in a field approached off a farm lane with an uneven surface, please take care and travel slowly over this.

Competitors will also be exiting the field through the same gateway so please take notice of the marshal's instructions.

Large campervans and vehicles bigger than a minibus cannot be catered for in this field. Please contact the Organiser via e mail for an alternative solution.

The same gateway is used for both entrance and exit and so it will make life easier for the car parking team if you can arrive before 11.30am. No exit until after 12.00am.

Assembly

The Assembly Area is in the same field as the car parking and will have Toilets, Podium Catering and any other traders, A maze suitable for young people is also located in the corner of this field.

Registration: Enquires, SI Card Hire and EOD will be open from 09.30

Starts: 10.00 to 13.00

Courses close: 15.00

Dogs

Only allowed in the car park and Assembly area and must be on leads and strictly under control. Please clean up after your dog.

Start The event will have 2 Starts a **North** start and a **South** start

North Start.

Courses: Black, Brown, Blue, Green Men, Green Women, Short Green

Punching Start

This start is a 200m climb and 15 minute walk turning right out of the entrance gate along the farm track and following the tape before turning left over the styles to walk.

South Start

Courses: White, Yellow, Orange, Light green, Very Short Green

Punching Start

This Start is a 50m climb and a 20 minute walk, again turning right out of main car park entrance, before walking along the farm track, continuing on this track past the style to the North start until you come to a gate on your left, onto a rough track and field. Follow the tapes from this point going uphill turning right to the start.

All routes will be taped and will have final course detail before decision points.

Finish Please ensure you punch the finish control.

This will be passed on the way to the South Start; those using the south start may leave clothing if they wish by the finish, please mark and provide your own bags. No clothing dump will be provided for the North start.

Clothing Dump Those using the south start may leave clothing if they wish by the finish, please mark and provide your own bags. No clothing dump will be provided for the North start.

Clothing

All competitors must have full leg cover as per BOF rules. Corndon Hill can be very exposed on the top and side areas so we may recommend cagoules are worn, should this be the case a notice will be displayed in the car park. As this is sheep farming territory please check for ticks after your run.

Whistles

All competitors must carry a whistle.

Maps

Corndon Hill is a new map surveyed and drawn by Dave Peel at Peel Land surveys and will be either 1:10000 or 1:7500 scale with 5m contours.

Crossing Points

Some Courses will have mandatory crossing points over barbed wire stock fences. These crossing points must be used and will be marshalled. The future use of this area may well rely on us not damaging fences or walls etc., thank you in advance.

Controls Will be SIAC enabled. See attached course detail to ensure your dibber is compatible with the number of controls?

Junior Courses

White and yellow courses will have a taped route between certain controls and smiley faces to help juniors.

Hazards

Dangerous cliff drops on courses which pass nearby will be marked by Yellow and black tape, please take care.

Scree, The planner has avoided planning routes that cross scree slopes. Please also avoid crossing these as they are both dangerous and protected by Natural Resources Wales They will not be marked out of Bounds to allow full map visibility.

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.

Punching starts will operate with a -3 minute call up.

Blank maps and control descriptions will be in start lanes

Course maps will be in boxes marked by course colour

White course maps will be available before start lanes

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.

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

Safety

Competitors take part at their own risk and any concerns or health/medical conditions they think the organisers should be aware of should be left in a sealed envelope marked with your name and start time at enquiries and collected after your run. Competitors are responsible for their own hydration pre and post event.

Maze We are hoping to have a small maze suitable for juniors to try in place of a string course this year, This will be located in the corner of the car Park Field.

Acknowledgements

We would wish to thank the Landowners and tenants for kindly allowing us to put this event on

Powys Castle Estates, Mr Jack Tavenor

Rorrington Estates, Balfour Estate Management team, Sara Williams Land Agent

Mr Keith Meyrick for the use of his fields for Parking

Mr Huw Thomas for using his fields for access

Isabelle Griffiths at naturiol cymru

Course Details

Mens Classes	Womens Classes	Course	Length (km)	Climb (m)	No. of Controls
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M21, M35, M40, M18, M20		1 Black	5.7	280	27
M45, M50	W21, W18, W20	2 Brown	5.0	265	24
M55, M60, M16	W35, W40	3 Blue	4.2	190	25
M65, M70		4 Green Men	3.9	180	25
	W16, W45, W50	5 Green Women	3.9	180	23
M75, M80, M85	W55, W60, W65	6 Short Green	3.2	145	20
	W70, W75, W80, W85	7 Very Short Green	3.0	110	14
M14	W14	8 Light Green	3.1	120	16
M12	W12	9 Orange	2.7	115	15
M10	W10	10 Yellow	1.6	100	13
		11 White	1.3	80	11