

Final details for the Wilmslow NSL Event Tuesday 18th. February 2025.

It is based at **The Coach & Four is on Alderley Road, Wilmslow, SK9 1PA.**
Parking

We have been asked NOT to use the small Pub/Hotel Car Park as it is residents parking for the Hotel.

Parking will be in Sainsbury's Car Park at South Drive, Wilmslow SK9 1NW, which is free after 6pm [£0.70 for 1 hour from 5pm] and no more than 5 mins walk to the venue. The Pub is on the main Alderley Road to the south side of Sainsbury Store.

Additional free street parking is available for early arrivals from 5pm in marked bays on Albert Road and Victoria Road on the opposite side of Alderley Road from The Coach and Four and the venue is less than 5 mins walk.

Registration

Registration will be open from 5.30 and starts are from 6.00 to 7.30.

Food and Drink

A full menu is available until 9pm. If you wish to guarantee yourself a table and food then please reserve this before you run directly with the venue, either through their website or at the bar. The Coach and Four will also endeavour to seat and serve those who have not booked in advance on a first come first served basis.

Start and Finish

Pre-start will be inside near

Registration. You must report here first. The start is accessed from pre-start through the rear of the pub. It is

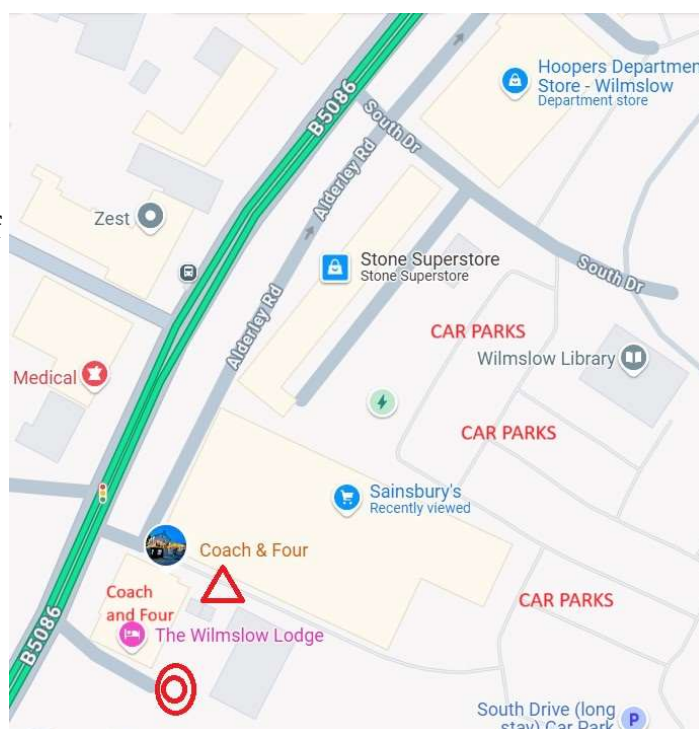
suggested you do not set 'go to start' until you are at the start. The timing is started when you punch the SI start box which is located at the actual start and where you will be given your map. Timing ends when you punch the SI finish box. However, you should ensure that you get a 'beep' on your MapRun device to terminate the tracking correctly. The finish is located in the rear of the pub car park. You must also report to the finish official (at pre-start) so the we can check that everyone has returned safely. The start/finish layout is indicated on the car park map above.

MapRun

As usual, it will be a MapRun event, with traditional paper-based backup for those who prefer.

You must use the paper-based backup to confirm you have visited a control that doesn't 'beep'.

We do not study maprun traces to prove whether you went to a control that doesn't 'beep' Please download the appropriate Maprun course (40min, 60min or 75min) before you arrive from



UK/Manchester/NSL/Wilmslow 40

UK/Manchester/NSL/Wilmslow 60

UK/Manchester/NSL/Wilmslow (the one subtitled PXAS Score Q75)

Or scan the following QR codes

Wilmslow 40



Wilmslow 60



Wilmslow 75



Controls and points

This event has controls numbered 21 to 80. Remember that all the controls starting with 3 are worth 30points, all the controls starting with 4 are worth 40 points, etc, up to all the controls starting with 8 are worth 80points.

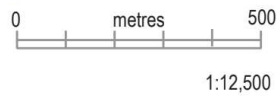
Penalties

The penalties for lateness are 1 point for every 2 seconds late.

Safety Map

Wilmslow West

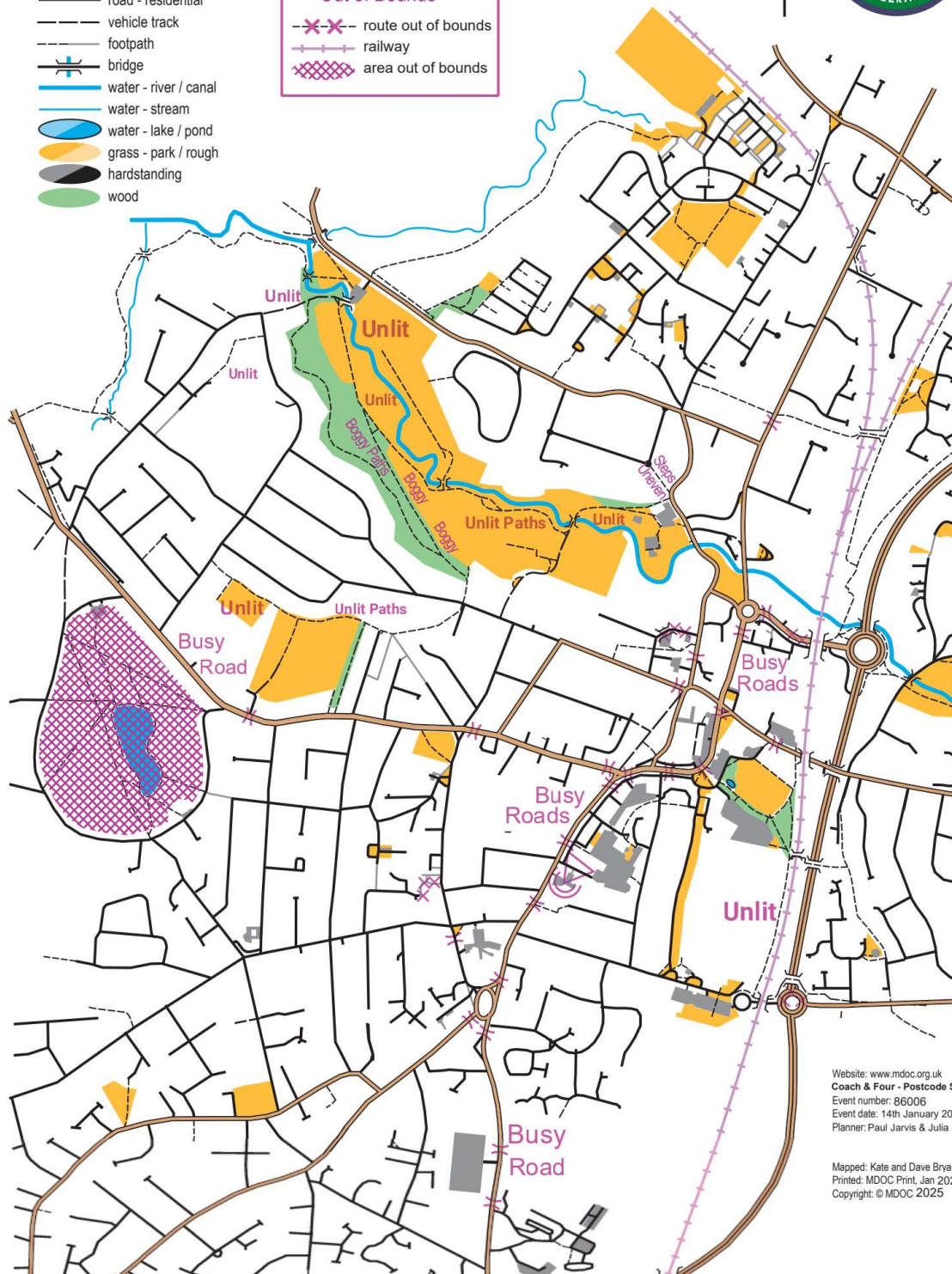
Emergency Number: 07966 475882



- road - dual carriageway
- road - major
- road - minor
- road - residential
- vehicle track
- footpath
- bridge
- water - river / canal
- water - stream
- water - lake / pond
- grass - park / rough
- hardstanding
- wood

Out of Bounds

- route out of bounds
- railway
- area out of bounds



Website: www.mdcc.org.uk
 Coach & Four - Postcode SK9 1PA
 Event number: 86006
 Event date: 14th January 2025
 Planner: Paul Jarvis & Julia Simpson

Mapped: Kate and Dave Bryant, Nov 2021
 Printed: MDOC Print, Jan 2025
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MDOC NIGHT STREET LEAGUE:

Safety Notice (2024/25)

You must not attend an event if you have any COVID-19 symptoms.

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.*
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!*
Do not rely on your ears – electric vehicles are virtually silent – so LOOK!
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. *If carrying a pencil/pen, take care 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.*