

Day 3 - Mt Edgcumbe Middle Distance details

Area

Mt Edgcumbe is a country park offering stunning views over Plymouth Sound and the Lower Tamar Valley.

Details of what the park offers can be found on the [Mt Edgcumbe website](#)

The area is very popular with visitors, particularly on holiday weekends, and competitors are asked to be considerate and respectful of members of the public using the park

Officials

Organisers: Annabel & Graham Pring (Kerno)

Planner: Ken George (Kerno)

Controller: Andy Reynolds (Devon)

Directions

Mt Edgcumbe is well signposted by brown tourist signs.

From Plymouth either via the Torpoint ferry onto the Rame peninsula or over the Saltash bridge and via Trerulefoot roundabout on the A38.

Note that the route goes through the village of Millbrook which contains a short section of single file road.

It is also possible to reach Mt Edgcumbe as a pedestrian via ferry services from Plymouth.

The event will be signed at SX443519. Nearest postcode PL10 1HR.

Assembly

Parking and assembly will be on a level area of the park, (what3words: moss.songs.flows) adjoining the car park next to Maker Church.

The assembly area will contain portable toilets and first aid post.

Map

The map scale for all courses will be 1:10,000.

Start times and Course closure

* First starts are 10.30

* Final starts are 13.00

* Courses close at 15.00.

Start list

The start list can be seen at

http://www.cornwallorienteing.org.uk/tamar_triple/current_results/index_start3.html

Courses

This will be a colour coded event White to Brown, including a Very Short Green.

Course	Length (km)	Climb (m)	Control s
Brown	5.7	285	20
Blue	4.2	195	16
Green	4.0	150	13
Short Green	3.2	90	12
Very Short Green	2.6	60	10
Light Green	3.0	90	12
Orange	1.9	20	7
Yellow	2.1	50	9
White	1.6	15	8

Dogs

Dogs on lead throughout the assembly area.
NO dogs on courses. (There are grazing animals.)