



The M60 O-Ringen

How to participate

Get the App

You will need the MapRun6 App - it's available for both Android and Apple smartphones - to join in. MapRunG is available for Garmin devices. The App displays the map and uses GPS to constantly record the User's progress, calculate the split times, the overall time. It will also display the route taken. The results are published on both the MapRun and Routegadget websites and, if required, loaded to Strava.

Get the paper map and factsheet for each leg

The App displays the map on the screen but it is far easier to use a paper map, and this will also describe exactly where each checkpoint is located. There is also a factsheet for each leg and the two are available as free PDF downloads from <https://navvies.org.uk>

Please don't walk, run or jog the M60 O-Ringen without the paper map and factsheet. They contain important safety information.

Problems?

If you have any problems please email us at navvies@btinternet.com

Starts/Finishes

Leg	Start from		Finish at	Distance to walk from Start to Finish
	Place & Post Code	Feature	Place and Post Code	
ONE	Heaton Park M25 0DL	By the gates on the road leading to the south car park	Boggart Hole Clough M9 7BR	4.0km
TWO	Boggart Hole Clough M9 7BR	Old root stock in open ground to the east of the visitor's centre car park	Daisy Nook Park M35 9WJ	6.3km
THREE	Daisy Nook Park M35 9WJ	Stern of the wooden boat to be found at the top of the visitor's centre car park	Shepley Wood Park M34 5AH	5.7km
FOUR	Shepley Wood Park M34 5AH	By the gate adorned with the pencils on Cemetery Lane - parking available	Houghton Dale M34 7QA	4.1km

Leg	Start from		Finish at	Distance to walk from Start to
	Place & Post Code	Feature	Place and Post Code	
FIVE	Houghton Dale M34 7QA	At the small car park at entrance to the nature reserve	Heaton Norris Park SK4 1EZ	6.2km
SIX	Heaton Norris Park SK4 1EZ	By the goal posts at the west end of the park. Multi-storey car park on Heaton Lane 300m away.	Millgate Fields M20 5GS	4.8km
SEVEN	Millgate Fields M20 5GS	On Millgate Lane just before a small car park	Sale Water Park M33 2LX	5.8km
EIGHT	Sale Water Park M33 2LX	At a gate on Rifle Road just before Jackson's Boat car park	Urmston Meadows M41 9HF	5.7km
NINE	Urmston Beach M41 9HF	On the bridge south of the small car park on Old Eea Brook Lane	AJ Bell car park M30 7EY	5.3km
TEN	AJ Bell car park M30 7EY	Plinth at the end of Stadium Way next to the large car park	Worsley M28 2JU	5.6km
ELEVEN	Worsley M28 2JU	On eastern the edge of a small park off Hazelhurst Fold. Road parking available on nearby roads.	Philips Park M45 7QJ	5.0km
TWELVE	Philips Park M45 7QJ	At the lamp post in the large car park to west of the park at the end of Park Lane	Heaton Park M25 0DL	4.5km