



Final details for the 1st event of the 2025/26 MDOC NSL season Thursday 30th October 2025.

It will be based at **The Nursery Inn 258 Green Lane, Stockport SK4 2NA**
What3words [anyway.shady.edit](https://www.what3words.com/anyway.shady.edit)

Parking

The pub has a small Car park circa 20 cars but there is ample street parking beyond the pub along Mount Road and Bowerfold Lane

Registration

Registration will be open from 5.15 and starts are from 5.45 to 7.30.

Collect your Question sheet and dibber if required.

For newcomers help will be available.

Registration will be upstairs in large room where bags can be left. On entering the pub by main entrance there are stairs to the right opposite the small bar. Please use the main entrance rather than the fire escape which is being used for people starting and finishing their run.

The upstairs has toilets.

Food and Drink

For those who pre ordered food

After your run go downstairs and order and pay for your food. They have a list, so get your names ticked off. Then go upstairs and wait by the cutlery and gravy (outside the main room) until it is brought up to you.

They have agreed to serve until 9pm.

Anyone who has not preordered can order off the menu if items are still available.

Pre Start, Start and Finish

Pre start: In main room next to the Fire Door. Check in here before and after run.

Start: Outside next to Main entrance. Use the Fire escape, then check where the Finish is located in the Car Park, get your GPS signal, select Go to Start in Maprun app then go to Front of pub for the Start.

When Maprun indicates that you have reached start. (S1)

Punch the Start box and collect map

Finish: Back of the Car Park return up the Fire Escape to get checked in and download. Remember the timing is done from the dibber when you punch the start box until you punch the finish box. The Maprun timing is **NOT** used so remember to **punch the finish first** before worrying about the Maprun Finish 'beep'.

Maprun

As usual, it will be a MapRun event, with traditional paper-based backup for those who prefer.

You must use the paper-based backup to confirm you have visited a control that doesn't 'beep'.

We do not study maprun traces to prove whether you went to a control that doesn't 'beep'

Please download the appropriate Maprun course (40min, 60min or 75min) before you arrive from

UK/Manchester/NSL/The Heatons 40 minutes

UK/Manchester/NSL/The Heatons 60 minutes

UK/Manchester/NSL/The Heatons PXAS ScoreQ75

Or use QR Codes below

Controls and points

This event has 60 controls numbered 30 to 89. (this numbering will vary at other events)

Remember that all the controls starting with 3 are worth 30 points, all the controls starting with 4 are worth 40 points, etc, up to all the controls starting with 8 are worth 80 points.

Penalties

The penalties for lateness are **severe** at 1 point deducted per 1 second late, hence the accurate timing using dibbers. (this value will vary at other events)



40 minutes option



60 minute option



75 minute option

MDOC NIGHT STREET LEAGUE: Safety Notice

(2025/26)

You must not attend an event if you have any COVID-19 symptoms.

In case of injury:

- *Ring the Emergency number on your Answer Sheet. Also, when necessary, ring 999.*
- *Give current location (e.g. nearest control number) if you need to be picked up.*
- *State if you need to be taken direct to A&E or to the Finish.*

General Notes:

- 1. All competitors MUST wear a high-visibility top.**
- 2. Under 16s MUST be accompanied (rather than shadowed) by an adult.**
- 3. You will need a torch and, depending on the terrain and the absence of street lighting, the Planner/Organiser may recommend that you carry a back-up light and means of summoning help (e.g. a whistle).**
- 4. In case of Emergency, you are recommended to carry a mobile phone. Many modern phones have a Torch App which could be used as a back-up light.**
- 5. Dress according to the weather conditions (rain/hail/cold).**
- 6. You may like to carry a compass.**
- 7. Take care crossing roads, tramlines and railway lines – even when racing to the finish!**

Do not rely on your ears – electric vehicles are virtually silent – so LOOK!

- 8. A person running across a road in such a way as to cause a road user to swerve, thereby causing injury to someone else (the driver or another pedestrian), is likely to be held responsible in that their actions caused the incident.**
- 9. A person running around a ‘blind’ street corner is responsible for not colliding with another pedestrian – so please run wide around corners.**
- 10. Take care on slippery surfaces and uneven ground; depending on the terrain, the Planner/Organiser may recommend trail shoes.**
- 11. When sharing the pavement or towpath with others “Share the Space, Drop your Pace”.**
- 12. Give dogs a wide berth.**
- 13. If carrying a pencil/pen, take care to avoid injury.**

Existing Medical Conditions

- *If you wish, please make the Planner/Organiser aware of an existing medical condition. The information will be passed to the Series Co-ordinator and kept in confidence.*

