

Day 1: Saturday 24th 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.