

# Didsbury & Burnage NSL 2/11/2023

## General

The event uses the normal format for MDOC NSL events. Controls are items of street furniture identified normally by a number which can be noted on a supplied 'clue sheet'. However this is also a MapRun event where the location of controls is identified by GPS coordinates. Using either the MapRun app on a mobile phone or MapRunG on a Garmin device (stop press: or MapRunA on an Apple watch), visits to controls are confirmed by either a 'beep' or vibration and recorded for later upload of results. If using MapRun there is no need to record the control identification unless you don't get a MapRun 'beep', in which case use the 'clue sheet' as backup.

## Location

The competition area is mainly in Didsbury and Burnage although it drifts slightly into the Heaton. The start & finish are located at the Parrswood Inn pub (M20 6JD). Didsbury Village or East Didsbury Metro stops are about 0.7k from the venue. East Didsbury and Burnage train stations are both about 1k. There are buses which run along most of the surrounding roads from all directions. See later for car parking details.

## Safety Issues – **Please read this even if you ignore the rest**

The area is divided by the A34, a fast 40 mph. dual carriageway. General MDOC NSL safety rules state that courses should not be planned to require arbitrary crossing of such a road. Fortunately there is an underpass via a (lit) footpath alongside the tramline at the south end of the map. The course has been planned so that this should be an attractive route for anyone wishing to cross, in at least one direction, to/from that area of the map. Although those covering longer distances will want to cross the A34, there is a large area of the map which doesn't require this.

At four other places on the road are marked crossing points controlled by traffic lights. Again the course has been planned to make these attractive. **The rest of the central reservation has been marked OOB and any competitor who crosses other than at the marked points risks disqualification.**

The start/finish is adjacent to a crossroads which may carry a fair amount of traffic, particularly earlier in the evening. The crossroads is controlled by traffic lights with crossing points. Care should be taken both when starting and finishing.

There are several other roads which can be busy. Crossing points have been marked on the map where either lights or islands are available. There are some crossing points close to control sites which have been omitted for clarity, including those at the start/finish. However, these will be obvious on the ground.

There is a bridge over the tramway on the road south of the start where competitors may wish to cross. However, the visibility here is poor and it should be possible to cross to the desired side before the bridge to avoid the problem. This location is marked on the map.

There are a number of footpaths, some are lit and others not. The lighting status is marked on the map. There are also several parks which are generally unlit. Short paths in urban areas have not been marked with their lighting status, they will normally be lit by their surroundings. Some competitors may wish to avoid unlit areas and paths and there is plenty of scope to visit controls in well lit areas.

The area is mainly quiet suburbia and it is unlikely that any problems will be encountered from members of the public.

Competitors should read the Generic NSL safety notice which is enclosed at the end of this document.

A copy of the blank map is enclosed, please study information which is safety relevant such as lighting and major road crossing points.

## Car Parking

The pub has a small car park with space for about 20 cars. In spite of some information on the web, there is no need to register your car number. There is some parking on Aldwick Ave. and Craigwell Ave. immediately north of the pub which can be used without parking in front of residences. The eastern side of Atwood Rd. further north also has a similar section. Please, wherever you park, do not inconvenience local residents.

## Important MapRun Details

Before the event detail, please read this section if you intend to use MapRun in any of its forms. Failure to set up MapRun correctly may result in your run failing to record. If you intend to use pencil and paper, skip this section.

**Please note that, if you have previously used the MapRunF or MapRun6 app, you must update it to MapRun. (Note that this is actually version 7 of the app but has been renamed back to the original name). The event uses new features and may not work on older MapRun versions.**

If you have a Garmin device which is capable of running apps (not a Forerunner 35 or 45) you might want to consider the MapRunG app. It removes the need to carry a phone and appears to be more accurate, many consider it a significant improvement. See <https://maprunners.weebly.com/maprung.html> for details. Note you still need MapRun on a 'phone for the initial event loading.

***When you initially load MapRun, there is an important app wide setting which needs to be changed. Under 'Options and Settings' near the top is a field called 'Hide pts accry worse than (m)' (sic). This needs to be set to its lowest value, i.e. 20.***

If you are using a phone for navigation, there are a number of phone wide settings which are important. These are to ensure that your GPS works properly and that your app doesn't shut down in the middle of your run. Refer to <https://maprunners.weebly.com/phone-settings.html> for details. You can ignore this if you are using a Garmin.

Although internet access isn't needed during your run you will require it to upload your result at the end. Also if you need to download a course to your phone at the event. If you have mobile data, this is obviously not a problem (the local reception is fine). If not, the pub has internet WiFi.

If you are new to MapRun or you are rusty, we will provide a short (400m) 'round the block' 4 control course for practice. This will use the same start/finish as the main event for added confidence. It won't, however, use any SI punching and you can collect a map before you start. We will also try to provide 'experts' to deal with any problems. Although we are not starting the main event until 6.00 because of the light, we will try to be ready to run the test event from around 5.30.

If you want to do the test event it is probably best to download that to your phone before you arrive. In MapRun 'Select Event' then scroll down to UK/Manchester/NSL and select event **DidsburyIntro**. If you do this, you will need the internet to download the main event file later.

To learn about the test event start procedure refer to the later section on 'The Start' but ignore the bits about collecting a map and punching the SI box. The Intro map will be available at the pre-start.

## The Map & Courses

The map is a standard format NSL map. Most NSL maps don't show wooded areas. However, a couple of areas on this map has a green area symbol to indicate trees where it is thought they may be important for navigation on a particular route choice. Other wooded areas are not marked.

The courses follow the standard NSL format. There are 40, 60 and 75 minute options. Controls will score the value of the first digit of the control number\*10.

Controls are the usual mix of lampposts, telegraph poles, hydrant signs, sub-stations and post boxes. One non-standard control



has been used described as 'No.Hoops'. These are hoops used to form a cycle rack as shown in the diagram. How many in the rack?

Note that the time penalty for this event is 1 point per 2 seconds.

## Registration

Before your run you need to report to the registration to pay, to collect your Q/A (Clue) sheet and hired dibber (if required). The payment can be done using a contactless method, either card or phone, however cash will be accepted but please try to have the correct change. Registration will be situated inside the pub.

## Event Procedure

Although MapRun is being used for the event, it is possible to compete in the traditional way using a paper 'cluesheet' which will be issued to all competitors. If you have entered separately but want to run as a pair, use one sheet and write the name of the other competitor. Those using MapRun/MapRunG will have their visits to controls verified electronically although if you fail to get a 'beep' or vibration at a site you should use the sheet as a backup. In either case, the timing will be done using SI. You will therefore be required to 'dib' at the start and finish.

Before the event, if you are using MapRun or MapRunG you should download the event to your phone ahead of time. Firstly, make sure that you have updated to the new MapRun app. The event will be available for download on the day before the event. Press 'Select Event' in MapRun and navigate to **UK/Manchester/NSL** and select the event **Didsbury40** (or 60 or 75), the number should correspond to the course time you have chosen. For those of you using a Garmin, it is assumed that you will have read the previous information and know what is required to load the event to your Garmin device.

You will need your phone running MapRun to do this but you can retire to the pub to do it in comfort. Select 'Show Results' and follow the instructions.

## The Start

You will have been allocated a start slot and you should try to keep within this to avoid a build up of competitors at the pre-start.

There is a pre-start area located at the front of the pub. You should arrive here a few mins before you intend to start. A queue may form. **You must report to the start official and have your name recorded.**

If you are using the simple pencil and paper method you can ignore most of the following. Simply wait to be started by the official then proceed to the start flag (see diagram below), collect your map and punch the SI box.

You should press 'go to start' and wait for your phone to get a GPS lock. Hopefully the banner at the bottom of the screen will turn green and show an accuracy of less than 10m.

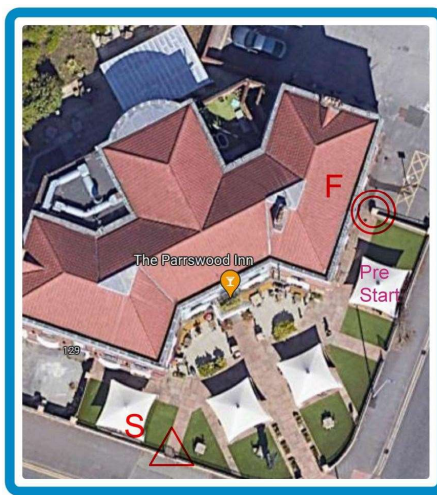
If you are using the MapRunG app on a watch, start the app, it should then show some event details. At this point, at the bottom of the screen should be a display of GPS accuracy, this is a number between 1 & 4. Ideally you should wait for a green 4 (although a blue 3 is probably OK) before pressing the start button again. You should now see 'go to start'.

Hopefully, by this point you will be close to the front of the queue and ready to start. The start official will tell you when (and should also point out the location of the finish – see the map below).

At this point, either with a watch or a phone, your run hasn't actually started. It is necessary now to approach the start flag, which is situated about 20m away across the front of the pub (see diagram). There is no need to rush – respect other pub customers. As you approach you should get a 'beep' and/or vibration to indicate that the MapRun timing has started. You will then be handed a map and asked to punch the SI start box. You should punch the SI box as quickly as possible after your 'beep' to ensure minimal timing difference from MapRun but the exact timing is determined by the SI punching.

**If you fail to get a beep/vibration your app has probably not started correctly. You should return to the pre-start, without collecting a map or punching the SI box, where hopefully the issue can be fixed.**

There will be tables adjacent to the start where you can mark your map if desired.



## The Finish

The finish is close to the pre-start. You should punch the SI finish box and **also be sure that you get a 'beep' from MapRun**. Please **report to the pre-start official to record that you have returned**. You should then proceed to the SI download to record your time. It is also necessary to upload your result to the MapRun site. If you have mobile data or are connected to WiFi this should happen automatically. If not you will need to upload your result manually when you next connect to the internet. Failure to perform any of these finish steps will probably compromise your result. Note that, if using MapRunG, it is necessary for your run to have uploaded to Garmin Connect via Bluetooth before the result gets uploaded to MapRun. In addition, it may be necessary to select 'Show Results' on MapRun and press the 'get track from garmin' button.

Just to emphasise again. Your race result will be determined by the time between punching the SI start and finish boxes. However, we are trying to keep the SI and MapRun timings as close as possible for two reasons. Firstly it will make the MapRun results, which are available on-line immediately, as close as possible to the final results. Secondly it will ensure that the time displayed on a Garmin device running MapRunG is as close as possible to race time. It is important, however, that your MapRun is terminated correctly by getting a 'beep' at the finish and then uploaded. From here, the record of the controls you have visited will be used to calculate your score.

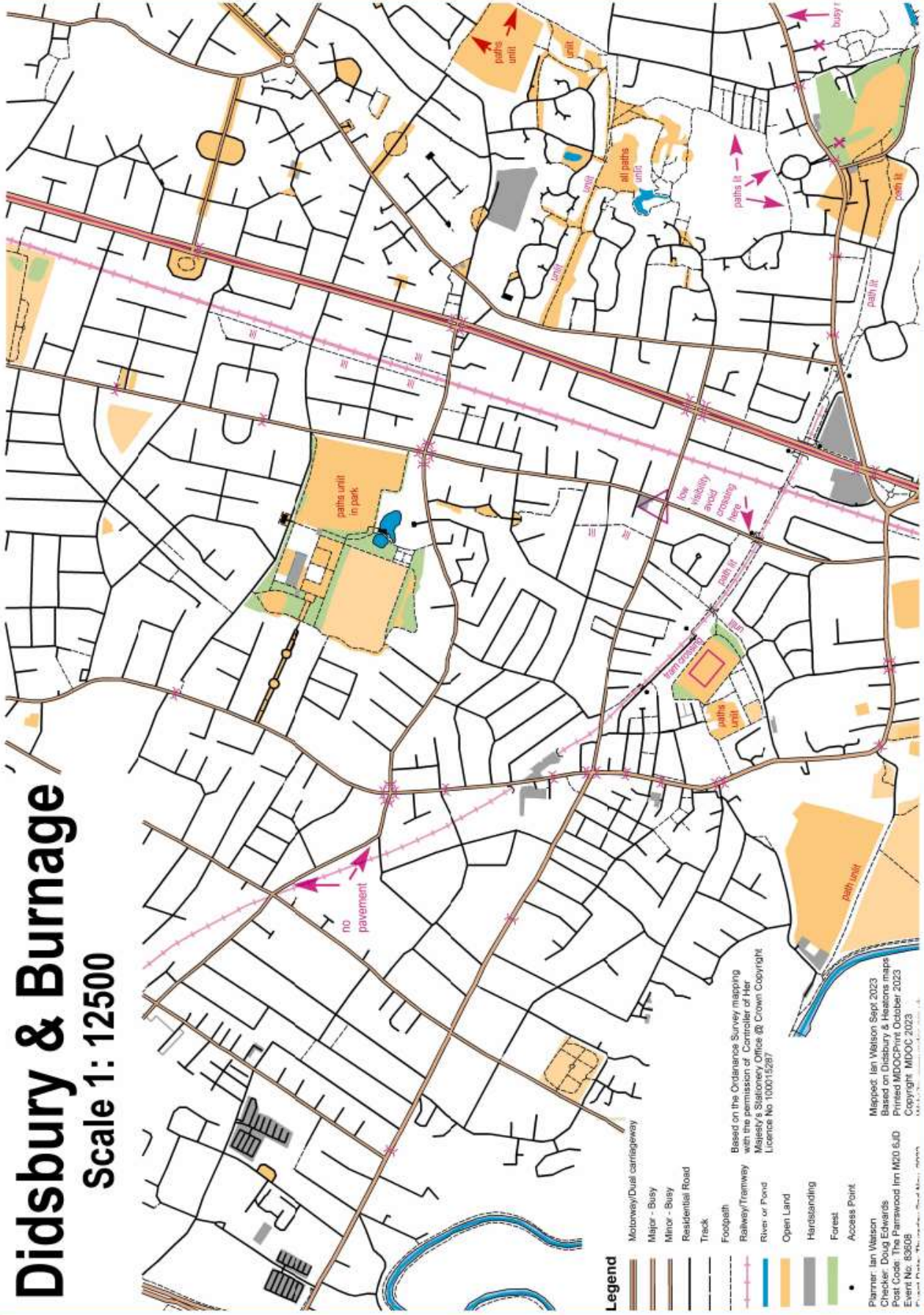
## Other Facilities

The pub serves food and good beer. The manager has suggested that ordering before you run, with an estimated time when you require the food, would be useful. There is a menu at [www.theparrswoodinn.co.uk](http://www.theparrswoodinn.co.uk), (not sure it is all up to date). Note Thursday is 'Steak Special' day.



# Didsbury & Burnage

Scale 1: 12500



## Legend

- Motorway/Dual carriageway
- Major - Busy
- Minor - Busy
- Residential Road
- Track
- Footpath
- Railway/Tramway
- River or Pond
- Open Land
- Hardstanding
- Forest
- Access Point

Based on the Ordnance Survey mapping with the permission of Controller of Her Majesty's Stationery Office @ Crown Copyright Licence No 100015287

Mapped: Ian Wilson Sept 2023  
 Based on Didsbury & Heaton maps  
 Printed MDOCPrint October 2023  
 Copyright: MDOC 2023

Planner: Ian Wilson  
 Checker: Doug Edwards  
 Post Code: The Parnwood Inn M20 5JD  
 Event No: 83608  
 Project Path: The Parnwood Inn M20 5JD

# **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 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. 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.**