



# The Capricorn Long-O 4<sup>th</sup> September 2010

**Competition area:** Pendle Hill and surrounding footpaths and bridleway

**Registration from:** Barley Village Hall, BB12 9JU

**Details:** Three hour score event on modified 1:25000 OS map.

30 controls (subject to final planning) on obvious features which can be visited in any order.

The emphasis will be on speed and route choice rather than fine orienteering.

Adults can run as individuals or pairs. Juniors must run as pairs (either with adult or second junior).

**Starts:** 9.30 - 11.30am

**Fees:** £8 per adult  
£16 per adult pair  
£12 for adult/junior pair  
£8 per junior pair

(Junior is anyone aged 16 or 17 on the day of the race)

BOF discounts apply

Entries on the day (subject to map availability) add £2 per individual.

**Entries:** Use Fabian4 ([www.fabian4.co.uk](http://www.fabian4.co.uk)) - a secure website used by many orienteering and adventure races.

Entries limited to 120 individuals/pairs

**SI:** Sportident (SI) will be used (dibber hire £1 per individual/pair)

**Facilities:** Toilets available at the village hall

Public car park in Barley village (100 m walk)

Refreshments available after the race.