



MANCHESTER & DISTRICT ORIENTEERING CLUB



MAPRUN WINTER SERIES no 1. – BRAMHALL

Date of activity: 19th December 2020 until 31st March 2021

Courses: Very Long: 8.9km, Long: 5.1km, Medium: 3.9km, Short: 3km.

Description: The courses are mostly on quiet suburban estates using pavements and footpaths, but they all cross at least one major road. Light-controlled pedestrian crossings are shown on the map. Some of the footpaths can be muddy.

Planner: Marie Roberts (Mob. 07962 204267)

Juniors: Juniors under 16 years old **must** be accompanied by an adult.

Parking: Bramley Close Car Park SK7 2DT (w3w: prone.walks.flies). Free. If full, there are several pay and display car parks in Bramhall village.

Travel: According to the latest Government Guidelines, Stockport is categorised as a Very High Alert (Tier 3) area for Covid 19. The start and finish are close to Bramhall station. If using public transport, people in this area are advised to avoid busy times.

People who live in Tier 2 (or 1) are advised not to participate in the event.

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 MARKED PEDESTRIAN CROSSINGS WHENEVER POSSIBLE.

TO VIEW BRITISH ORIENTEERING GUIDELINES 4/12/20: <https://bit.ly/37IUxxo>

Start: For road safety reasons, there are two starts. They are a short distance apart, but on opposite sides of Ack Lane East (A5149), which can be busy.



Start 1 - Junction Benja Fold / Ack Lane East

Start 2 – Junction Kitts Moss Lane / Ack Lane East

Start 1 for the Short and Very Long courses is at the western end of the Benja Fold footpath (on the likely route from Bramley Close car park) where it emerges onto Ack Lane East.

Start 2 for the Medium and Long courses is on the north side of the junction of Ack Lane East and Kitts Moss Lane a little further north of Start 1.

Finish: The finish is in the corner of the Bramley Close car park.

Equipment necessary: Smartphone with MapRunF app (or smartwatch with MapRunG); armband holder or bumbag to hold phone; printed map (advised – see below); compass (optional). Visit <https://navvies.org.uk> for 'Getting Started' information.

The maps and courses will be set live at 20:00 on Friday 18th December on <https://navvies.org.uk> and via a link from the MDOC website www.mdoc.org.uk

To find the courses on the MapRun app, click on: Select Event / UK / Manchester / Navvies / Winter Series / Bramhall then choose your course (Bramhall Very Long, Long, Medium or Short). Once you have uploaded your chosen course from the app (you can do this at home), you are ready to proceed.

When you are near the start, select 'Go to Start', wait for the start beep and off you go.

Map: Short and Medium courses 1:7 500; Long and Very Long courses 1:10 000

It is possible to navigate using the map on the 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: 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.

Do not pass through the finish after you have started unless you are completing your run.

Toilets: Public toilets remain closed in the area due to C-19, although the nearest would be at Bramhall Park. These and customer toilets at coffee shops in the village may become available as and when C-19 restrictions are relaxed. The nearest Tier 3 supermarket with a customer toilet is Waitrose in Cheadle Hulme (SK8 5AE).

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 Stepping Hill SK2 7JE

Health & Safety: Tell someone where you are and estimated time out - you can text the planner if necessary; bring a mask, hand sanitiser, water, first aid supplies and appropriate clothing or lighting for the weather, visibility and light levels. Most footpaths are unlit.

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 breath protection when passing members of the public or touching surfaces.

Please take care crossing all roads. Most of those used are quiet estate roads, but all the courses cross at least one major road, denoted on the map by a thicker brown road symbol. There is usually a sensible route choice to cross these using a light-controlled pedestrian crossing, marked in purple. **PLEASE USE THE MARKED CROSSINGS WHERE AVAILABLE.**

Route choices also include some narrow passageways and muddy or uneven paths. Please take care to avoid slips and falls, especially if it is wet or icy, and respect other users.

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.

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. Thank you.

NEXT IN THE SERIES: Bollington (details TBA) launching 2nd January 2021.