



MANCHESTER & DISTRICT ORIENTEERING CLUB



MAPRUN SPRING 2021 SERIES

BOLLINGTON

BEFORE YOU RUN

PLEASE READ AND ABIDE BY BRITISH ORIENTEERING'S
CODE OF CONDUCT FOR ORIENTEERS REGARDING COVID 19

<https://www.mdoc.org.uk/bof-participant-code-of-conduct>

DURING YOUR RUN

TAKE CARE CROSSING ROADS AND RESPECT SOCIAL DISTANCING RULES.
USE PEDESTRIAN CROSSINGS WHEN MARKED.

TO VIEW BRITISH ORIENTEERING GUIDELINES 29/3/21: <https://bit.ly/39qmZif>

Date of activity: Saturday 1st May 2021 until Sunday 30th May 2021

Parking: Middlewood Way car park, Adlington Road, Bollington, Cheshire SK10 5JT (what3words: skillet.blanket.helping)

Toilets: There is a public toilet in the car park.

Equipment necessary: Smartphone with MapRun6 app - if you haven't used MapRun6 before, you will need to download the app (**free**) onto your phone;
armband holder or bumbag to hold phone;
printed map (advised – see below); compass (optional).

Visit <https://navies.org.uk> for 'Getting Started' information.

Courses: There are three scatter score options with no time penalties: Long - visit any 30 controls as well as the start/finish; Medium - visit 20 controls; or Short - 10 controls. Planner: Dave Mawdsley

To find the Bollington courses on the MapRun app, click on: Select Event / UK / Manchester / Navies / Spring 2021 Series then select Bollington Short 10, Bollington Medium 20 or Bollington Long 30). Once you have uploaded your chosen course from the app (you can do this at home), you are ready to proceed.

Note: For those of you lucky enough to have a high-end Garmin watch there is a new app (MapRunG) which makes using MapRun even better. You still use a mobile phone to download a course from the MapRun site in exactly the same way as before. However, you can then transfer this to your Garmin watch, and don't need to carry a phone around the course. When you reach a checkpoint, your watch will vibrate to indicate that you have registered it, the vibration is easy to sense. Apart from removing the need to carry a phone, early experience indicates that the GPS is more accurate than the average phone.

Map: 1:9500 Night Street League style map.

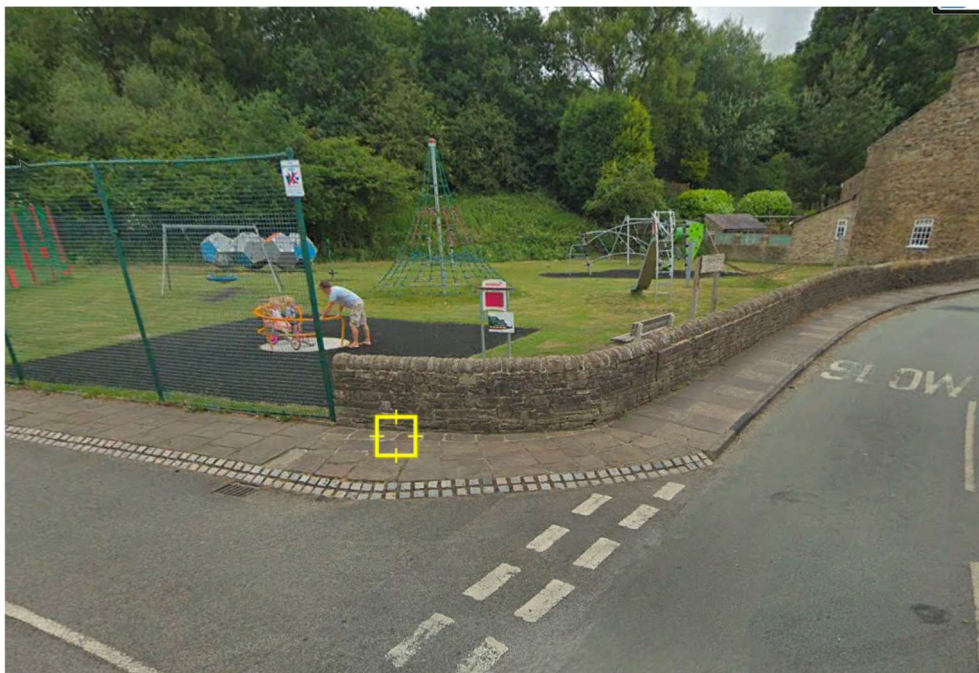
It is possible to navigate using the map on your phone, but much easier if you have a printed map. PDF maps for each course are available for you to print yourself on the Navvies site <https://navvies.org.uk>.

Controls: There are 32 control sites on the map. Most are on road or road/path junctions (see control descriptions). There are no kites at control sites. MapRun will beep to confirm you have visited the correct location. You may sometimes have to wait a short while at a control site for the GPS to register and beep.

Start and Finish: At the entrance to the car park. When you are in the correct location, select 'Go to Start' on your phone or watch, wait for the start beep and off you go.

Note that you **must** start your course at the car park, visit the correct number of controls and then **return** to the same point in the car park to finish.

Take care not to pass through the finish after you have started unless you are completing your run.



Location of the start and finish (image: Google StreetView)

First Aid: As this is a lone activity, there is no first aid provision. Bring your own kit and use your phone to call for help if necessary. The nearest hospital is Macclesfield General Hospital, Victoria Road, Macclesfield, Cheshire SK10 3BL

Health & Safety: Tell someone where you are; bring a mask, hand sanitiser, water, first aid supplies and appropriate clothing for the weather and visibility.

Please read and adhere to the Code of Conduct issued by British Orienteering with regard to Covid-19. Observe hand hygiene before and after running, respect social distancing and be Covid aware when passing members of the public or touching surfaces.

Take care crossing all roads. Please use pedestrian crossings where they are available. It is advisable to use the pavements where possible, especially along the B5070, which is the main street through Bollington.

There are several steep paths and steps, and some streets, pavements and passageways are cobbled or have uneven paving stones. Take care to avoid slips and falls, especially on uneven surfaces or if it is wet.

Please note that you take part in this activity entirely at your own risk. Neither British Orienteering nor the planner can be held responsible for any accident or injury and the activity is not covered by BO insurance.

Please remember that **Juniors under 16 years old must be accompanied by an adult.**

Enjoy! Once you have finished, you will be able to see your results and those of others who have completed your course via the MapRun app.

Please report any problems to the planner (07729 814184). Thanks.