

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 1: Friday 3rd May 2024

Version #1, Issued: 25th April 2024



MetrO MapRun Event

Northern Moor & Wythenshawe

Take the Manchester Metro (tram) to the start of your course and run a line course back to the event centre at the Gardeners Arms for well earned Pie.

Everyone welcome, with help and instruction available for newcomers.

This is a MapRun event, using the MapRun App and virtual 'satellite' controls, rather than kites and dibbers. If you have not previously used this technology, there will be experts at Assembly to give you a quick lesson on how it works and how to use it. More detail at: <https://mdocentry.org.uk/MetrO/UsingMapRun.pdf>
The MapRun App is compatible with all smart phones and also with some Garmin GPS watches.

ENTRIES

Online entry is via [Racesignup](#)

Entry fees

Until midnight on 27 April 2024 £6 Adults, £3 Juniors

On or after 28 April 2024 £8 Adults, £5 Juniors Online entries close 2 May 2024 at 20:00

Special note for Junior Competitors. A competitor under the age of 16 on May 3rd must be accompanied by someone over the age of 16 years.

Entry on the Day (EOD)

There will be very limited entry on the day while maps are available. Fee £8 Adults, £5 Juniors

VENUE - EVENT CENTRE

[The Gardeners Arms](#), Wythenshawe Rd, Wythenshawe, Manchester M23 9DD.

On the B5167 at the north-west corner of Wythenshawe Park

Three words <https://w3w.co/offer.news.belt>

TRAVEL

By public transport

Our venue, The Gardeners Arms, is adjacent to the Wythenshawe Park Metro station.

The Manchester Metro covers a large part of the urban area. Some stations have dedicated parking.

Link to the BEE travel network and the Metro map at tfgm.com/tram

By Car

From the south and west, take the M56 to junction 3. Follow signs to City Centre onto the A5103. After 500m take the slip road signed to Northendon and Sale Moor. Turn left onto the B5167, then at the first traffic lights keep left towards Brooklands on the B5167 to pass Wythenshawe Park. The Gardeners Arms will be on your right after 1.5km.

From the east, take the M60 to junction 3. Then take the M56 to junction 2. Exit onto the A560 and after 1km turn right onto the A5103. Take the slip road signed to Northendon and Sale Moor. Turn left onto the B5166, then at the first traffic lights keep left towards Brooklands on the B5167 to pass Wythenshawe Park. The Gardeners Arms will be on your right after 1.5km

From the north, follow the M60 to junction 5 and follow the signs to Chester. After 300m take the slip road signed to Northenden and Sale Moor. Turn right onto the B5166, then at the first traffic lights keep left towards Brooklands on the B5167 to pass Wythenshawe Park. The Gardeners Arms will be on your right after 1.5km.

Parking

The Gardeners Arms has limited parking. If it is full, you can park on local streets. Please be considerate of local residents.

EVENT CENTRE

The Gardeners Arms is welcoming us, providing a friendly meeting point, registration etc, toilets and a simple meal. Dogs are welcome.

For Day 1, results will be immediately available on MapRun, and on a small screen.

Registration

Opens from 16.30 to 18:45 for entry on the day

Eating at the pub

Pie and chips will be available either before or after your run. If you haven't ticked the box when you entered, you can order a pie at Registration. Pies will include a vegetarian option.

Dogs The pub is dog friendly. They are also allowed on the trams and on your course if on a lead.

COURSES

Long Optimum run distance of 10.7km

Short Optimum run distance of 5.8km

Map



The event uses a standard Street-O map.

When you register you will be given your course map folded up. Please do not open it until you reach your start.

You will also be given a simple map showing how to get to your actual start point from the Metro station (this will also be on display).

Make sure to look at the Safety Notice on display. There is one place where trams cross a road with no gates or signals. Trams are very quiet. Look both ways before crossing the tram track.

Terrain

A mixture of urban streets and parkland. You are likely to encounter some muddy paths.

STARTS

Leave Assembly between 17:00 to 19:00. Go to adjacent Metro station.

Trams run every 12 minutes. You should allow about 10 minutes for the tram journey to get to the start point on the Short course (Northern Moor) and about 15 minutes to get to the start point on the Long course. (Sale Water Park)

The single fare to either is £1.40. This cost is not included within the entry fee and is payable at the Metro station.

All Metro stations accept cash or card payment at the ticket machines located on the platforms.

Manchester Metro operate extensive revenue enforcement, so please ensure you have paid for your travel before boarding the tram. There are no options to pay on the tram itself.

When you get off the tram, follow the map which you have been given at registration to the actual start point. You get a signal to confirm that you are in the correct place. Visit all the control points on your course in numerical order and aim to be back at Assembly by 21.00 latest. ***It is essential that you check in when you have finished*** whether or not you have completed the course. (so that we know you are safely back).

SAFETY

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

Care should be taken on all roads.

Please be sensitive to the possibility of others (competitors or members of the public) coming the other way round corners and take them wide. Please show respect to residents and other road users. Be particularly careful of cyclists.

There will be qualified First Aiders at the event centre.

The nearest A&E Department is at Wythenshawe Hospital (postcode M23 9LT). There will be a map and instructions available at the event centre.

CONTACTS / OFFICIALS

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