

MDOC NSL Timperley 10th Jan 2023 – PLEASE READ THIS!

The fifth NSL event of this season, and the first in 2023, will be held in Timperley, near Altrincham, birthplace of Frank Sidebottom and Timperley Early Rhubarb.

This is a new area for NSL, which is flat and comprises residential roads and several parks. The area is crossed by distinct segregated railway/tram lines, and the Bridgewater canal creating navigational challenge. There are no fast roads in the area but Park Road, which runs through the middle of the area east to west, is busy and care needs to be taken when crossing, especially near railway bridges which create blind summits.

Event Centre: The event will be based at the Moss Trooper pub, Moss Lane, Timperley, Altrincham **WA15 6JU**. We will have sole use of a back room on the North side of the pub. Registration and blank annotated maps of the area will be available to view in this room. Competitors will be able to leave for their run and return through an external door directly from that room.

Nearest Tram stations are Timperley and Navigation Road (also serviced by rail on the Chester Manchester line via Knutsford), which are both a 10 minute walk from the event centre pub.

Parking: The pub has two car parks; one to the North side and one to the South side. If these become full there is more parking in front of some shops on the opposite side of Moss Lane, or on Green Walk, residential road which runs along the North side of the park opposite the pub.

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

Competitors will be able to leave for their run and return from their run through an external door directly from the designated room in the pub.

Pre-start (to obtain GPS signal) and check out will be located at the front of the pub immediately outside the front entrance. To avoid pre-mature start beeps, the **start will be located in the park across the road.**

Once you have signed out for your run, **please cross Moss Lane with care**, and walk to the North side of the park where the MapRun start and the SI punching start will be located.

The finish SI control box will be adjacent to the prestart/check out at the front of the pub. The Maprun finish will be sited on the North side of the pub set well back from the road close to the entrance of the event room. **(Remember the timing for the NSL will be taken from your SI punching start and SI punching finish, however it is important to locate the Maprun finish control to stop your Maprun recording)**

Trams and Trains: There are two level crossings in the competition area. Warning lights flash and an alarm is sounded before barriers are brought down in advance of a train or tram passing. **Competitors should note that trams are very frequent (approximately every 12 minutes) and this may cause some delay at these passing points.** When a single tram is passing the delay may be 1-2 minutes, however occasionally trams will cross in opposite directions and these may also co-inside with a train passing resulting in the barriers being down for a few minutes longer. Under no circumstances should any competitor try to cross the lines when alarms are sounding and barriers are down.

No time deductions will be made for time delay at level crossings, so you need to factor this risk into your route choice.

Parkland: There are several parks/open land areas on the map. None of these are lit.

Water: There is a canal with towpath marked along its North West edge. Although this path is flat and wide, **competitors should note that it is unlit.** There is a short stretch of road along the South East edge of the canal which is lit.

There are streams with steep banks that run through or alongside some of the park areas on the map. After heavy rain the streams may be fast running – **competitors are advised to keep a safe distance from the bank and avoid crossing other than by marked crossing points.**

Control Features:

- There are a higher proportion of telegraph poles than usual as many green boxes have been painted over and no longer have a visible number.
- **Some green boxes are now grey.**
- We have used information on **signs** for some questions, and in two locations features need to be counted (steps and boulders).
- In one location we have asked for the **postcode on a defibrillator box.**

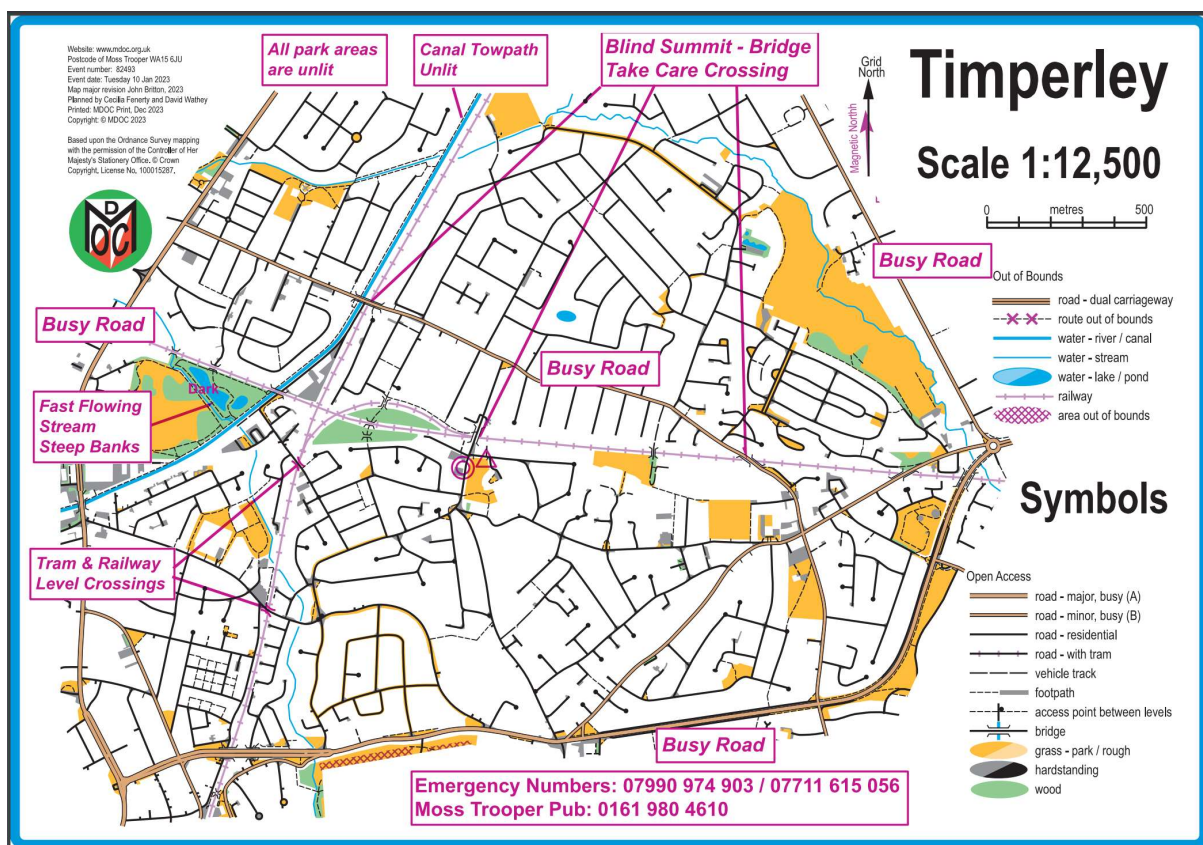
Demo Course: If you wish to test your Maprun equipment prior to your run, a demo course will be available in the park opposite the pub.

Food: The Moss Trooper has menu of food to suit most tastes and can be viewed here:

<https://www.mosstrooperpub.co.uk/eat?menu=523214>

There is no need to order in advance but **competitors should note that the deadline for ordering food is 8.45pm.**

At 9pm the pub will be holding a smart phone quiz should anyone wish to participate



The events can be downloaded by clicking 'Select Event' in MapRun6 and navigating to UK/Manchester/NSL and selecting the appropriate Timperley event. Alternatively they can be accessed using the QR codes below (but beware this doesn't seem to work on later versions of Android)

QR code 40 minute Score:



QR code 60 minute score:



QR code 75 minute score:



QR code Demo Course:



MDOC NIGHT STREET LEAGUE: Safety Notice

(2022/23)

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.*