



MANCHESTER & DISTRICT ORIENTEERING CLUB



MAPRUN SUMMER SERIES no 1. – EDGELEY

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.**

Date of activity: 1st August 2020 until 30th September 2020

Parking: York Street Car Park SK3 9AD (w3w: truth.reply.manage). Free after 3pm Monday-Friday and all day Sunday. Fee 50p for two hours at other times, including Saturday 8am-6pm. If full, there are several alternative pay and display / shoppers' car parks nearby.

Toilets: The nearest public toilets are in the Merseyway Shopping Precinct, 17 mins walk (during trading hours). Morrisons supermarket, 301 Edgeley Road SK3 ORL (5 mins drive / 19 mins walk) also has customer toilets. Please observe hand and respiratory hygiene rules if using these facilities.

Start: The start is at the west end of the pedestrian area of Castle Street, Edgeley (castle symbol on pavement near telephone box in front of Prince Albert pub).

Finish: The finish is near York Street car park.

Courses: Long: 5.8km, Medium: 3.7km, Short: 2.4km. Planner: Marie Roberts

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

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

To find the Edgeley courses on the MapRun app, click on: Select Event / UK / Manchester / Navvies / Summer Series then choose your course (Stockport Edgeley 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: 1:5000 urban orienteering map drawn by Eddie Speak 2019

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: 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.

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

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; 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.

Please take care crossing all roads. The busiest and widest of these is the B5465 Mercian Way/Edgeley Road, which crosses the area from east to west. All three courses cross this road twice close to pedestrian crossings, which are marked on the map. **PLEASE USE THE MARKED CROSSINGS.**

The courses also enter housing estates with cobbles, steps and some narrow passageways. Please 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.

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: Glossop – three 'scatter' courses (details TBA) launching 15th August.