

Macclesfield NSL 21/11/2023

General

The event uses the normal format for MDOC NSL events. Controls are items of street furniture normally identified 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 East and Central Macclesfield. The Bollin river runs through the centre of the map, from the Bollin there is ~20 m to 40m climb to the Canal (near the east edge of map), there is a similar climb to west edge of map, although just N of the railway station, 25m of this climb is in 100m (the 108 steps).

The start & finish are located at The Society Rooms ("Spoons"), Park Green, SK11 7NA. Less than 10 mins walk from Macclesfield bus and train stations. See later for car parking details.

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

The area includes a number of busy roads including A roads A536, A537, A538 however all these roads have safe places to cross which include pedestrian crossings, bridges, underpasses and numerous other places where visibility is good and it is safe to cross with care.

The very busy A538 "Silk Road" which runs north to south has been marked on the map as out of bounds in some places - **don't go there!** There are various safe places to cross this road, in particular at 3 underpasses - these are shown clearly on the map, **where the main road symbol has been "broken" to allow the underpass detail to be shown.**

The courses have been planned to encourage use of the best places to cross the roads, but other places may be used with care. **It is your own responsibility to take care around traffic at all times. Quite simply take care and don't take risks around traffic or when crossing roads, and if you are running with juniors, look after them too.**

Competitors should also read the Generic NSL safety notice at the end of this document.

Car Parking

The pub has a car park (check for pay and display details - usually free after 6pm) and there is another large public car park off Duke Street within 2 minutes walk of the pub. Also, some free roadside parking nearby. Please, park legally, courteously and safely wherever you park.

Important MapRun Details

Before the event, 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 accrcy 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.

The Map & Courses

The map is a standard format NSL map. 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. The highest scoring controls are worth 80 points, the lowest scoring controls are worth 20 points. The maximum points score is 3,430.

There are 67 controls in total. 51 controls are Telegraph Poles (TP), 10 controls are Lamp Posts (LP), 5 controls are Hydrant Signs (H) and 1 control is a Green Box (GB).

Note that the time penalty for this event is 3 points per 4 seconds (45 points per minute).

Registration

Before your run you need to report to the registration to pay, to collect your Q/A (Clue) sheet and (if required) a hired dibber. 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 the 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 must use the sheet as a backup. In either case, the timing will be done using SI dibbers. You will therefore be required to 'dib' at both 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, Macclesfield 40 (or 60). If you are doing the 75 minute course you need to download 'Macclesfield 75 PXAS ScoreQ75' (sorry!). The number (75, 60 or 40) corresponds 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 immediately outside the front of the pub. You should arrive here

a few minutes before you intend to start. A queue may form. You **must 'clear' and 'check' your SI dibber, then report to the pre-start official** and have your name recorded.

If you are using the 'cluesheet' pencil and paper method (you can ignore most of the following), wait to be started (after being shown the location of the finish) by the pre-start official, then proceed to the start itself, collect your map at the start and punch the start SI box.

Otherwise, when instructed by the pre-start official, you should press the 'go to start' option on MapRun, 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 pre-start official will tell you when (and should also point out the location of the finish)

At this point, either with a watch or a phone, your run hasn't actually started. It is necessary now to approach the actual start, which is situated about 40m away. There is no need to rush – respect other pub customers. As you approach the actual start 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 the issue can be fixed.

The Finish

The finish is adjacent to the pre-start. You must 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 must 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 be 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 drink. Simply follow the normal 'Spoons process to order food and drink. Food off the usual menu can be ordered after you have finished your run. Tuesday night is Steak Night. Usual 'Spoons pricing applies! In theory, the pub is putting extra staff on.

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.