



Present: **The John Bennison Long Mynd Long 'O'**

At: **Long Mynd – Cardingmill Valley**

On: **Saturday September 3<sup>rd</sup> 2022**

**Venue:** Cardingmill Valley, Upper Car Park, Long Mynd. Thanks to National Trust Long Mynd Staff

**Event site:**

**Grid ref: SO440948/What 3 Words: <https://w3w.co/mush.promising.showering>**

From Church Stretton, follow signs to Cardingmill Valley (National Trust). Public transport options available include rail from Shrewsbury/north or Ludlow/Hereford/Cardiff to Church Stretton railway station. Bus 435 from Shrewsbury and Ludlow. If driving, please car share where possible. Parking is in National Trust Cardingmill valley (£5 fee for non-members of NT, can get busy at weekends).

**Map:** 5m contours. All waterproof paper. 1:15k or 1:10k depending on the course, course 6 is 1:5k. Updated 2022 by Pete Jones who has mapped a new part of the Mynd for the event (to be used on courses 1 and 2). The vegetation on the Mynd is constantly in flux, it is not possible to map it all, especially the bracken cuts.

**Terrain and Venue Information:** Exposed open moorland, rising to 516m. Run-ability is generally good with an extensive path network and rides. The vegetation is a mixture of grass, heather, bracken and gorse. All steep slopes have scattered crags and some scree. Both bracken, heather and gorse reduce run-ability. Human activity makes some paths less obvious and recent bracken cutting makes the terrain faster than shown, or it might not. The ponds on the map may have run dry. **Please avoid any wet marsh areas, the courses have been planned to avoid these.**

**Entries:** Preferably via SI entries (to enable us to work out number of maps required) from Saturday 13<sup>th</sup> August, for courses 1-4. Some entry on the day available but payment by cash only.

**Courses 5 and 6 (come and try it) are all entry on the day only.**

Adults (18+) £8 BOF members, £9 non BOF members. Under 18s £4, come and try it price – Adults (18+) £3, Under 18's £2.

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

**Sportident:** Electronic punching will be used (not SIAC/ contactless).

**Starts:** No allocated start times, start anytime between 10.00 am – 11.45am. Courses close at 3pm.

Registration is at the top car park in Carding Mill valley. This is also the finish. The start for course 6 is at registration, all the other courses start is 110m climb/ 400 metres distance away (flagged).

**Courses:**

**Distances will be longer than shown as you won't take a direct line!**

Course	Colour code	Distance (direct line)	Climb (best route)	Controls	Expected winning time	Suitable for
1	Black	14.4km	545m	11	2 hours	Experienced 18 +
2	Brown	10.8km	425m	10	1 hour 45 mins	Experienced 18+
3	Blue	7.6km	225m	9	1 hour 30 mins	Experienced 16+
4	Green	5.9km	180m	8	1 hour	Experienced 14+
5 – come and try it	Orange	3.8km	160m	5	40 mins	Beginners, older kids
6 – come and try it	Yellow	1.9km	50m	5	20 mins	Beginners, kids

**Facilities:** Toilets available at National Trust Pavilion/Cafe in Carding Mill Valley.

**Safety:**

- Competitors take part at their own risk and are responsible for their own safety.
- **Please be considerate and give way to members of the public.**
- All sloping ground is very slippery- wear your best gripping shoes.
- Courses 1-4 cross a minor road at least 2-3 times. There are no compulsory crossing points so **it is your responsibility to avoid traffic including cars, cyclists and horses.**
- Whistles must be carried.
- It is advisable to carry fluid/ electrolyte and food.
- In case of dry weather cagoules may not be compulsory.
- Please remember to download after your run, or a search will take place for you.

**Dogs:** Dogs allowed but must be kept under control and leave no trace of their presence.

**Planners:** Tim Kieniewicz (WRE)

In the event of extreme weather please check the WREKIN orienteers website or Facebook page to check the event is still happening. It would have to be quite extreme.