

MAPRUN

The Manchester M60 O-Ringen is a MapRun event.

All twelve Legs have been planned for use with the MapRun system which is free and available for both Android and Apple smartphones. The latest version of the smartphone App is MapRun6. MapRunG - also free - does the same job for Garmin smartwatches.

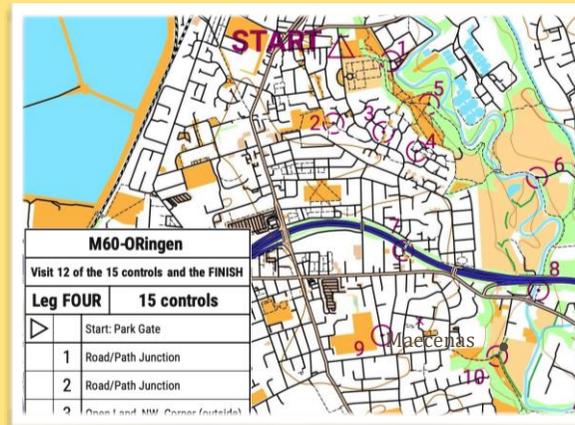
The user downloads their chosen Leg to the App which then uses GPS to record the user's track and also the time as they reach each checkpoint. On finishing the Leg, the recorded data is uploaded to the MapRun online results service - Strava if required.

It's best to use a paper map with the App. These are free and available to print from the NAVVIES website:

<https://navvies.org.uk>



SCATTER



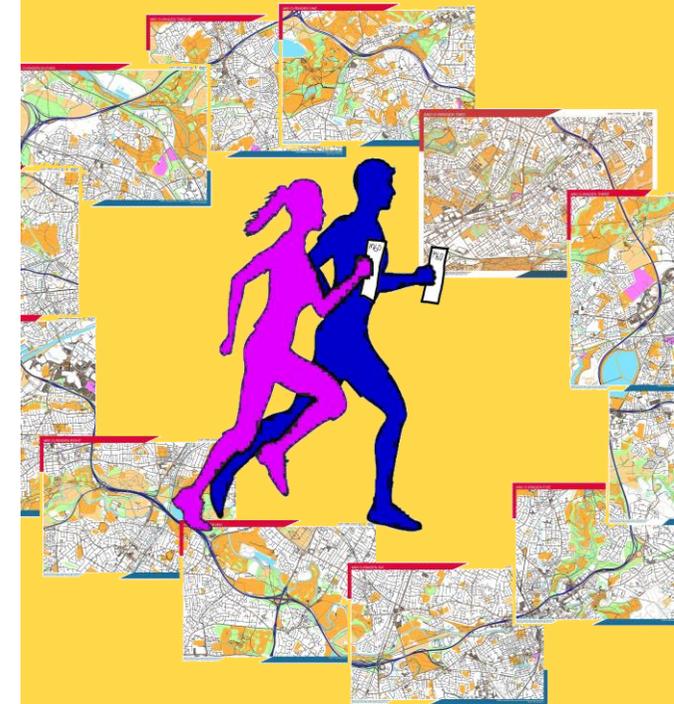
Each Leg contains 15 checkpoints scattered between the Start and the Finish. Only 12 need to be visited to complete the Leg. The challenge for you is to decide which three checkpoints to omit and then to find the remainder.

NAVVIES

<https://navvies.org.uk>

Email: navvies@btinternet.com

MANCHESTER M60 O-RINGEN



Twelve separate Legs.
Run or walk around Manchester.
Use a map, find the checkpoints,
upload your results.

Visit: <https://navvies.org.uk>



CAFES AND CONVENIENCES

Six of the 12 starts/finishes are at parks with cafés and conveniences.

TRANSPORT

Every start/finish has adequate parking. Post codes can be found on the NAVVIES website:

<https://navvies.org.uk>

Public transport is also possible. Details can be found on the NAVVIES website or via: www.rome2rio.com

CHOOSE A LEG, ANY LEG

The O-Ringen is not short of green open spaces and wherever possible the planners have avoided the urban jungle. There is no requirement to do all twelve Legs (that would be 99km) so choose the Leg, the day (after 29th March 2021) and the time that suits you best. Here are three to consider:

HEATON PARK TO BOGGART HOLE CLOUGH

Although there are occasional stretches of urban, much of the course is through parkland and Bailey's Wood. It is quite flat and some runs alongside the River Irk.

The Leg is not overly long - about 7 km - and with cafés in both parks, it all makes for a pleasant excursion.



Bridge over the River Irk



The stump at the Finish

DAISY NOOK TO SHEPLEY WOOD

This Leg is in three sections. The first runs beside the disused Hollingwood Branch canal, the second wriggles through Droylsden using open land and Lees Park, but the final section is good complex urban terrain as it crosses the railway and the motorway before ending at the small Shepley Wood Park.



The canal route



Coloured crayon gate at Finish

SALE WATER PARK TO URMSTON BEACH

The Leg from Sale Water Park to Urmston Beach is a really wonderful stretch of the legs through the meadows.

Take care crossing the A56 (Chester Road) - use the underpass or the controlled crossing points.



Open land to enjoy



Urmston Beach in summer sun