



MANCHESTER & DISTRICT ORIENTEERING CLUB
MAPRUN WINTER SERIES No 2. – SALE EAST



Date of activity: Saturday 17th April 2021 until Sunday 16th May 2021

Course: 45 or 60 minute Score using MapRun6 app

Description: The checkpoints is mostly on quiet suburban roads, accessed using pavements, footpaths and public parks, but participants are likely to cross at least one major road. Some of the footpaths and open fields can be muddy.

Planner: Mike Wharton (Mob. 07810 698075)

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

Parking: Warrener Street Car Park M33 3GE (w3w: skirt.chest.rotate). **Free for 2 hours but you must still obtain a ticket.** £1 to park all day. If full, there is ample parking on the surrounding residential roads but please park with consideration to the local residents.

Travel: Warrener Street Car Park is approximately 1 mile from junction 6 of the M60.

Warrener Street Car Park is a 10-15 minute walk from Sale, Sale Water Park and Northern Moor Metrolink stations.

It is the individual's responsibility to comply with national guidelines and those of local public transport for travel to and from the area and whilst in the public car park at Warrener Street.

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, PARTICULARLY
AROUND THE ROAD SYSTEM IMMEDIATELY EAST OF THE START LOCATION.**

TO VIEW BRITISH ORIENTEERING GUIDELINES 29/3/21: <https://bit.ly/39qmZif>

Start: The start is in the far north east corner of Warrener Street Car Park.



Start – North East corner of Warrener Street Car Park

Finish: The finish is at the far end of Chinley Close which is approximately 200m from Warrener Street Car Park.

Courses available: This is a score event, where you need to visit as many controls as you can between the start and finish within a set time. You can choose between a 45-minute or a 60-minute score. You are awarded 20 points for each control visited with a 10-point penalty per minute late after your chosen time limit.

Equipment necessary: Smartphone with MapRun6 app (or smartwatch with MapRunG); armband holder or bumbag to hold phone; printed map (advised – see below); compass (optional). Sunset during the period the course will be available to participants is between 8pm and 9pm so competitors intending to participate very late in the day should consider wearing high visibility clothing and carrying a headtorch (some of the footpaths and public parks are unlit). Visit <https://navvies.org.uk> for 'Getting Started' information.

The maps and courses will be set live at 20:00 on Friday 16th April on <https://navvies.org.uk> Details will also be available via a link from the MDOC website www.mdoc.org.uk

To find the courses on the MapRun6 app, click on: Select Event / UK / Manchester / MDOC / Spring Series / Sale then choose your course. 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: Scale 1:12 500

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 are open Monday to Friday 7:30am - 3pm in Walkden Gardens; and Monday to Friday 7:30am - 3pm and Saturday and Sunday 8am - 4pm in Worthington Park. However, due to Covid-19 restrictions these opening times are not guaranteed. The nearest supermarket with a customer toilet is Sainsburys on Curzon Road, Sale M33 7SA.

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 Wythenshawe Hospital, Southmoor Rd, Wythenshawe, Manchester M23 9LT.

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 and public parks 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 suburban roads, but competitors are likely to 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. **PLEASE USE THE MARKED CROSSINGS WHERE AVAILABLE, PARTICULARLY AROUND THE ROAD SYSTEM IMMEDIATELY EAST OF THE START LOCATION.**

Route choices also include some narrow passageways, muddy or uneven paths and open fields. Please take care to avoid slips and falls, especially if it is wet, 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 - from 1st May until 30th May