

# **TAMAR TRIPLE 2008**

## **24th to 26th May**

### **Final Details**



**Welcome to the eighth Tamar Triple, the biennial Springtime weekend of orienteering in the SouthWest**

#### **Event Officials**

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Planner	Peter Morton KERNO	Alan Simpson DEVON	Nigel Bateman DEVON
Controller	Mark Dyer BOK	David Holmes QO	Roger Hargreaves KERNO
Organiser	Annabel Pring KERNO	Nicholas Maxwell DEVON	Nicholas Maxwell DEVON
Event Coordinator	Lew Bean	DEVON	

#### **Important Notices**

**Safety:** Competitors travelling alone may wish to hand in car keys at Enquiries. All competitors run at their own risk and are responsible for their own safety. A whistle is advisable. There are a number of safety issues with each of the sites. Please read them carefully.

**Cancellation:** In the event of cancellation, the organising clubs reserve the right to retain all or part of the entry fees to defray expenses incurred.

**Entry Errors:** Please check your competitor information. In case of error please contact Entries Secretary, preferably by email at [entries@tamartriple.org.uk](mailto:entries@tamartriple.org.uk) or on 01935 863429 before 9pm.

**General Enquiries:** General enquiries may be made to the Coordinator, preferably at [info@tamartriple.org.uk](mailto:info@tamartriple.org.uk) or on 01752 249043 before 9pm.

#### **Instructions for all three days**

##### **Parking**

There will be a £1 fee for parking each day. Please have the correct change available. Neither parking field can accommodate either coaches or caravans.

##### **Dogs**

Dogs are permitted in the parking and assembly areas and on courses, strictly on a lead in all cases. There are deer at all locations, and sheep on Smallhanger Waste.

##### **Toilets**

There will be portable toilets, including a urinal for male competitors, in the assembly area/car park on all three days. There are no toilets at the Starts

##### **EPS - Sport Ident**

SI will be used for all courses including Colour Coded. Dibbers are available for hire at 50p per competitor per day and can be collected from the Registration tent in the assembly areas on each day.

### **Clear Boxes**

These will be located at the pedestrian exit from the car park fields, and also at the pre-Start.

### **Start Procedure**

Please ensure that you dib the Check box when required before you start. This is a safety check. All three days will be punching starts including Colour Coded courses.

### **Download**

The Download station for all three days will be in the assembly areas. Please follow the signs and do not forget to download after your run.

### **Traders**

Ultrasport & Wilfs will be attending on all three days in the car parking fields.

### **First Aid**

First Aid will be provided by St John Ambulance Brigade and will be located in the assembly area/car park on each day.

### **Timings**

<u>Day</u>	<u>Date</u>	<u>CC Registration</u>	<u>Start Times</u>	<u>All Courses Close</u>
1	Sat 24 May	1200 - 1500	1230 - 1530	1730
2	Sun 25 May	1000 - 1330	1030 - 1400	1600
3	Mon 26 May	0930 - 1230	1000 - 1300	1500

### **Control Descriptions**

Control Descriptions are available beside Enquiries each day and are printed on the maps. They are also available to download from the event web site at [www.tamartriple.org.uk](http://www.tamartriple.org.uk). All course map units will have pictorial descriptions. Text descriptions are available from Enquiries for Courses 10, 11, 12, White, Yellow & Orange.

### **Water Points**

There will be a single water point on the longer courses on Days 2 & 3 only.

### **Results**

Individual splits will be available at Download. Lists by course will be displayed and updated from time to time in the assembly area each day. Provisional results will also be displayed on the event web site each evening.

### **Clothing Exchange**

We are anticipating fine, dry weather therefore there will be no clothing exchange.

### **Colour Coded & String Courses**

White, Yellow, Orange and Light Green on all 3 days using pre-marked maps. Please enter at Registration. Entry fees: Seniors £7.00; Juniors £2.00. Discounts apply to senior National & SWOA BOF members. All CC courses are punching starts. There will be a String Course each day, free of charge. Details at Enquiries.

### **Camping**

There are basic camping facilities for the nights of 24<sup>th</sup> and 25<sup>th</sup> May for tents and small campervans for those who have booked. Camping is in the parking field for Days 2 and 3, and will be available from 1700hrs on Day 1. Follow the directions for Day 2. Facilities consist of a water standpipe and portaloos. There are no facilities for rubbish disposal. Please take your rubbish with you. **There are fenced-off mine workings in the camping field; competitors - children in particular - should keep away.**

## **Day 1: Saturday 24<sup>th</sup> May – Inny Foot Medium Length Regional (Badge) Event**

### **Travel Directions**

The event will be signed from the A388 Launceston to Callington road at **GR SX 348748**. For those with satnav, if you enter postcode **PL17 8LT** it will take you to the junction of the track to Downhouse Cottage, on the same minor road and 500m East of the parking field.

### **Parking**

In a field at **GR 375 762**. The parking field is also the Assembly Area. There is only one access gate which will be used by vehicles entering and leaving the field. The route to the start will be signed from the top of the field.

### **The Area**

Inny Foot is a mixed forest with mainly mature conifers in the southern part of the map and mature very runnable and open deciduous woods in the lower northern section. The courses have been planned to avoid the very steep slopes

### **Start**

The Start is a level walk approximately 500m from the Assembly Area. There will be SI clearing boxes in the Assembly Area and at the Start. Please note we will not be allocating start times on Day 1 as many of you will have long journeys to the event. When you arrive go to the Start and we will let you start as soon as there is an available time slot on your course. Do not forget to punch when you start.

### **Finish**

After your last control there is a 100m taped run in to the Finish. Do not forget to punch. The walk back to the Assembly Area is approximately 500m.

### **Safety**

There are many deer resident in these woods so full body protection is recommended to avoid tick bites.

### **The Map**

The map is based on the 1998 map produced by Brian Parker, revised in 2005 with some minor updates in 2007 and 2008. All courses will use 1:10000 with 5m contours. The map will be A4 on waterproof paper with pictorial descriptions on the front. There will be no legend. There are many large mounds of decaying vegetation. They are marked on the map with a green cross thus **X**

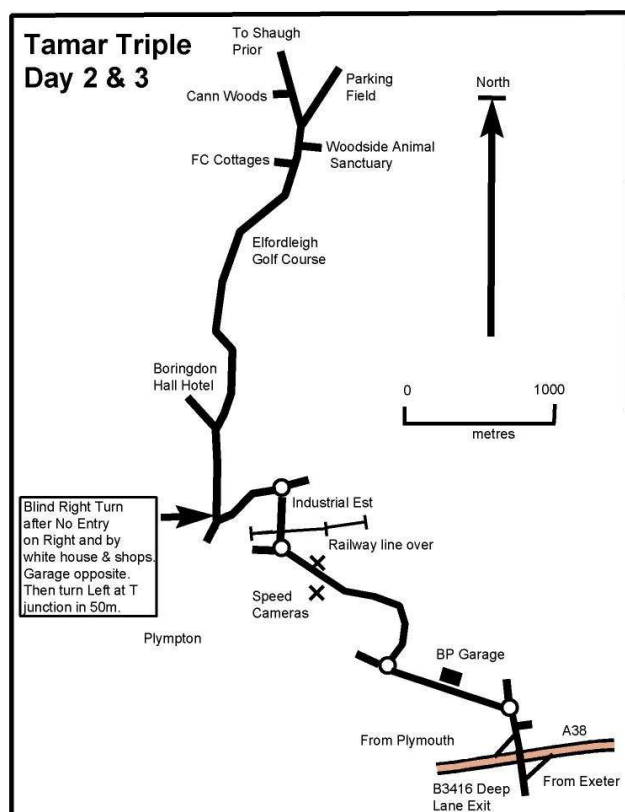
### **Control Descriptions**

The following non IOF symbols are used: **O** = Vegetation mound; **X** = Hide

### **Course Details**

See table at end.

## **Day 2: Sunday 25<sup>th</sup> May – Plym Forest Classic Regional (Badge) Event**



### **Travel Directions**

The event will be 'O' signed from the top of the slip roads after leaving the A38 at the Plympton exit (B3416 Deep Lane).

**GR SX 561 551.** For those with satnav, if you enter postcode **PL7 5ED** it will take you to Heathdown Cottages, on the same minor road and 300m South of the parking field. On Day 2 please approach from the South to reduce the volume of traffic on the crossing point from the car park field to the competition area.

### **Parking**

In a field at **GR SX 547 596** located between the Day 2 and Day 3 Event areas. Please do not park in the Cann Woods car park. It is a condition of our use of the forest that we leave this clear for members of the general public. The parking field is also the Assembly Area for Days 2 & 3, and the camping field. It is a large, flat area. There is only one access gate which will be used by vehicles and pedestrians. Please take care when entering and leaving the field.

In the event of bad weather, alternative parking will be used on forest roads in Plym Forest - please follow the signs. **There are fenced-off mine workings and a chimney in the field; competitors - children in particular - should keep away.**

### **The Area**

Plym Forest is mainly mature coniferous forest interspersed with large areas of rough felled land. The ground slopes gradually down from the Assembly Area in the East, falling away steeply to the River Plym which runs down the Western edge of the map. There are several steep sided tributary valleys feeding the Plym. All courses stay to the East of the Plym.

### **Out of Bounds Areas**

Cann Quarry to the West of the map has a nesting pair of peregrine falcons. There is an exclusion zone around the nest site under the Wildlife and Countryside Act, and CCTV monitors it. The track above the quarry is marked OOB on the map by purple crosses. If you wish to see the nest site during your visit, there is an observation point on the Plym Valley Cycle Way, or you can visit <http://www.plym-peregrines.co.uk>. All pheasant pens are OOB.

### **Map**

The map is based on the one drawn in 1985 by Brian Parker for the first National Event. It has been resurveyed and revised several times, but most recently in Spring 2008. All courses will use 1:10000 with 5m contours. Courses 1 to 5 will use the full map at A3 with no legend. Courses 6 to 12 will have a reduced map at A4 with legend. All are printed on waterproof paper. Control descriptions will be in pictorial format on the front.

### **Start**

The Start is approximately 1.5km from the Assembly Area. The first 500m is back along the tarmac lane you will have entered by. Please walk on the right hand side of the road and keep children under control. The route then crosses a busy minor road into Cann Woods Car Park. Please obey the crossing marshals. The remainder of the route is flat and along forest tracks. It is suitable for pushchairs and wheelchairs. There will be SI clearing boxes in the

*Assembly Area and at the Start. You will have a 30 minute block start time. Please wait in the lane for your course until a slot is available. Do not forget to punch when you start.*

### **Finish**

*After your last control there is a 120m taped run in to the Finish. Do not forget to punch. The walk back to the Assembly Area is approximately 1.7km .*

### **Safety**

*Along the Plym valley there are many crags and quarry workings. The latter are fenced off, but please be aware of them. There are too many to tape. Many of the forest roads and tracks are cut into the steep sides of the valleys, and access to and from them is difficult in places. Much of the white on the map has a bramble screen. Lower leg protection is strongly advised. You should also be aware that the bluebell season is upon us, and on a steep slope they can be very slippery! The area is also used extensively by mountain bikers, who have created numerous indistinct tracks through the forest and build jumps etc. As these seem to proliferate by the week, they may not all be mapped, but please be aware of them, and keep an eye open for speeding cyclists. There is an old railway trackbed running down to Plym Bridge, with a shear-sided cutting near the bottom. Courses 1 and 6 have a route-choice leg round the cutting. The cutting cannot be scaled directly. Yellow and black tape will mark the hazard on the ground.*

### **Course Details**

*See table at end.*

## **Day 3: Monday 16<sup>th</sup> May – Newnham Park & Smallhanger Waste Classic Regional (Badge) Event**

### **Travel Directions & Parking**

As for Day 2 except you may also approach from the North as there is no crossing point to the competition area.

### **The Area**

The Western third of the area is mainly runnable coniferous forest, falling steeply to the Tory Brook. The remainder of the area is open runnable moorland rising in the East to an area of old clay workings. Access here has been restricted, and out of bounds areas are clearly marked on the map. Running E to W down the centre of the open area are extensive and complex mine workings. The open area is interspersed with gorse, many of the clumps being large and above head height. In general only clumps above 20m in length are mapped, unless they significantly impact on other features. Where the gorse is considered impenetrable, solid green is used. If it you can see over it and find a way through, an undergrowth screen is used.

### **Start**

The Start is along footpaths, approximately 600m from the Assembly Area. There will be SI clearing boxes in the Assembly Area and at the Start. You will have a 30 minute block start time. Please wait in the lane for your course until a slot is available. Do not forget to punch when you start.

### **Finish**

After your last control there is a 75m taped run in to the Finish. Do not forget to punch. The walk back to the Assembly Area is approximately 800m.

### **Safety**

In the wooded West area of the map there are a number of mine and quarry workings. The latter are fenced off, but please be aware of them. There are too many to tape. Some of the white on the map has either a bramble screen or brashings. Lower leg protection is strongly advised. All courses except 10, 11 and 12 will cross the Tory Brook - the easiest places to cross it are shown on the map and these are recommended to you, especially on your outward journey. If the weather has been bad and the water is higher than usual (mid-calf) there will also be confidence ropes at these points. There is an old steamer boarding ramp used on previous events as a footbridge. It is now in a dangerous condition and is taped off. Mountain bikers also use the area. Clay pigeon shooting takes place just off the mapped area to the SW, and there is a paint ball area in the NW corner of the forest. Both may be in use during the event, and are clearly marked on the map. To the East of the map, the longer courses go into old clay workings. There are a number of deep ponds and settling lakes. These are clearly marked as out of bounds. There is a fence separating this area from the main part and a number of recommended crossing points are shown.

### **The Map**

The map is 1:10000 with 5m contours, and is an amalgamation of the former Newnham Park and Smallhanger Waste maps, revised for the event. It will be A4 printed on waterproof paper. Courses 7 to 12 will have a reduced map image, with pictorial control description and legend on the front. Courses 4 to 6 will have a full size map with pictorial control description on the front, but with no legend. Courses 1 to 3 will be full size maps with pictorial control descriptions printed on the reverse and no legend.

## Course Details

Course	Age Classes	Length (km)	Climb (m)	Controls	Length (km)	Climb (m)	Controls	Length (km)	Climb (m)	Controls
1	M21L	6.3	180	21	9.7	400	25	9.6	350	26
2	M35L M40L	5.5	150	19	9.0	370	23	8.7	310	24
3	JM5L M45L M50L M21S W21L	4.8	150	17	7.0	315	17	7.7	300	24
4	JM5M M55L M60L M35S M40S JW5L W35L W40L	4.4	140	16	6.3	290	14	6.5	240	21
5	M65L M45S M50S W45L W50L W21S	4.0	140	15	4.7	200	10	5.4	180	19
6	M70L JM5S M55S W55L W60L JW5S W35S W40S	3.0	120	12	4.2	120	9	4.4	150	15
7	M75L M60S M65S W65L W70L W45S	2.5	100	11	2.7	75	9	3.4	130	17
8	M70S M75S W50S W55S W60S W65S W70S W75	2.4	100	10	2.5	75	6	2.8	110	14
9	JM4 JW4 Light Green	2.6	120	11	3.1	75	8	3.2	120	14
10	JM3 JW3 Orange	2.1	60	9	2.5	75	8	2.6	80	10
11	JM2 JW2 Yellow	1.7	80	10	2.2	55	8	2.3	80	16
12	JM1 JW1 White	1.5	50	9	1.4	35	9	1.5	40	9

All course details as at 30 Apr 08 and are subject to final controlling