

MDOC NSL Cup Final: Hazel Grove/Heaviley – please read this!

Event venue: The Puss in Boots, 147 Nangreave Road, Offerton, Stockport SK2 6DG.

Parking: The pub has a large car park, accessed from Nangreave Road. It can get busy – if full, there is a lot of parking available on Nangreave Road in both directions (but look out for the intermittent double yellow lines in the direction of the A6) and there's also plenty of room on Lowndes Lane. Side streets also offer parking but please be considerate of residents.

Safety notes and map: safety map attached - also available at registration.

The area is bounded by three very busy roads: the A6; A626 and A627(just off the east side of the map). There is no reason to cross these – if you do, you've gone wrong. All the main roads marked on the map are busy but there are many safe crossing points (these are not marked on the map).

Steps! Many narrow paths have flights of steps. These are encountered particularly in the more intricate areas, but occur all over and are **not** marked on the map. Any narrow path should be treated with caution - running along them with all your focus on the map may lead to an unpleasant surprise.

Most of the map is fairly flat: minor undulations only.

Map scale is 1:12750.

55 controls, worth 20-80 (see event-specific hydrant rule below).

Penalty: 1 point per second late (beware!).

Food: Officially we can order only from the carvery but Nick the friendly manager opined this week that main menu orders could probably be accommodated on the night. Either way please **order before you run** and start your run on the early side if you're planning to eat as last orders at the kitchen is **20.15**.

Event pre-start and start:

Pre-start: beer garden in front of the pub main entrance.

Start: pub car park/Nangreave Road junction.

Finish: as start.

Once you've started, do not run through the pub car park until you're ready to finish.

Control features: usual range of NSL control types.

The Griffin-Britton Hydrant Accumulator Modifier (special cup final rule):

A number of tonight's controls are hydrants. Collect sets of hydrants to score bonuses as follows:

60 minute runners: visiting 3 hydrants will score an extra 60 points *in addition to the hydrants' normal control values*.

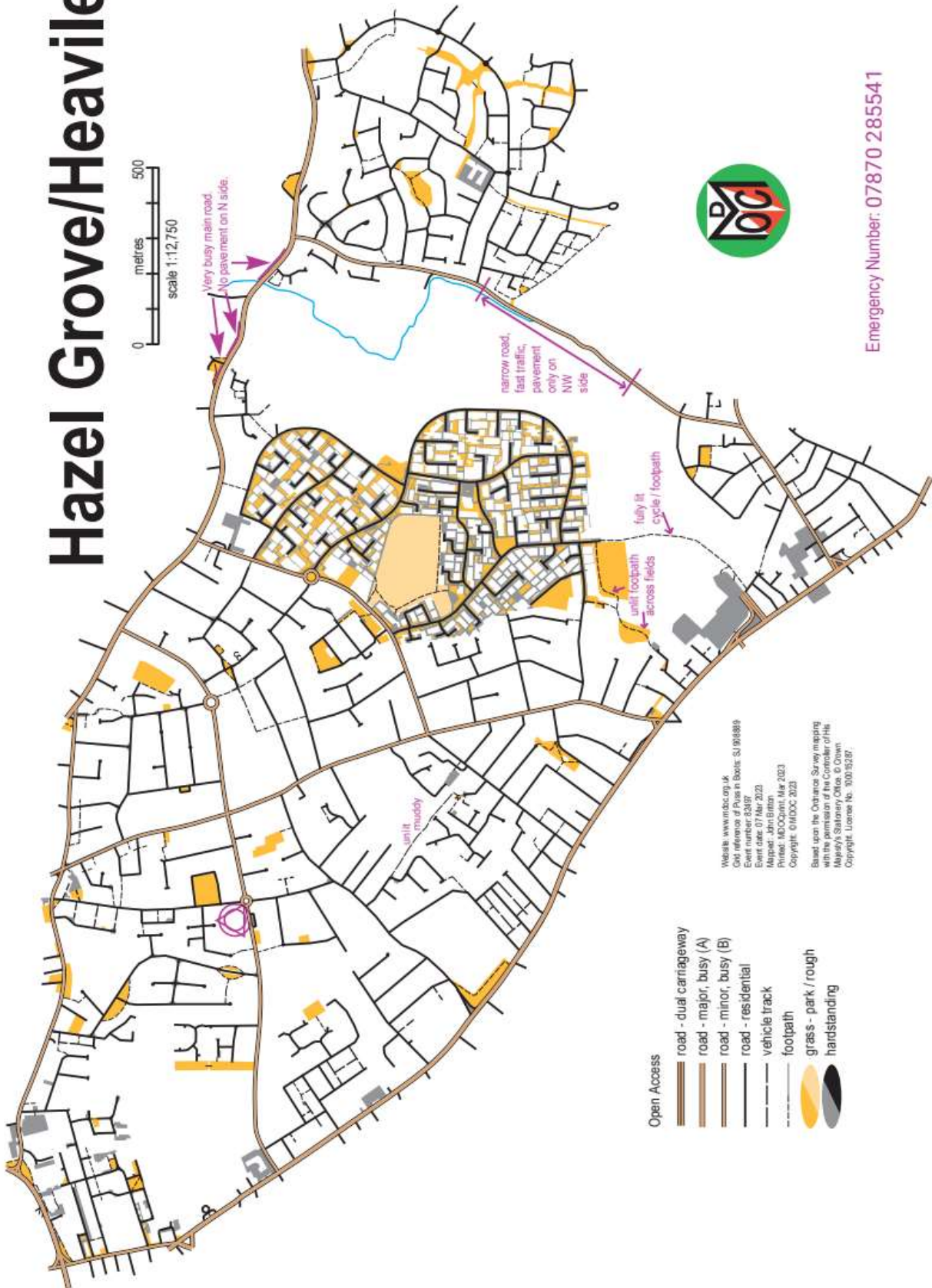
40 minute runners: visiting 2 hydrants will score an extra 40 points *in addition to the hydrants' normal control values*.

Collect as many sets as you like. No need to visit hydrants consecutively. Each hydrant can be scored only once. Only complete sets count ☺.

Course Download

'Select Event' on MapRun6 and go to UK/Manchester/NSL and choose Hazel Grove (40 or 60) or use the QR codes below.

Hazel Grove/Heavily



QR Codes

The QR code for the 40 minute event:



The QR code for the 60 minute event:



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.*