

MARSDEN MOOR REGIONAL EVENT

SUNDAY 12th MARCH 2006

FINAL DETAILS. 06/03/06

Directions.

The car park and assembly area for this event are in the Standedge Visitor centre. The centre is in Marsden village adjacent to Marsden railway station. GR 048118. It is signposted from the A62 (look for the brown signs) and was used at the last event in October 2003. There will be no orienteering signs.

Car Park.

There is a car park fee of £1 per vehicle. Please have the exact money ready when entering the car park. Members of the public will be using a separate area of the car park so please consider their needs.

Registration, E-card hire, Enquiries, Toilets, Results and Download are all situated in the Car Park.

The National Trust will be having a sale of plants in the car park on 12th March. Please take time to look at their stall, as they have kindly allowed us to use the area.

Entry on the day.

A large supply of extra maps have been printed, so all competitors entering on the day will be able to run the course of their choice. In the unlikely event of the supply of maps running out, there will be a facility for blank maps to be marked up before competitors start.

The prices on the day for badge courses are Seniors £8.00. Juniors £2.00. Family £19.00.

Registration opens at 9.30am.

Colour Coded Courses.

There are 5 courses on offer.

The courses are White, Yellow, Orange, Red and Light Green.

The prices are Seniors £4.00. Juniors £2.00.

Electronic Punching.

All courses will use electronic punching. Dibbers can be hired from Registration .You must report to download, which is situated in the car park, even if you retire.

Bussing.

All competitors will be taken to and from their starts by 3 minibuses. The bus stop for the starts is in the car park.

Toilets.

There will be 4 toilets in the car park, plus an informal Gents urinal.

There will be another toilet at the bus drop off point.

Starts.

There are 2 starts. The high start is used by courses 1 to 8 and course 11.

The low start is used by courses 10,12,13 and 14.

The high start is an easy 15 minutes walk from the bus drop off point.

The low start is a 5 minute walk from the bus drop off point.

Course Details.

Course	Length	Climb	Start	Class (M)	Class (W)
1	9.8	385	H	M21L	
2	8.4	250	H	M35L.M40L	
3	6.6	220	H	M45L.M50L.JM5L.M21S	W21L
4	5.7	200	H	M55L.M60L.M35S.M40S.JM5M	W35L.W40L.JW5L.
5	4.9	155	H	M65L.M21V.M45S.M50S.	W45L.W50L.W21S.
6	3.6	140	H	M70L.M55S.JM5S.	W55L.W60L.W35S.W40S.JW5S.
7	2.9	85	H	M75L.M60S.M65S.	W65L.W70L.W45S.W21V.
8	2.5	95	H	M70S.M75S.	W75L.W50S.W55S.W60S.W65S. W70S.W75S.
10	3.9	120	L	M21N.	W21N.
11	3.7	100	H	JM4.	JW4
12	2.8	100	L	JM3	JW3
13	1.3	95	L	JM2	JW2
14	1.0	70	L	JM1	JW2

String Course.

The free string course is adjacent to the Bus drop-off point.
There are a limited number of parking places close to the String course.
These are for the exclusive use of adults taking children on the string course.
In an emergency, they can be used by competitors with split starts.
Please ask at Enquiries for further details.

Safety.

You take part at your own risk.
Marsden Moor is a very high and exposed area, so dress appropriately.
In view of the prevailing weather conditions, cagoules are very likely to be compulsory.
Competitors travelling alone are strongly advised to leave their car keys at Enquiries.
All competitors are advised to carry a whistle and a hat.

Finish.

There is one finish for all courses. Courses close at 3.00pm.
Orange juice will be available at the bus pick up point.

Clothing.

There will be an informal clothing dump close to the Low Start. You will need to provide your own bag. All competitors will pass this point when returning to the buses.

Map.

The map is at a scale of 1:10000 and has been revised and redrawn by Ian McMillan this year. All courses, including colour coded courses, will have pre-marked and bagged maps.
Courses 4 upwards use an A4 map, courses 1,2 & 3 a larger map.
Courses 1 to 12 maps are at 1:10000. Course 13 and 14 maps are at 1:5000.

There are some sheep trods and motorbike/quadbike tracks which do not appear on the map.

There are some significant changes concerning runnability from the old map. The "difficult to run" screen (green lines very close together) generally marks tussochy areas which can vary from difficult to run, to impossible to run, to walking hard work. However, the courses are generally on runnable areas or have runnable routes avoiding the bad tussochs.

The black circle with a black dot in the middle denotes a cairn, stone pillar (usually significant boundary stones) and a trig point but if you get to the trig point you are way off course.

Waterfalls are designated by a crag in the middle of a stream but the same symbol is used for water intakes which are clearly man made - a wall across the stream and sometimes the stream passes over them like a waterfall. The water from the intakes is taken under the hill to the Scammonden Dam on M62.

Terrain.

The area is open moorland with good running and interesting contour detail on the higher parts.

Some courses cross valleys with very steep slopes which could be slippery in certain conditions.

Competitors are advised that the direct route may not be the best choice. The lower slopes are rather tussocky but every effort has been made, by the planner, to avoid the worst of them .

Bracken is marked on the map but at this time of year it is fairly easy to find a route through it.

Some planning compromises have been necessary due to the nature of the terrain. One consequence is that the Junior courses are quite short but are physically harder than usual.

Officials.

Organiser : Robert Page.

Planner : Graham Lloyd.

Controller: Ian Watson (MDOC)

Please check the website for late weather news and possible postponement before travelling!