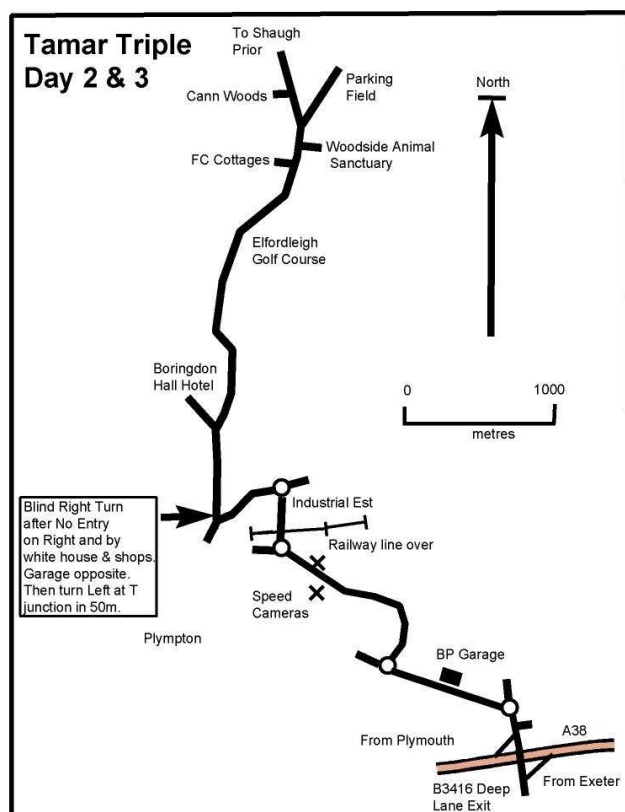


Day 2: Sunday 25th May – Plym Forest Classic Regional (Badge) Event



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.