

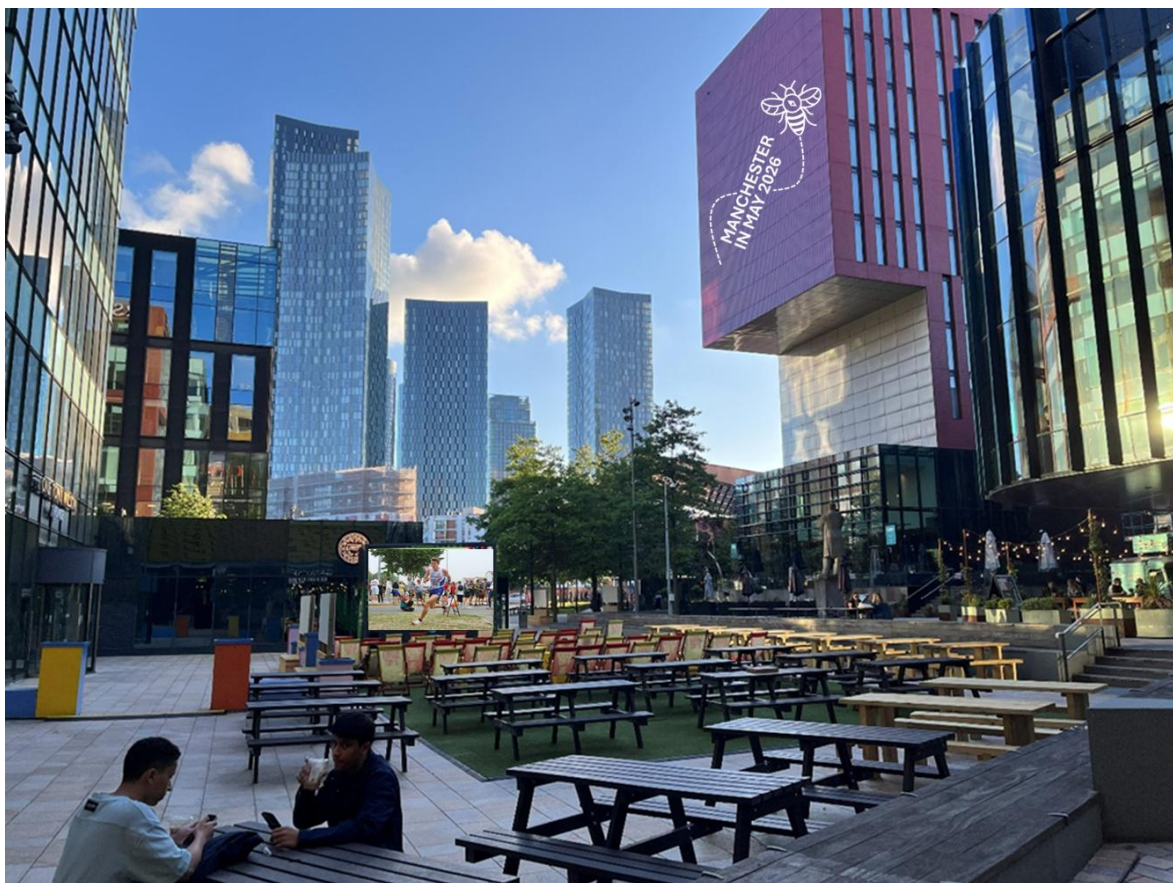


MANCHESTER IN MAY

Urban Orienteering Weekend

Saturday 23rd May to Monday 25th May 2026

BULLETIN 1



Manchester & District Orienteering Club, and our sponsors Track Brewing and ICON Sports, look forward to welcoming you to Manchester for a packed weekend of top quality urban orienteering all within easy reach of Manchester City Centre.

The weekend starts with a Middle distance race around the intricate residential area of Beswick. Stay around for Pizza and beer at the Track Brewery and Tap Room before heading into Manchester to explore the sights and sounds of the City, including the stalls, exhibits and installations of [The Manchester Flower Festival](#).

Day 2 starts early from our event centre in the heart of Roman Manchester in the Castlefield area, next door to the excellent Science and Industry Museum, for the UK Urban League 'City Race' around Castlefield, the Irwell river and centre of Manchester where Victorian heritage meets high rise modern architecture to set the stage for some fantastic Urban orienteering.

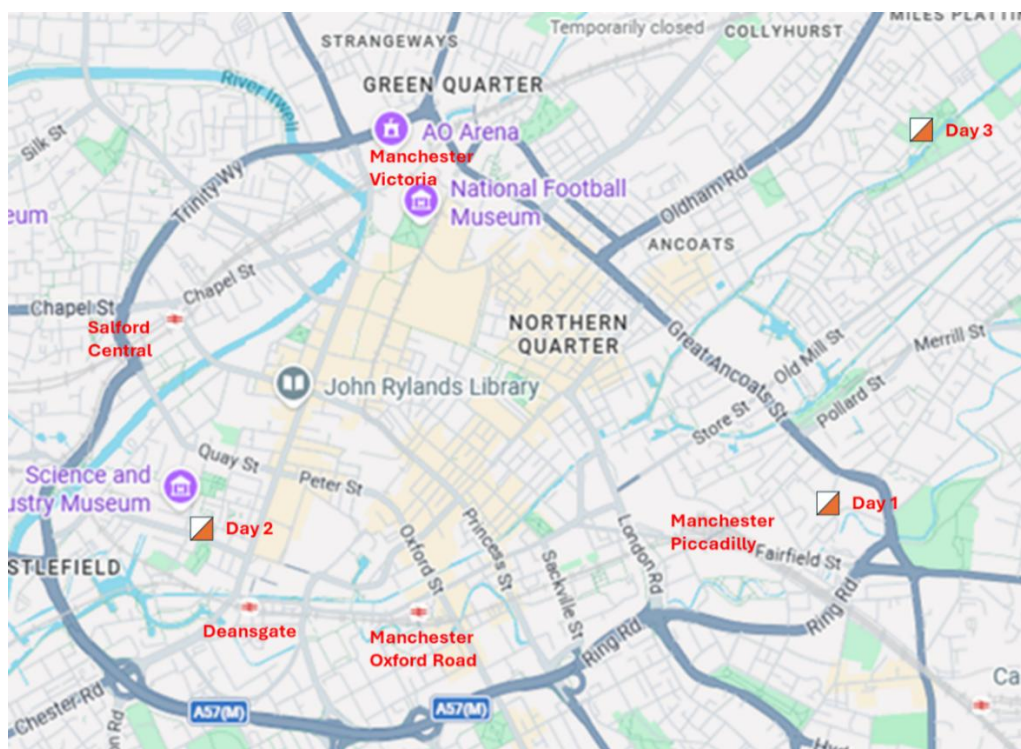
We will round off the weekend on Day 3 with a Knockout Sprint event for all comers.

Everyone has the chance to run three sprint races starting with a qualifier race which will stream competitors for Semi Final and Final Knockout Format races.

With prizes for each day and plenty to see and do around the City we are sure you will enjoy Manchester in May 2026.

MANCHESTER IN MAY 2026 – ITINERARY

Day / Date	Event	Area	Level
Day 1 Sat 23 rd May	Urban Middle	Beswick	Regional (NWUL)
Day 2 Sun 24 th May	City Race Urban Long	Castlefield and the Irwell (inc. Manchester city centre)	National (UKUL & NWUL)
Day 3 Mon 25 th May	Knockout Sprint	Miles Platting	Local





GENERAL INFORMATION

Entries

All entries are via Racesignup. [Manchester in May 2026 Orienteering Weekend](#)

Standard Fees apply until 23:59 on Thursday 14th May.

Late Entry Fees will apply for all entries after this date and for Entry on the Day.

Late Entry will only be available for Days 1 and 2.

Entry on the Day will be subject to map availability. To guarantee your run please enter in advance via Racesignup.

Details of courses, age classes and entry fees are available at www.mdoc.org.uk and on Racesignup

SI Timing will be used for all Days with controls in contactless mode. Standard SI Timing Cards are available to borrow free of charge and should be requested on registration through Racesignup or enquiries if entering on the day. There is no option to hire SIAC contactless timing cards.

Travel

All events will be held within easy reach of Manchester city centre by foot and public transport. There are numerous public car parks nearby if you are driving.

Manchester city centre is served by three mainline railway stations, Manchester Piccadilly, Victoria and Oxford Road, and national bus services.

There is a comprehensive local Rail, Tram and Bus network serving all areas of the City.

There are direct Rail and Tram services linking the International Airport with the city centre.

Accommodation

There are numerous accommodation options available in and around the city at all standards.

Maps

All maps are drawn to ISSprOM 2019-2 standard and will be printed on waterproof paper.

See also specific details on maps under detail sections for each Day.

Please note the section on Uncrossable Features and Out of Bounds Areas provided at the end of this document.

Junior Participants, Pairs and Small Groups

Please see specific details regarding Junior competitors under detail sections for each Day.

Pairs and Small Groups

Participants may take part as pairs or in small groups on days 1 and 2 on the City Score course or in age class courses. If entered for age class courses pairs or groups will be classed as non-competitive.



If participating as a small group, please be considerate to individual participants competing in age class races (e.g. do not gather around controls, allow faster participants to pass in narrow sections).

Due to the format of races on Day 3, it will not be possible to run in pairs or small groups on this day.

Race Number Bibs

Each participant on any course will be allocated a race number bib that will cover all races that you entered for over the weekend, including the Knock Out Sprint, so please keep it safe and remember to bring it each day.

Participants are required to wear Race Number Bibs and ensure these are visible at all times while on courses.

[No Race Number Bib, No Start.](#)

Safety pins will be available for attaching Race Number Bibs.

Race Number Bibs will be available for collection at the event centre on all three days.

Results

Live results will be available on-line on each day.

Prizegiving

There will be a prizegiving ceremony and 'spot prize' draw on each day.

We do hope as many participants as possible will stay for the presentations.

If you are due to receive a prize and cannot stay for the presentation, please make arrangements for someone to collect your prize on your behalf.

Prizes will not be forwarded after the event. Prizes unclaimed at the presentation ceremony will be redistributed.

A 'spot prize' draw will be held at the prizegiving for all participants in attendance.

Course Closing Times

If you are still on your course at the stated Course Closing Time (which will be printed on the map) please return directly to the Event Centre to download, even if you have not completed the course. Timing boxes and kites will start being taken in from this time. If you are in difficulty, please contact the emergency number that is printed on your Race Number Bib and your Map.

General Safety

A comprehensive risk assessment has been carried out for each day and will be available at the event centre (enquiries). See specific safety notes under detail sections for each day.

All participants take part at their own risk and are responsible for their own safety during the event.

Care should be taken when crossing all roads.

Please be alert to the possibility of others (competitors or members of the public) coming the other way round corners and take them wide. Please show respect to residents, pedestrians and road users.



Be particularly careful of cyclists, especially e-bikes and e-scooters that can move quickly and quietly and may be using paths and pavements as well as roads. Designated cycle lanes will often have cyclists travelling in both directions along them.

There will be qualified First Aiders at the Event Centre on each day.

The nearest A&E Department is at Manchester Royal Infirmary (postcode M13 9WL). There will be a map and instructions available at Assembly.

EMERGENCY NUMBER: 07713 930 552

This emergency contact number will be printed on your Race Number Bib and also on your Map. This will connect to the Day Organiser.

Photography

There will be an official event photographer taking pictures on the course and around the event centre on Day 2. Photographs from the day will be made available to download free of charge after the event.

Photographs will also be taken at Prizegiving ceremonies on each day.

If you do not wish for you or a member of your party to be photographed or included in any photographs made available on-line, please can you let us know by contacting MinM2026@mdoc.org.uk or by notifying the event Organiser via enquiries on the day.

Traders

There will be no traders present on any day.

Cancellation

In the event that any element of the weekend's events need to be Cancelled, notification will be communicated to the contact e-mail address provided on registration.



MANCHESTER IN MAY 2026

DAY 1: Saturday 23rd May

URBAN – Middle Distance regional event

BESWICK

Part of the [North West Urban League 2026](#)

Entries

All entries are via Racesignup. [Manchester in May 2026 Orienteering Weekend](#)

Standard Fees apply until 23:59 on Thursday 14th May.

Late Entry Fees will apply for all entries after this date and for Entry on the Day.

Entries close on Racesignup at 21:00 on Friday 22nd May.

Entry on the Day will be subject to map availability. To guarantee your run please enter in advance via Racesignup.

Electronic payment for Entry on the Day is preferred.

Event Centre

Track Brewery & Tap Room

Unit 18, Piccadilly Trading Estate, Manchester, M1 2NP

What3Words: [///pint.bottle.proper](#)

Travel and Parking

15 min walk from Manchester Piccadilly Rail and Tram station

Nearest Bus stop: Adair Street stop on Great Ancoats buses 230 and 231.

There is no parking at the Event Centre venue or in the Piccadilly Trading Estate.

Various Pay and Display car parks are available within 10 minutes walk.

Limited roadside parking on Travis Street.

Facilities

The Event Centre will be located in an outdoor yard behind the Track Brewery and Tap Room. There will be some seating and covered areas for bags in this area. The event has sole use of the yard area but bags are left at participant's risk.

Portable Toilets will be provided in the yard for use by participants.

Toilets inside the Tap Room bar may be used if buying drinks and food.

Please be considerate of the Track Brewery & Tap Room's regular customers.

The Track Brewery Tap Room bar will be open from 10:00 serving hot and cold drinks.

Freshly baked Pizzas will available from 12:00.

Pizza orders will be taken on the day. If you indicated you will be having pizza via the entry system there is no need to tell us again. If you didn't indicate via the entry system, let us know and we'll make sure the Pizza Kitchen is aware.

Food and drink brought in from outside may be consumed in the Event Centre area in the yard. Please dispose of any waste appropriately.

Timings

10:00 - Enquiries & Event Centre Open

11:00 – First Starts

13:00 – Last Starts

14:00 – Prizegiving and Spot Prize Draw

14:30 – Courses Close

Course Details **SUBJECT TO FINAL CONTROLLING**

Course	Classes	Age Classes	Distance	Climb	No. of Controls
1	Men Open	M18-M35	8.4km		32
2	Women Open Men Veteran	W18-W35 M40-M50	7.2km		30
3	Women Veteran Men Super Vet	W40-W50 M55-M60	6.4km		31
4	Women Super Vet Men Ultra Vet	W55-W60 M65-M70	5.6km		27
5	Women Ultra Vet Men Hyper Vet	W65-W70 M75+	4.5km		22
6	Women Hyper Vet	W75+	3.4km		16
7	Men Junior Women Junior	M16- W16-	3.6km		23
8	Men Young Junior Women Young Junior	M12- W12-	2.0km		20
City Score 45min	None	Any	N/A		30

Distances and Climb are based on the optimal route

Sport Ident (SI) timing will be used on all courses.

Standard Orienteering Kites will be used to mark control sites.

All starts will use a punching Start.

All controls on the course will be in contactless mode, including the Finish.



Entrants on Course 1 require SI Cards that can hold more than 30 punches. If you are borrowing an SI card you will be allocated a higher capacity SI card. If you own your SI Card and this a series 5 or 8 SI card then you will be allocated a higher capacity SI card (at no additional cost): **you will need to collect this from enquiries before you go to the start.**

There will be two timed out marshalled crossing points on **course 7 and one on course 8**. Please follow any instructions the marshal gives you, for your own safety. The time taken to cross will be omitted from the overall time – up to a maximum of 1 minute at each timed out crossing.

Junior Participants

Note regarding Junior competitors running on their own (not accompanied by an adult):

- 16 Years or under on the day can only enter Courses 7 or 8
- 12 Years or under on the day can only enter Course 8
- Juniors 16 years or under on the day running the City Score course **MUST** be accompanied by an adult

Dogs

- No dogs are to be taken on courses.
- Dogs are permitted in and around the event centres if kept on a lead.

Map:

The scale of the map is 1:4000 with contours at 2.5m intervals, and it is drawn to the ISSprOM 2019-2 standard. Map created by Wangki Yuen 2024 and updated 2026. All maps will be printed, single sided, on waterproof paper.

Please note the section on Uncrossable Features and Out of Bounds Areas provided at the end of this document (applicable for all days).

Starts

There will be two Starts

- Senior Start (Courses 1 to 6 and City Score) 770m (minimal climb)
- Junior Start (Courses 7 and 8) 700m (minimal climb)

The route to start is identical for both courses except for the last 70m of the route to the Senior course starts. Small maps will be available at the Event Centre showing the walking route to the starts.

Juniors 16 years or under on the day will need to accompanied to the Start as the route involves crossing a busy road.

Please ensure your Race Number Bib is visible when entering the start lanes.

No Race Number Bib, No Start.

Start Lane procedure will be 4 minutes.



All starts will use a punching start.

Participants will pick up maps at the start for all courses.

Participants on Course 8 and the City Score 45 course will be able to look at their map prior to entering the start lane. Please ask the start team to provide a course map, if required.

Loose control descriptions will be available in the start lanes.

No blank maps of the area will be displayed in the start lane.

Please try and keep to the start time blocks you have selected and that are shown on your race number bib. If you arrive outside your time window then the start team will slot you in at the earliest opportunity. It is a punching start so please be patient.

Finish

There will be one Finish for all courses.

- Distance from Finish to the Event Centre is 430m (minimal climb)

The Finish control will be in contactless mode.

Day 1 Officials

Organiser – David McCann (MDOC)

Planners – Trevor & Hazel Hindle (MDOC)

Controller – Ian Gilliver (MDOC)

Enquiries to: MinM2026@mdoc.org.uk

Acknowledgements

We are grateful to the following for their help in the staging of this event:

Stefan Melbourne and Dev Parmar, Track Brewing Co. – Sponsors and Event Centre

Manchester City Council (permissions)



MANCHESTER IN MAY 2026

DAY 2: Sunday 24th May

URBAN – Long Distance national event

CASTLEFIELD and the IRWELL

Part of the UK Urban League (UKUL) 2026 and the North West Urban League 2026



Entries

All entries are via Racesignup. [Manchester in May 2026 Orienteering Weekend](#)

Standard Fees apply until 23:59 on Thursday 14th May.

Late Entry Fees will apply for all entries after this date and for Entry on the Day.

Entries close on Racesignup at 21:00 on Saturday 23rd May.

Entry on the Day will be subject to map availability. To guarantee your run please enter in advance via Racesignup.

Electronic payment for Entry on the Day is preferred.

Event Centre

Department Campfield

Entrance on Liverpool Road, Manchester, M3 4FP

What3Words: [///teams.sweep.points](https://www.what3words.com/sweeps/teams.sweep.points)

Travel and Parking

10 min walk from Deansgate Rail station and Tram stop

Nearest Bus stop: Museum 30, 33 and 33B on Liverpool Road.

There is a Manchester Free Bus that runs every 10 mins from Piccadilly Station (first bus 10:00). Use Liverpool St. stop.

There is no parking at the Event Centre Venue.

Various Pay and Display car parks are available within 10 minutes walk.

Facilities

The Event Centre will be located on the mezzanine level in the Department Campfield building.

There will be seating and areas for bags in this area. The event has sole use of the mezzanine area but bags are left at participant's risk.

Toilets are available in the Department Campfield building.

A catering concession exists within the Campfield complex and there is a variety of external catering establishments in the vicinity.

Timings

09:30 - Enquiries & Event Centre Open
 10:30 – First Starts
 12:30 – Last Starts
 14:00 – Prizegiving and Spot Prize Draw
 14:00 – Courses Close

Course Details **SUBJECT TO FINAL CONTROLLING**

Course	Classes	Age Classes	Distance	Climb	No. of Controls
1	Men Open	M18-M35	11.4km		33
2	Women Open Men Veteran	W18-W35 M40-M50	10.2km		30
3	Women Veteran Men Super Vet	W40-W50 M55-M60	9.0km		27
4	Women Super Vet Men Ultra Vet	W55-W60 M65-M70	7.1km		23
5	Women Ultra Vet Men Hyper Vet	W65-W70 M75+	5.7km		17
6	Women Hyper Vet	W75+	4.2km		15
7	Men Junior Women Junior	M16- W16-	4.1km		17
8	Men Young Junior Women Young Junior	M12- W12-	2.0km		16
City Score 60min	None	Any	N/A		30

Distances and Climb are based on the optimal route

Sport Ident (SI) timing will be used on all courses.

Standard Orienteering Kites will be used to mark control sites.

All starts will use a punching Start.

All controls on the course will be in contactless mode, including the Finish.

Entrants on Course 1 require SI Cards that can hold more than 30 punches.

If you are borrowing an SI card you will be allocated a higher capacity SI card.

If you own your SI Card and this a series 5 or 8 SI card then you will be allocated a higher capacity SI card (at no additional cost): **you will need to collect this from enquiries before you go to the start.**

Junior Participants

Note regarding Junior competitors running on their own (not accompanied by an adult):

- 16 Years or under on the day can only enter Courses 7 or 8
- 12 Years or under on the day can only enter Course 8



- Juniors 16 years or under on the day running the City Score course MUST be accompanied by an adult

Dogs

- No dogs are to be taken on courses.
- Dogs are permitted in and around the event centres if kept on a lead.

Map:

The scale of the map is 1:4000 with contours at 2.5m intervals, and it is drawn to the ISSprOM 2019-2 standard. Map updated by Eddie Speak 2026.

All maps will be printed on waterproof paper.

Please note the section on Uncrossable Features and Out of Bounds Areas provided at the end of this document (applicable for all days).

Starts

There will be one Start for all courses

- Distance from Event Centre: 150m (minimal climb)

The walking route to the start will be marked.

Please ensure your Race Number Bib is visible when entering the start lanes.

No Race Number Bib, No Start.

Start Lane call up will be Start Time -4 minutes.

All starts will use a punching start.

Participants will pick up maps at the start for all courses.

Participants on Course 8 and the City Score 60 course will be able to look at their map prior to entering the start lane. Please ask the start team to provide a course map, if required.

Blank maps of the area will be displayed in the start lane.

Loose control descriptions will be available in the start lanes.

Please try and keep to the start time you have selected as shown on your race number bib. If you arrive late then the start team will slot you in at the earliest opportunity. It is a punching start so please be patient.

Finish

There will be one Finish for all courses.

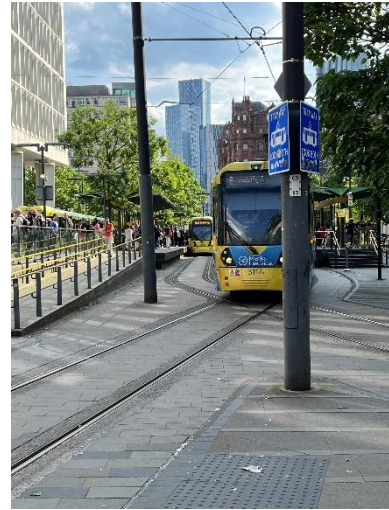
- Distance from Finish to the Event Centre is 400m (minimal climb)

The Finish control will be in contactless mode.

Day 2 Safety Notes:

Trams operate at street level within the competition area (for courses 1, 2, 3, 4 and the City Score) with no barriers between pedestrians, cars and trams. The trams do not move quickly in these mixed user sections. Treat trams as you would any other vehicle when crossing tramways. Do not run along the tram tracks, and take care not to trip on the rail recess in the road surface.

Manchester Flower Festival will be taking place in the City centre over the Bank Holiday weekend. There will be floral installations, market stalls, floral trails and entertainment at various locations and this will make some areas more congested than usual. The planners have planned courses to avoid the areas being used.



General Public: In addition to the Flower Festival, it is a Bank Holiday weekend and the City centre streets, squares, shops, restaurants and cafes will be busy. Please be patient and courteous to members of the public.

Canals and Rivers

Participants should take care if using canal towpaths and riverside paths and be courteous to other users. Canals and rivers must only be crossed at pedestrian crossing points as shown on the competition maps. Lock gates must not be used for crossing canals.

Day 2 Officials

Organiser – Guy Lingford (MDOC)

Planners – Trevor & Hazel Hindle (MDOC)

Controller – Chris McKenzie (CLOK)

Enquiries to: MinM2026@mdoc.org.uk

Acknowledgements

We are grateful to the following for their help in the staging of this event:

Department Campfield – Event Centre

Manchester City Council (permissions)



MANCHESTER IN MAY 2026

DAY 3: Monday 25th May

URBAN – Knock Out Sprint, local event

MILES PLATTING

Entries

All entries are via Racesignup. [Manchester in May 2026 Orienteering Weekend](#)

Entries close on Racesignup at 23:59 on Thursday 14th May.

There will be no late entry or entry on the day due to the format of this event.

Event Centre

[Miles Platting Community Library](#)

[Lower Vickers Street, Victoria Mill Park, Manchester, M40 7LJ](#)

[What3Words: ///forum.fever.stove](#)

Travel and Parking

Nearest Bus Stops: Naylor Street 83, 84, 114, 181, 182, 722, 726 on Oldham Road – 5 min walk. Varley Stret 216, 230 and 231 on Bradford Road – 10 min walk.

20 min walk from Piccadilly Rail and Tram station

10 min walk from Holt Town Tram stop

Various Pay and Display car parks available within 15 minutes walk.

Parking in residential streets close to the assembly are restricted to resident permit holders only.

Facilities

The Event Centre will be located in the Miles Platting Community Library building in Victoria Mill Park.

There will be some seating and covered areas for bags. The event has sole use of the Library but bags are left at participant's risk.

Toilets will be available inside the Library.

There will be no catering at the event centre. There are some small convenience stores on Oldham Road and a range of cafes, and shops in the Islington and Ancoats area (c.5-10 minutes walk). Otherwise please bring food and drink that you will require for the day. There will be facility to fill water bottles at the Event Centre.

Knock Out Sprint – Event Format

We have planned this event to provide an opportunity for orienteers of all abilities to experience a Knock Out Sprint competition.

We aim to provide some close head to head racing and an enjoyable day for all, so while there will be an element of Knock Out from the qualifier Race through to the Final, we have planned the event so that everyone will have the chance to run three races, with prizes to be won at all levels. To try and achieve close exciting races in the Semi Final and Final we are not applying Age or Gender classes.

This is the first time we have organised a Knock Out Sprint event and although we have sought advice from colleagues with experience from across British Orienteering, we recognise that some aspects of the event may not go exactly to plan. Please bear with us if this happens and we welcome constructive feedback on what went well and what could have been better so we can learn from this 'experiment'.

The event will have three Race phases:

- **Qualifier: Individual sprint race.** Times will be used to seed participants for the Knock Out phases (semi final and final). For example, 'Stream A' being the fastest qualifiers, 'Stream B' the next fastest, and so on. Qualifying times will also be used to allocate participants to their Semi Final Heats on a 'snaking' allocation so as to separate the fastest qualifiers.
- **Semi Final: Knock Out sprint races.** Head to head races in Heats of 5 to 7 participants with a mini mass start for each Semi Final Heat. There will be multiple Semi Final Heats in each Stream. The top placed participants will progress to Final i. Lower placed runners will go through to 'secondary' Finals within their Stream.
- **Final: Knock Out sprint races.** Head to head races of 5 to 7 participants with a mini mass start for each Final. Final i – will be the pinnacle race in each Stream.

See Example Format below based on 36 participants on the Short Course:

Manchester in May									
Day 3									
Knock Out Sprint									
Heat Structure									
SHORT - Stream A					SHORT - Stream B				
Qualifier Position	Stream	SF Heat	SF Position	Final	Qualifier Position	Stream	SF Heat	SF Position	Final
1	A	i	1	Ai	19	B	i	6	B iii
6	A	i	3	Aii	24	B	i	4	B ii
7	A	i	4	Aii	25	B	i	2	B i
12	A	i	6	Aiii	30	B	i	1	B i
13	A	i	2	Ai	31	B	i	3	B ii
18	A	i	5	Aiii	36	B	i	5	B iii
2	A	ii	1	Ai	20	B	ii	1	B i
5	A	ii	2	Ai	23	B	ii	2	B i
8	A	ii	3	Aii	26	B	ii	4	B ii
11	A	ii	6	Aiii	29	B	ii	6	B iii
14	A	ii	4	Aii	32	B	ii	5	B ii
17	A	ii	5	Aiii	35	B	ii	3	B iii
3	A	iii	4	Aii	21	B	iii	5	B iii
4	A	iii	1	Ai	22	B	iii	1	B i
9	A	iii	2	Ai	27	B	iii	4	B ii
10	A	iii	5	Aiii	28	B	iii	2	B i
15	A	iii	3	Aii	33	B	iii	6	B iii
16	A	iii	6	Aiii	34	B	iii	3	B ii

Results from each Race Phase will be made available on-line and in hard copy in the Event Centre as soon as possible after the completion of each Race Phase.

Details of the next Race Phase Heat allocation will also be provided.

Participants are advised to note the details of their Heat allocation and start times. There will be space to write this on your Race Number Bib.

Start Times are rigid for the Semi Final and Final Race Phase Heats. It is essential that you plan to be at the start in good time for your Heat start.

Semi Final and Final Heats will be notated as follows:

SF	Stream (capital letter)	Heat (roman numeral)	Lane (number)
F	Stream (capital letter)	Heat (roman numeral)	Lane (number)

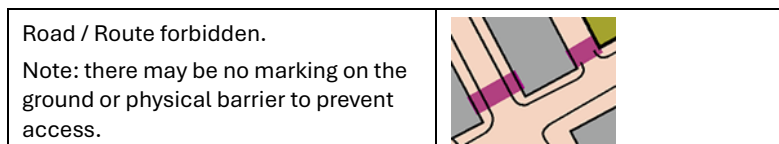
A Start time for each Heat will also be provided

Example

Course	Phase	Stream	Heat	Lane	Start Time
Long	SF	A	ii	5	12:36
Short	F	B	i	2	14:48

The Sprint races will take place in quiet urban residential areas close to the Assembly area. Courses may or may not be gaffled.

Artificial barriers may be used. These will be marked on the map with a solid purple bar (as shown in the example below) and will be marshalled.



Event Timings **SUBJECT TO ADJUSTMENT**

09:30 - Enquiries & Event Centre Open

10:30 – 11:30 Race #1 Qualifier Starts

12:00 – Race #1 Courses Close

12:30 – 13:30 Race #2 Semi Finals Starts

14:00 - Race #2 Courses Close

14:30 – 15:30 Race #3 Finals Starts

16:00 – Finals Courses Close

16:00 Prizegiving and Spot Prize Draw

Timings are indicative based on maximum numbers of participants. Timings may be adjusted once entries have closed which may bring Race 2 and 3 starts earlier.

Course Details **SUBJECT TO FINAL CONTROLLING**

Long c.2.5km – winning time 8 mins: Guide pace; 5km in under 22 mins

Medium c.2.0km – winning time 8 mins: Guide pace; 5km in under 28 mins

Short c.1.5km – winning time 8 mins

Distances are anticipated averages across the three races.

Each entrant will have the opportunity to run 3 sprint races at the distance selected (i.e. Long, Medium or Short).

The Organisers may choose to reduce the number of courses subject to the number of entrants in order create the best competition experience possible for participants. Course details will be confirmed by Monday 18th May.

Distances are based on the optimal route. The area is very flat and climb will be minimal on all courses.

Sport Ident (SI) timing will be used on all courses.

Standard Orienteering Kites will be used to mark control sites.

Race #1 Qualifier starts will use a punching Start.

Races #2 Semi Final and #3 Final will use timed mini mass starts for each heat

All controls on the course will be in contactless mode, including the Finish.

Junior Participants

- Juniors aged between 13 and 16 Years on the day **can only enter the Short Course**
- Juniors cannot be accompanied or shadowed.

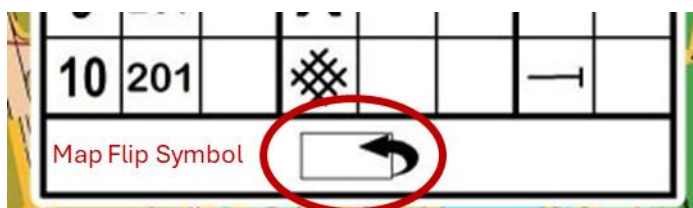
Dogs

- No dogs are to be taken on courses.
- Dogs are permitted around the event centre if kept on a lead but not in the event centre building itself.

Maps:

The scale of the maps will be 1:4000 with contours at 2.5m intervals, and it is drawn to the ISSprOM 2019-2 standard. Map created by Eddie Speak and updated 2026.

Maps will be printed on waterproof paper. Some courses may use double sided maps for course clarity. Map flip will be indicated in the control description with the IOF map flip symbol.





Please note the section on Uncrossable Features and Out of Bounds Areas provided at the end of this document (applicable for all days).

Starts

Each Race phase (i.e. Qualifier, Semi Final, Final) will use a different start location. All courses (i.e. Long, Medium, Short) will use the same Race Phase start. All start locations are within 10-15 minutes walk from the Event Centre.

Please ensure your Race Number Bib is visible when entering the start lanes.

No Race Number Bib, No Start.

Blank maps of the areas will NOT be displayed in the start lane.

Race #1: Qualifier phase – start procedure

Call up will be **Start Time -2 minutes**.

All starts will use a punching start. Loose control descriptions will be available in the start lanes.

Participants will be asked to hold their maps without looking at them T – 10 seconds. On the long start bleep participants will need to punch the start box and then turn over their maps.

Please plan to arrive at the start in good time so you can keep to the start time you have been allocated (which will be shown on your race number bib). If you arrive late the start team will look to slot you in at the earliest opportunity if possible before the stated start close time. It is a punching start so please be patient.

Races #2 Semi Final and #3 Final: Start procedure

These races will all be head to head knock out races involving between 5 and 7 starting at the same time in a timed mini mass start.

Start Times are rigid for the Semi Final and Final Race Phase Heats. It is essential that you plan to be at the start in good time for your Heat start.

If you arrive at the start after call up but before your Heat start time, the start officials will try to slot you into your correct heat start if possible.

There will be no slotting in for anyone arriving after their Heat start time.

Call up for each Heat will be **Start Time -2 minutes**.

There will be NO loose control descriptions. Control descriptions will be printed on the map.



Participants will be allocated a start lane and will need to stay in these lanes through the start process.

Starts will be automatically Timed to your allocated start time.

There will be NO punching start.

Participants will be asked to hold their maps without looking at them T – 10 seconds.

On the long start bleep participants will turn over their maps and go.

Finish

The same Finish will be used for all Race Phases and Courses and will be adjacent to the Event Centre.

Finish controls will be in contactless mode.

Day 3 Safety Notes:

Canals – The Rochdale Canal runs through the competition area and there is a canal basin at New Islington Marina in the South Western end of the area.

Participants should take care if using canal towpaths or narrow bridges and be courteous to other participants and users. Canals and rivers must only be crossed at pedestrian crossing points as shown on the competition maps. Lock gates must not be used for crossing canals.

On some courses competitors will pass along a tow path beneath the road. The tow path is very narrow, and with low headroom. Please be courteous and, if being caught by a faster competitor, please allow them to pass before entering the “tunnel”.

Littering – the planner has planned to courses to avoid areas prone to excessive littering, however, as a busy residential area litter and waste can appear in unexpected places. The planner and controller will undertake a dynamic risk assessment on the day of the event but participants should also take care if they encounter waste bags or excessive littering at any stage on their courses.

Prizegiving

Prizes will be awarded to the 1st, 2nd and 3rd placed participants in the A Stream, pinnacle Final for each Course (Long, Medium, Short) and also the winners of the pinnacle Finals for the other Streams (e.g. B,C,D etc) on each Course.

There will also be Spot Prize Draw, so please stay for the presentations.

Day 3 Officials

Organiser – Paul Watson (MDOC)

Planner – Ben Kyd (MDOC)

Controller – Alan Ogden (MDOC)

Enquiries to: MinM2026@mdoc.org.uk



Acknowledgements

We are grateful to the following for their help in the staging of this event:

Victoria Mill Park Community Library – Event Centre

Steven Delahunt, Neighbourhood Engagement Officer, Jigsaw Homes Group

Jigsaw Homes Group – Event Centre

Niall Batty, Neighbourhood Engagement and Delivery Officer, Manchester City Council
(permissions)

Uncrossable Features and Out of Bounds Areas










(general information – applicable for all Days)

The map includes numerous uncrossable and out of bounds areas.

It is important to remember that it is **FORBIDDEN** to enter or cross these!

Even if you are physically able to cross or jump over one of these features it is still against the rules to do so.

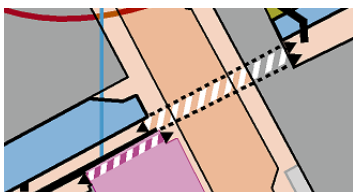
Please respect this, it is for your own safety and for our ability to continue to hold events in these areas.

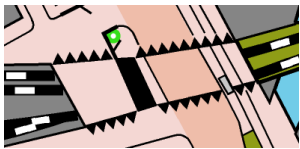
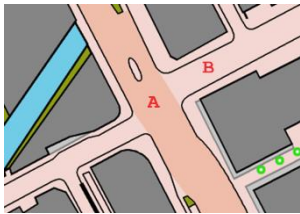
			
Impassable/Uncrossable Vegetation For example, a garden hedge		Non enterable buildings	
Uncrossable Wall		Out of bounds areas	
Road / Route forbidden. Note: there may be no marking on the ground or physical barrier to prevent access.			

For example, it is forbidden to:

- Jump over an olive green garden bed, even if you do not touch the ground.
- Run through an unlocked or open gate if it is mapped without an opening as part of an uncrossable fence.
- Reach over a low wall to punch a control if it is mapped with a thick black line.
- Run along a path through purple hatched area, even if you have been allowed to do so at previous events held in the same area.
- Run through a narrow gap in a dark green hedge mapped as a solid dark green line.

Important Map Features

	<p>The map snippet shows that the canal towpath continues underneath the road and building</p> <ul style="list-style-type: none"> • The solid Black “shark tooth” (triangle) represents an entrance to a tunnel entrance or underpass • The hashing between the dashed lines shows there is a lower level running route below the road (brown hashing) and building (grey hashing) <p>The map also show a legitimate path under the building works (pink hashing)</p>
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	<p>The map snippet shows that it is possible to run underneath the railway as indicated by the “shark’s teeth”</p> <p>Note: the overhead railway line is not shown, for clarity, where there is a lower running level, as indicated by the “sharks teeth”.</p>
	<p>The map snippet shows two types of paved area</p> <ul style="list-style-type: none">• The darker beige colour (A) indicates heavy traffic (vehicular or pedestrian)• The light beige colour (B) indicates light traffic (vehicular or pedestrian)