

Final details for the Bramhall NSL Event Thursday 30th January 2025.

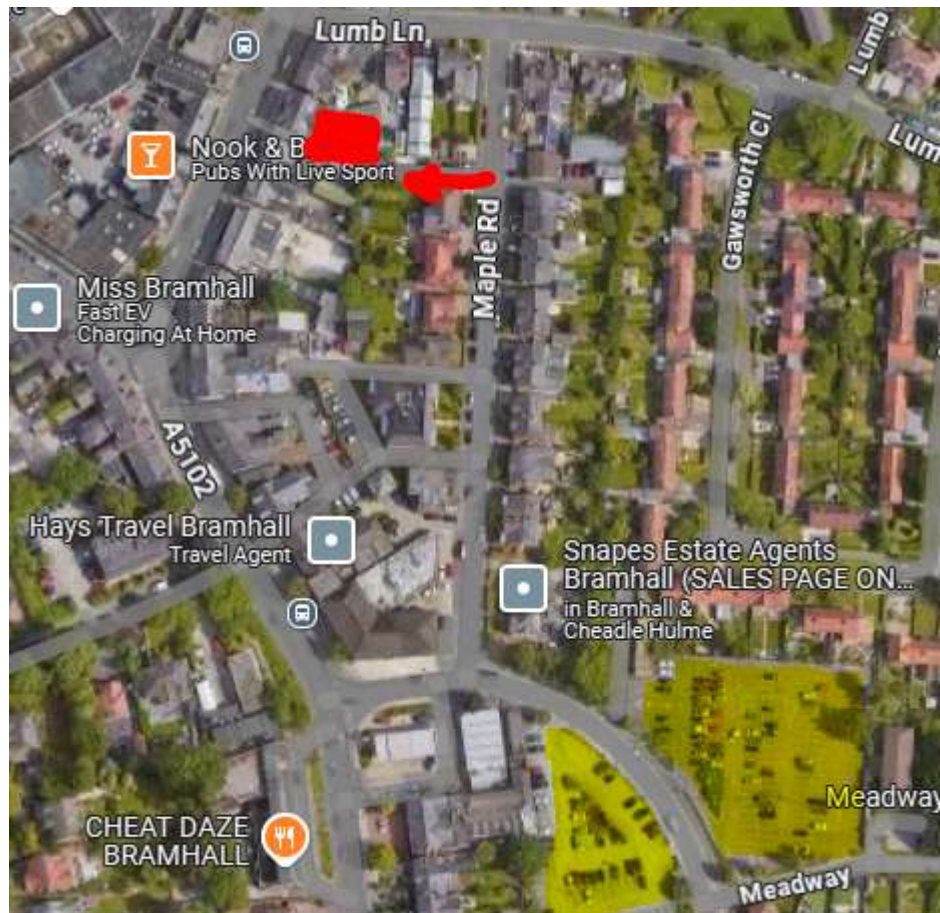
It is based at **The Crown & Conspirator on Bramhall Lane South, Bramhall, SK7 1AF.**

Parking

Suggested parking is in the 2 public car parks on Meadway, highlighted in Yellow on the map. These are free after 6pm. These are about 5 minutes walk to the venue which can be accessed via the front off Bramhall Lane South or the rear via an alley off Maple Road (see red arrow) and no more than 5 mins walk to the venue. The Pub is on the main Alderley Road to the south side of Sainsbury Store.

Registration

Registration will be open from 5.30 and starts are from 6.00 to 7.30. We have use of the Garden room which is towards the rear of the pub.



Food and Drink

The Crown and Conspirator are doing 2 specials for us, each at £10 per head, these are

- Lamb Saag Curry, pilau rice and flatbread
- Vegetable saag curry, pilau rice and flatbread

A full menu is also available.

It is suggested you order before your run and specify the time you wish to eat.

Start and Finish

Pre-start will be inside the Garden room near Registration. You must report here first. The start is accessed from pre-start through the rear of the pub by turning LEFT out of the Garden Room.

It is suggested you do not set 'go to start' until you are at the start. The timing is started when you punch the SI start box which is located at the actual start and where you will be given your map.

On leaving the start you MUST leave via Maple Road. This is to avoid runners who have just started colliding with runners about to start, but also to avoid running immediately past the start which may terminate your run!

Timing ends when you punch the SI finish box. However, you should ensure that you get a 'beep' on your MapRun device to terminate the tracking correctly. The finish is located in the alleyway between Bramhall Lane South (the front of the pub) and the Garden Room door. You must also report to the finish official (at pre-start) so the we can check that everyone has returned safely.

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/Bramhall 40 mins

UK/Manchester/NSL/Bramhall 60 mins

UK/Manchester/NSL/Bramhall PXAS Score Q75 (for the 75 minute run)

Or scan the following QR codes



Bramhall 40



Bramhall 60



Bramhall 75

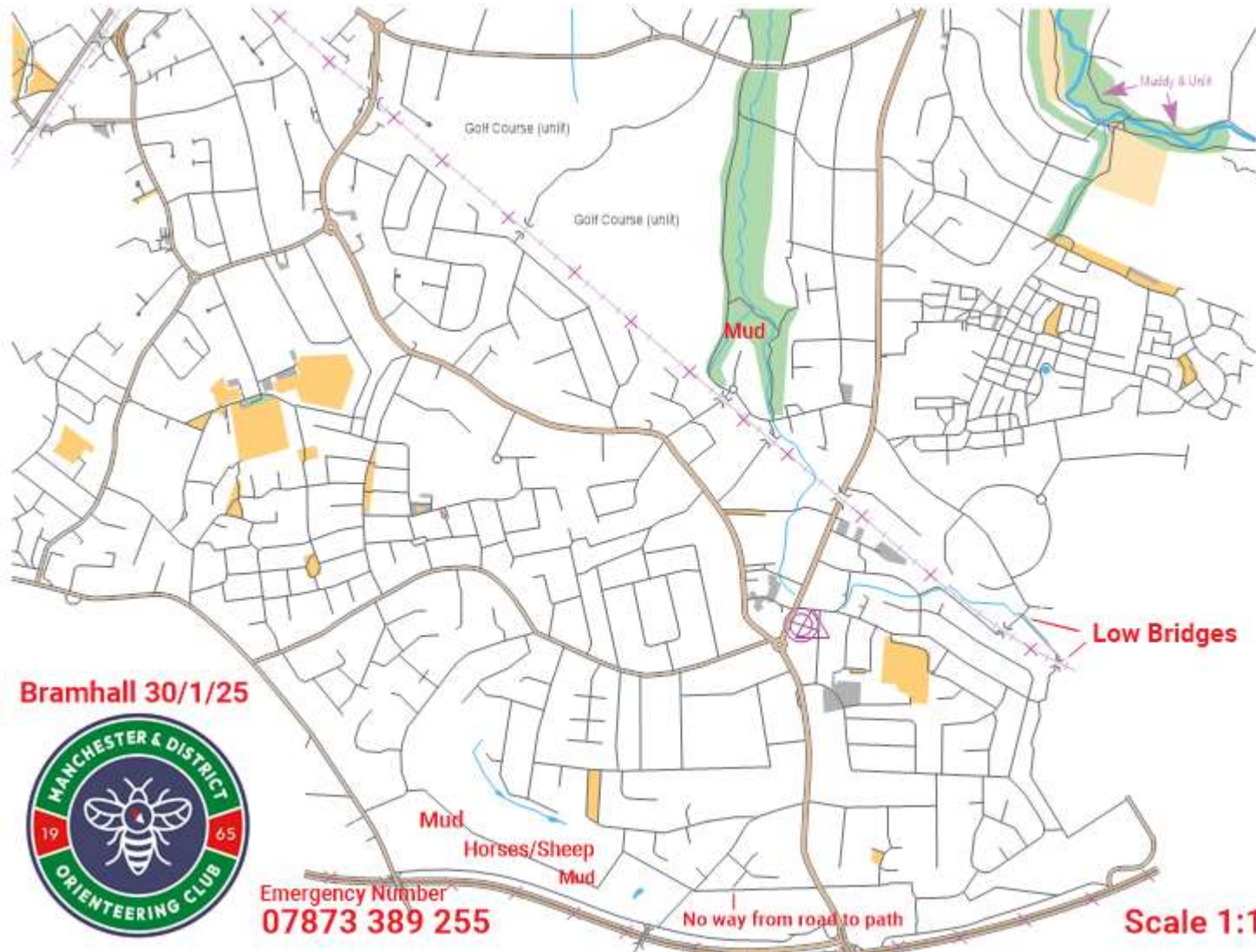
Controls and points

This event has controls numbered 25 to 79. Remember that all the controls starting with 2 are worth 20 points, all the controls starting with 3 are worth 30 points, etc, up to all the controls starting with 7 are worth 70 points.

Penalties

The penalties for lateness are 1 point for every 2 seconds late.

Safety Map



Bramhall 30/1/25



**Emergency Number
07873 389 255**

Scale 1:13000

MDOC NIGHT STREET LEAGUE: Safety Notice (2024/25)

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.*