

## **MDOC NSL Urmston 16<sup>th</sup> Jan 2024 – PLEASE READ THIS!**

The fifth NSL event of this season, and the first in 2024, will be held in Urmston, way out West in the flatlands between Trafford Park and Irlam, just off the M60.

**Event Centre: The Roebuck, 2 Church Road, Flixton, Manchester, M41 6HD.**

What 3 Words: [///humans.stone.fork](https://humans.stone.fork)

We will have sole use of a first floor function room. Registration will be located in this room, and blank maps of the area will be available to view.

Competitors will be able to gain access to the room, via an external door at the foot of the stairs, (signed 'Function Room') avoiding the need to walk through the main bar area.

**Food:** The Roebuck has a menu with food to suit most tastes and can be viewed here: [The Roebuck - Urmston Pub With Food and Large Beer Garden \(joseph-holt.com\)](https://joseph-holt.com)

**Please note that the deadline for last food orders is 20:00.**

Drinks and Food Orders need to be placed at the main bar.

If you think you will return close to 20:00, please place your food orders before heading out. Unfortunately, it is not possible to delay food orders, so **if you plan on eating at the pub, please plan to have completed your runs by 20:00.**

**Nearest Train** station is Chassen Road c.500m from the event centre pub.

**Parking:** The pub has a modest sized car park at the front of the pub accessible from Church Road and Chassen Road. If this is full there is more parking in the surrounding residential roads. Please be considerate and avoid blocking residents access.

If using the pub car park you will need to register your number plate details at the main bar to avoid being charged.

### **Event:**

The event will use both traditional pen/paper and MapRun methods to record the controls you visit. For information on using MapRun on your smart phone or GPS watch please refer to the MDOC website.

QR codes for the 40, 60 and 75 minute courses may be found at the end of this document.

Note that if you are using MapRun and you do not get a notification on your phone / watch, then you will need to record the requested info on the 'clue sheet'. No map run notification and no clue sheet entry = no points for that control.

**Penalties to scores will be applied at the rate of 1 point deducted per second over the selected course time.**

### **Start Procedure:**

A 'Safety Check' station will be located immediately to the right on exiting the pub through the designated exit from the function room.

**It is essential that all runners report to the 'Safety Check' station** before progressing to the SI punch start, collect maps and commence their run.

This Safety Check Out process will:

- Record your name and time out as part of the event safety procedure
- Ensure that SI dibber (timing card) is Cleared and Checked [if not the SI Start punch won't work]
- Check that MapRun is correctly installed and enabled [if not your run will not to record properly]. Please note that if your MapRun is not functioning properly at the 'safety check' station you may be asked to step away to resolve any issues to avoid holding up other competitors queueing for their safety check.

Once you have completed the 'Safety Check Out', map run users will be directed to a point close to the SI Start Punch to acquire the MapRun start, they will then need to make their way to the Map Issue point and SI Start Punch box located by the road.

MapRun users, please note that your competition time will be taken from the SI Punching times not the times shown on your MapRun app, so please don't panic if there are any delays after you have acquired the start signal before you can punch the SI start box.

Non MapRun users will be directed from the pre start 'Safety Check Out' station directly to the Map Issue point and SI Start Punch.

### **Finish Procedure:**

The SI Finish Punch box will be located at the edge of the grassed area and car park, where the MapRun finish should also be registered by your device.

**Important Note:** The SI Finish Punch and Map Run finish point are located away from the road to prevent MapRun competitors acquiring the finish if running past the pub in the course of their run. **Please avoid cutting across the pub car park or the small area of open ground to the West side of the pub unless you are heading to finish your run.**

**On finishing, all competitors, need to follow the tapes back through the 'Finish Safety Check In' station and ensure that your name has been checked back in before going back to the function room to download.**

**This check is an important part of the event safety procedure.**

### **The Area**

The area is flat and comprises of residential roads, shopping areas and several parks. The area is bisected by a railway line running west / east.

There are no fast roads in the area but some can be busy with traffic and care needs to be taken when crossing, especially near railway bridges which create blind summits.

Trafford General Hospital is within the event area but not mapped as there are no routes through the hospital site.

**Parkland:** There are several parks/open land areas on the map. Many of these are not lit.

**Mainline Railway:** A main railway line runs through the area west / east. All crossings are via bridges over the railway which are clearly mapped. There are no level crossings.

**Miniature Railway:** There is a miniature railway that runs around the perimeter of Abbotsfield Park (on Chassen Road, to the North of the mainline railway station) which is shown on the map (see extract below). Some sections of this railway are fenced off where the track runs through steep sided cuttings (these fences are not mapped to preserve map clarity). The miniature

railway is raised on plinths about 30cm high, so can be crossed like a low fence, but please take care. There is a designated crossing point in the south west corner of the park which is marked on the map. There is no real advantage to be gained by crossing the miniature railway.



### Control Features:

- All controls use standard NSL street furniture with the exception of one control that uses a stone way marker and another that uses a distinctive bench.

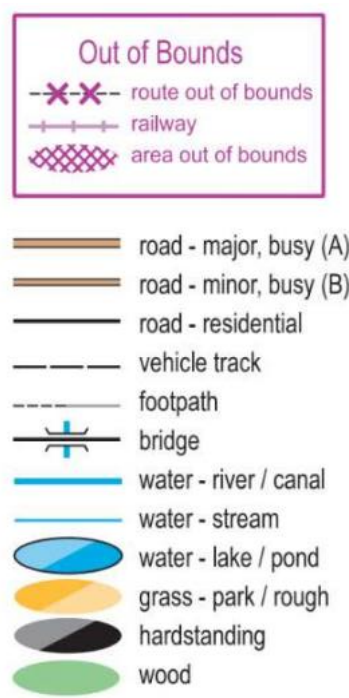
### Map:

The Map scale will 1:10,000

Emergency Contact number for the event Organiser will be printed on the map.

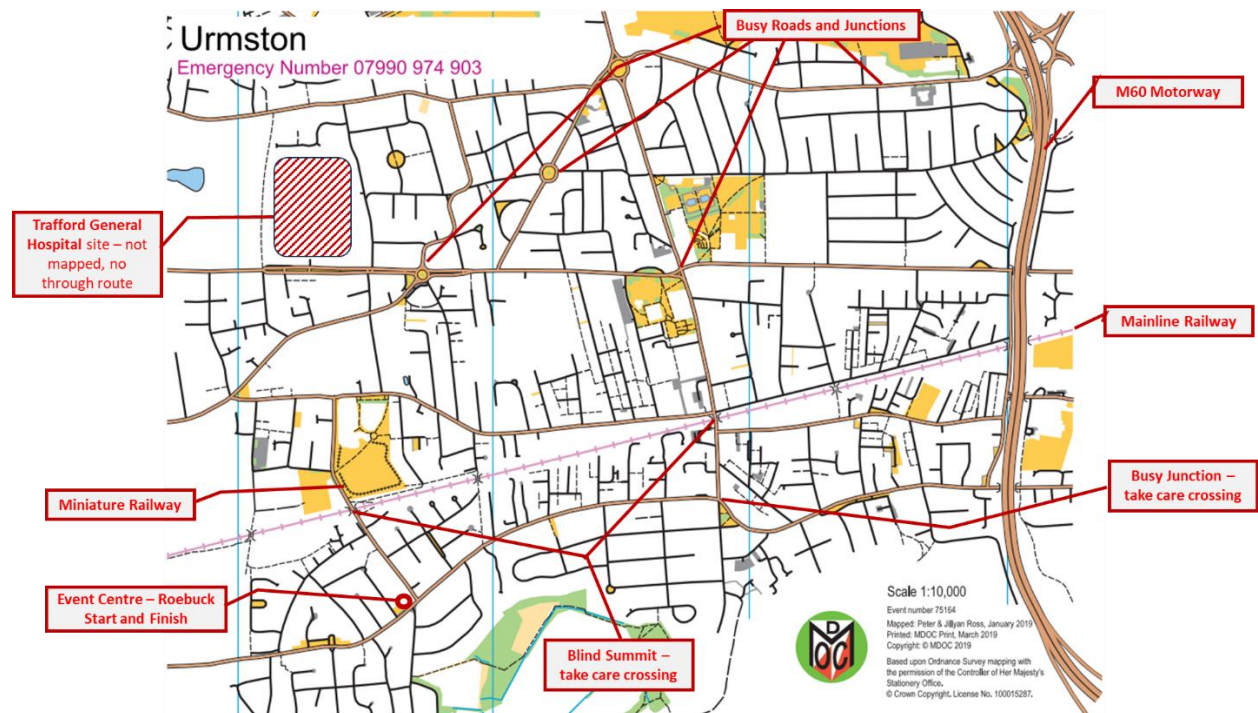
Due to the map scale and coverage on the page no key to symbols will be printed on the maps.

Ordinal lines (running north – south) are shown on the map as feint blue lines. There are no water courses on the mapped area.



A key is provided here for reference.

### Blank Map of the Competition Area with Safety Notes



QR code **40 minute** Score:



QR code **60 minute** score:



QR code **75 minute** score:



## **MDOC NIGHT STREET LEAGUE: Safety Notice (2023/24)**

**COVID-19: British Orienteering's Code of Conduct (current version dated August 2021) must be observed by all participants. In particular:**

- ☐ **You must not attend an event if you have any COVID-19 symptoms, or are currently required to self-isolate**
- ☐ **Be mindful of others who wish to observe social distancing.**

**We will review our event safety arrangements should the Code of Conduct or Government Guidance be updated and inform NSL participants accordingly.**

**In case of injury:**

- ☐ **Ring the Emergency number on your Map. 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 backup light.**  
**But use it discreetly so as not to attract attention and potential mugging.**
- 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!**
- 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. Take care carrying your pencil/pen 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.**

**NSL 2023/24 series, v1 Ian Gilliver, 27 September 2023**