



MANCHESTER & DISTRICT ORIENTEERING CLUB



## MAPRUN SPRING 2021 SERIES

**HADFIELD (including Gamesley, Hollingworth, Woolley Bridge and Tintwistle!)**

### 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](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:** Sunday 4<sup>th</sup> April 2021 until Sunday May 2<sup>nd</sup> 2021

**Parking:**

1. Limited availability in the station car park – apparently free, but check!
2. Small CP at Longdendale Trail access point, about 150m WNW of the station CP entrance
3. Roadside parking en route to 2, or on local streets

**Toilets:** There are **NO** public toilets currently available in Hadfield. The nearest available loos are located in Tesco or Marks and Spencer in Glossop.

**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:** Long: 20 controls, Medium: 15 controls, Short: 10 controls. Planner: Grahame Crawshaw

To find the Hadfield courses on the MapRun app, click on: Select Event / UK / Manchester / Navvies / Spring 2021 Series then choose your course (Hadfield PBC Long 20, Hadfield PBC Medium 15 or Hadfield PBC Short 10). 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:** 1:12500 Open orienteering 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 21 control sites on the map. All the control sites (but not the start and finish) are post boxes. There are no control descriptions, and 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:** Located on the War Memorial in the grounds of Hadfield Library near the railway station (see photo). It is clearly visible from the entrance to the station car park. Take care crossing the road!

When you are near the start, 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 War memorial, visit the correct number of controls and then **return** to the memorial to finish.

**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 Tameside General, Fountain Street, Ashton under Lyne, OL6 9RW (GR SJ 953996)

**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. The busiest and widest of these are the A57 (which separates the Gamesley estate from the main body of the map) and the A628 (which bisects both Hollingworth and Tintwistle). Only long course runners need to cross BOTH these roads, and I would be surprised if any short course runners found it necessary to cross either. Please use pedestrian crossings (which are marked on the map) where sensible to do so. Many smaller roads suffer extreme congestion as a result of on-street (and on-pavement!) parking. Some roads only have a pavement on one side – and a few have no pavement at all. It is advisable to use the pavements where possible.

Your course may also enter housing estates with occasional cobbles, steps and some narrow passageways. 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 (0758 720 6420). Thanks