



MANCHESTER & DISTRICT ORIENTEERING CLUB



MAPRUN SPRING 2021 SERIES

Chorlton

BEFORE YOU RUN

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

https://www.mdoc.org.uk/documents/resources/BOF_Code_of_Conduct_June_2020_on_LS_A4.pdf

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 5th June 2021 until Sunday June 27th 2021

Parking: Available at Longford Park car park which is off Ryebank Road, Post Code M21 9LX It is near to the Start and Finish.

Toilets: There are public toilets in Longford Park and be found through the cafe. A map of the park can be found here <https://friendsoflongfordpark.org.uk/wp-content/media/2018/04/Longford-Park-Map-FullPrint.pdf>

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://navvies.org.uk> for 'Getting Started' information.

Courses: All three courses are free. Long: 17 controls 5.6km, Medium: 13 controls 4.5km, Short: 9 controls 3.8km Planner: David Gray (Distances are the straight line route)

To find the Chorlton courses on the MapRun app, click on *Select Event* then *UK / Manchester / MDOC / Spring 2021 Series* then choose your course (Chorlton Spring 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.

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: 1:10,000 Open orienteering map.

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

Controls: The three courses are in standard linear format. You must visit each control in order before finishing. The control descriptions are printed on the map. There are no kites at control sites, but 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.

The Start: is located at the foot of the Longford Hall steps. When you are near the start, select 'Go to Start' on your phone or watch, wait for the start beep and off you go.



The Finish: Is situated by then "Trafford Welcomes You" sign



Do not pass through the finish after you have started unless you are intending to finish.

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 hospitals with A&E are Manchester Royal Infirmary Oxford Road M13 9WL (0161 276 1234) and Salford Royal Stott Lane Salford M6 8HD (0161 789 7373)

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. Some are busy. 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 Peter Ross (07768 431478). Thanks