



Manchester & District Orienteering Club

MACCLESFIELD WEST

Two-Part Sprint Orienteering Event Incorporating the NW Sprint Orienteering Championships

Saturday 30th October 2021

The Important Stuff - If you don't read anything else, read this!

Do NOT cross the boundaries or enter or attempt to cross terrain areas shown below



Covid 19 Precautions

Please do not attend if you have symptoms or have tested positive for Covid-19 or are required to self-isolate. Please respect social distancing. On pre-entry all entrants acknowledged the current BO Covid Code of Conduct. See <https://www.mdoc.org.uk/bof-participant-code-of-conduct/> copy at Enquiries.

Event centre: Macclesfield Leisure Centre, Priory Lane, Macclesfield SK10 4AF

Travel: Please approach from the Broken Cross roundabout on the A537 Macclesfield – Knutsford Road (<https://what3words.com/pop.kings.crisp>) and follow the O' signs. Drivers coming from the North are asked not to approach via Prestbury and Priory Lane, but to join the A537 Knutsford Road from the east or west and follow signs as above.

If travelling by rail, the nearest stations are Macclesfield or Prestbury.

Parking: Orienteers should use the overflow car park at the back of the Leisure Centre. From the main car park at the front, continue round the north side of the building to a large car park (<https://what3words.com/harder.deaf.chart>). The route to Start 1 will be signed from that car park. Please keep to the pavement when walking to the Leisure Centre entrance.

Event Centre: The Academy Suite on the first floor of the Leisure Centre has been reserved from 9.30 a.m. – 3.30 p.m. for event administration and will be signed from the Leisure Centre entrance. It is next to the cafeteria. Here you will find enquiries, entry on the day, download, first aid, results display and limited bag storage (at your own risk). Dogs are not allowed in the complex.

Please note that the Leisure Centre is very busy on a Saturday morning and it advises the wearing of face masks and social distancing for Covid safety reasons.

Entry on the day: This will be possible up to the limit of available maps: Seniors £11, Juniors £6. Registration will be from 10.00 – 11.30 a.m. Payment by contactless card is preferred.

Facilities: Multiple toilet facilities; showers and changing rooms on ground floor; cafeteria.

Prizegiving: 2.15 p.m. in the Academy Suite. Prizes for the North West Sprint Championship will be awarded to members of North West clubs by age class.

Terrain and Map

Macclesfield West is an area comprising relatively modern mixed housing interspersed with areas of open. The northern section combines estate housing, open and parkland connected by a network of small alleys. The southern section comprises less densely packed residential housing linked by some landscaped walkways. Competitors are reminded to keep off verges and gardens.

The map scale is 1:4000.

Starts and Finishes

There are separate starts and finishes for the two halves of the race.

Start 1 is approximately 500m (10 minutes) north of the Leisure Centre and will be accessed via a signed off-road route from the car park at the back of the Leisure Centre. There will be a marshalled road crossing as part of the start itself. Start 1 will be open from 11.00 to 12.30

From Finish 1, runners will be directed approximately 300m along a taped route on footpaths and pavements to Start 2. The route includes a marshalled road crossing. Please use it.

Runners will NOT need to clear or check their SI cards at Start 2 as it has been set up to directly follow Part 1, so after punching the finish for Part 1, the next punch will be the start for Part 2. Runners must start the second part of their race by 1.30 p.m.

From Finish 2, runners should return to the Academy Suite in the Leisure Centre to download. Please follow the tapes and use the marshalled road crossings. Courses close at 2.15 p.m.

You must download at the Leisure Centre even if you do not complete the course.

SI cards

The courses are SIAC enabled, including the finish, but runners with these cards must punch both starts. Normal SI cards may also be used in the usual manner. If you have pre-ordered an SI card for hire, please collect this at Registration.

Note for runners with SI 5 (card nos. 1 - 499,999) or SI 8 cards (nos. 2,000,001 - 2,999,999) only: Competitors on course 2 will require SI-cards with a capacity greater than 30 and on courses 1, 3 & 4, SI 5 or SI 8 cards have little or no capacity for extra (wrong) punches. Any competitor on these courses with one of these cards (should come to Enquiries before their race to pick up a second card or download between races.

Safety

It is your responsibility to take care on all roads. This area of Macclesfield is relatively quiet but Part 2 adult courses cross a busier road which is also a bus route. Junior courses 6 & 7 do not

cross this road during their race, but they will pass along one side of it on a pavement. The race area also contains many residential cul-de-sacs, which may contain light traffic. Please take care.

Some of the alleyways are narrow and have blind corners. Please be sensitive to the possibility of local residents or other runners coming the other way and take corners wide.

Please show respect to residents and other users.

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

The nearest A&E Department is Macclesfield District General Hospital, SK10 3BL.

Special notes for competitors on Courses 6 & 7 and their parents/guardians

No competitor under the age of 16 may compete on Courses 1-5

All courses will cross minor and no-through roads. Courses 6 and 7 have been planned to avoid the busiest roads but care should be taken. Course 7 maps can be collected beforehand at Registration and if supervising adults have any concerns regarding road safety they should supervise their child on the course.

Important

It is essential that runners are familiar with urban orienteering symbols indicating forbidden passage. See Appendix for important symbols. Any infringement will result in disqualification.

Course lengths

Course	Class	Age	Optimal length (Km)		Total Controls
			Part 1	Part 2	
1	MO	M18, M20, M21, M35	3.5	3.6	30
2	MV WO	M40, M45, M50 W18, W20, W21, W35	2.8	3.5	31
3	MSV WV	M55, M60, W40, W45, W50	2.6	2.6	30
4	MUV WSV	M65, M70, W55, W60	2.4	2.5	29
5	MHV WUV WHV	M75+ W65, W70, W75+	1.6	1.8	22
6	MJ WJ	M16- W16-	2.1	2.7	25
7	MYJ WYJ	M12- W12-	1.1	1.5	20

There is insignificant climb.

Control descriptions will be pictorial for Courses 1 to 6, written for Course 7.

Officials

Organiser: Marie Roberts MDOC













Planner: Paul Watson MDOC

Controller: Ian Cooper SYO

APPENDIX: URBAN MAPS

General notes for those new to this type of race

The map is drawn to ISSprOM 2019, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below:#

Symbol	Meaning
	Passable fence
	Impassable fence DO NOT CROSS
	Passable wall
	Impassable wall DO NOT CROSS
	Building – not to be entered
	Canopy – may be passed under
	Steps of a stairway
	Underpass or tunnel
	Forbidden access (as for “forest maps”)
	Large tree
	Small tree
	Monument or statue