

# MANCHESTER & DISTRICT ORIENTEERING CLUB

## MANCHESTER IN MAY

FINAL DETAILS for:

### Day 2: Saturday 4th May 2024

Version #2, Issued: 2<sup>nd</sup> May 2024



## URBAN – Middle Distance regional event

Ancoats & New Islington (East of Manchester City Centre)

A North West Urban League 2024 event

### ENTRIES

On-line entry is via Racesignup

See notes on participants under 16 years of age in the Courses section of this document.

### Entry fees:

#### Long, Medium, Short and Yellow courses

Until midnight on 27<sup>th</sup> April £10 Adults, £4 Juniors

On or after 28<sup>th</sup> April £12 Adults, £6 Juniors.

#### Score and Accessible Courses

Until midnight on 27<sup>th</sup> April £6 Adults, £3 Juniors

On or after 28<sup>th</sup> April £6 Adults, £3 Juniors.

**On-line entries** close 4th May at 20.00

### Entry on the Day (EOD)

There will be very limited entry on the day while maps are available.

Fees as stated for on-line entries after 28<sup>th</sup> April will apply.

Payment by contactless card please

### EVENT CENTRE

Halle St Michaels, 36-38 George Leigh St, Ancoats, Manchester M4 5DG

What3 Words: <https://w3w.co/icon.sketch.bolts>

### TRAVEL

#### By Train

There are 3 British Rail termini in Manchester: Piccadilly, Victoria, and Oxford Road.

Walking distances to the event centre:

Victoria 1 km

Piccadilly 1.3 km

Oxford Road 2.0 km

#### By Tram

The closest Metrolink stations are Shudehill (0.8 km) or Market Street (0.8 km)

If arriving at Manchester Victoria station it is quicker to walk directly from the station rather than using the

tram.

There is a tram station at Manchester Piccadilly

The nearest tram station to Oxford Road is St Peter's Square (0.7 km)

### By Bus

The nearest bus stop to the Event Centre is New Cross (on Oldham Road). This is served by bus services [74,76, 76A, 83,84,181 and 182].

Jersey Street bus stop (on Great Ancoats) is 5 minutes walk and served by bus services [216, 230 and 231].

### Park and Ride

To avoid driving into the centre of Manchester, you can use Metrolink's "Park and Ride" car parks and take the tram into the city. The height limit on Park and Ride car parks is 2.4m.

For further information on public transport in Manchester visit the BEE travel network and a Metrolink map [tfgm.com/tram](http://tfgm.com/tram)

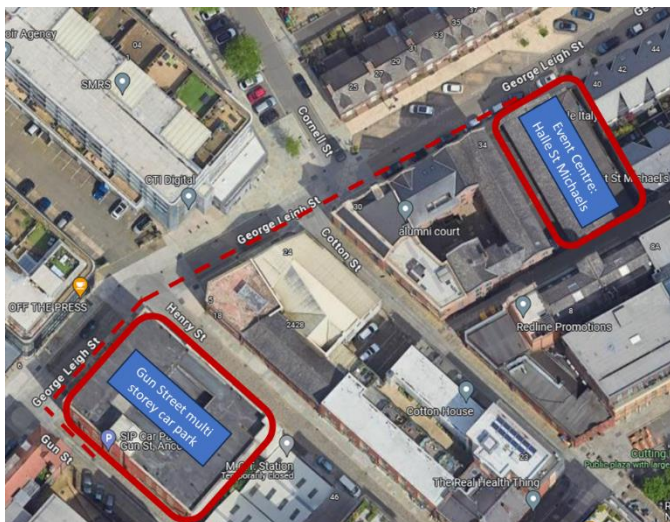
### By Car

See event centre address and what three words details and maps below.

**Parking:** Competitors are asked to avoid parking within the competition area as shown on the map extract below:



The nearest car park to the event centre is the multi storey car park on Gun Street. Charges are £5 for up to 4 hours and £6 up to 12 hours. The walking route from the Gun Street car park to the event centre at Halle St Michaels is shown below. A 3 minute walk along George Leigh Street.



There is also a good range of reasonably priced car parking options within 5 minutes walk from the event centre to the north of Oldham Road and west of Great Ancoats Street.

Please do not use roadside parking next to the event centre which is used by local residents.

### **EVENT CENTRE ASSEMBLY SERVICES**

Enquiries

Newcomer meeting, help and advice

Toilets (including disabled)

Registration open from 10.00 to 12.00, for Entry on the Day (EOD) and free dibber allocation

Bib collection

Download

Results

Technical queries and appeals

Seating and space to leave bags (left at your own risk)

### **Food and Catering**

There will be a stall selling cakes and soft drinks in aid of MDOC Juniors within the hall.

There are a variety of cafes and food shops in the vicinity. Attendees are welcome to bring food into the hall to consume this on site.

Please ensure any waste is placed in the bins provided.

Halle operate waste segregation off site (for recycling and recovery) and therefore all waste should be disposed of in the same bins.

### **ACCESSIBILITY**

The front access to the hall on George Leigh Street goes up 2 steps.

A portable ramp is available for users of light weight wheel chairs.

There is an alternative entrance for users of heavier (e.g. powered) wheelchairs, or people who prefer a level access route. On arrival please make a member of the event organising team aware if you require access via the level route so that this can be opened up for you.

If you have any other special access needs or requirements, please e-mail [MinM@mdoc.org.uk](mailto:MinM@mdoc.org.uk)

### **DOGS**

Only Assistance dogs are allowed in the Hall.

Dogs on leads are allowed on courses in public streets and open spaces.

## STARTS

All starts will operate a punching start.

Start times are from 10:30 to 12:30

All courses close at 14:00

Race bibs must be worn and visible for all participants

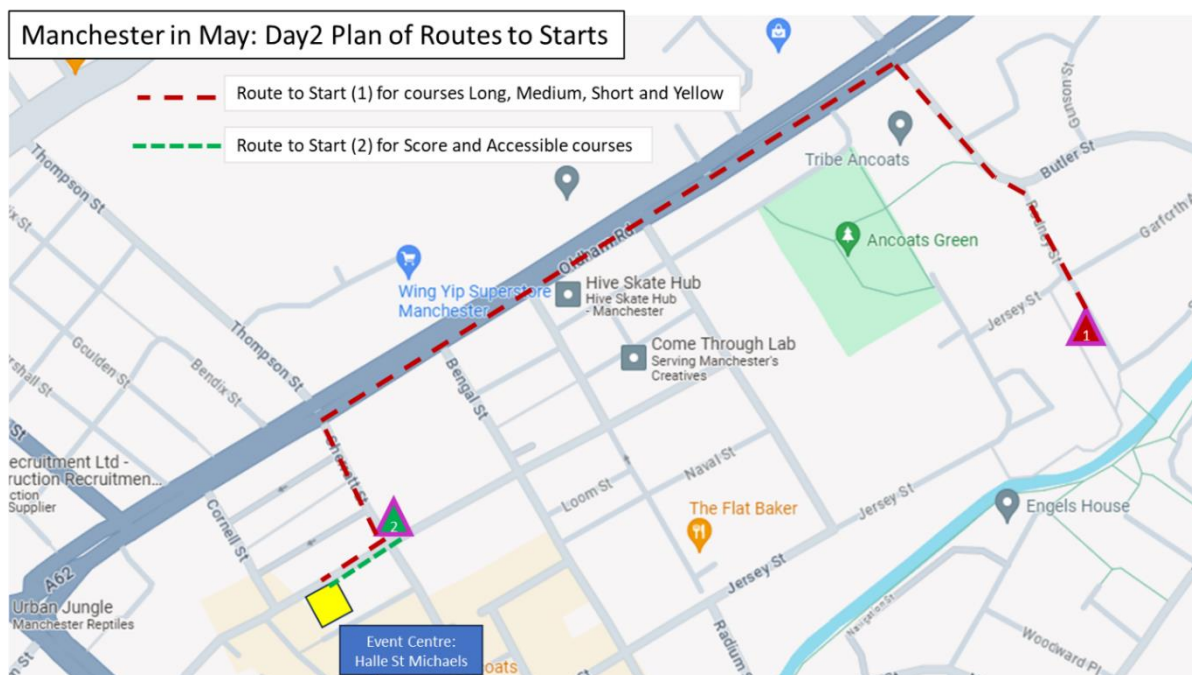
There will be two start locations:

- 1) Far Start 1 (for Long, Medium, Short and Yellow courses): allow 10-15 minutes walking (0.8 km)
- 2) Near Start 2 (for Score and Accessible course): allow 2-3 minutes walking (100m)

For Long, Medium, Short and Yellow courses please can you try and start within your chosen start block times.

The route to the starts are shown on the map extract below and will be signed and tagged from the Event Centre.

There will be not be a kit drop facility at the far start.



## FINISH

There will be a single punching finish located close to the event centre. The route from the finish to the event centre and download will be signed and tagged.

For safety reasons it is essential that you visit the Event Centre to download even if you don't complete your course.

All courses close at 14:30. If you are still on the course at this time please return to the Event Centre to download as promptly as possible.

## COURSES

A range of courses will be available on the day as detailed in the table below.

Score courses (30 minutes or 45 minutes) are ideal for newcomers and the Yellow course has been planned with younger participants in mind.

In score events, there is no fixed course: instead, there is a set of control points which you can visit in any order. Each control has a point value: your aim is to score as many points as you can within the given time. The Long, Medium, Short and Yellow courses will be line courses where you are required to visit the controls in the order shown on the map. There is no time limit. The aim is to complete the course as quickly as you can.

Course	Men's classes	Women's classes	Optimum Course length (km)	No of controls
Long	MO (Men's Open), MV (M40+), MSV (M55+)	WO (Women's Open)	7.6	34
Medium	MUV (M65+)	WV (W40+), WSV (W55+)	6.1	25
Short	MHV (M75+)	WUV (W65+), WHV (W75+)	4.4	20
Short 16-*	MJ (M16-)	WJ (W16-)	4.5	22
Yellow	MYJ (M12-)	WYJ (W12-)	2.0	14
Score 30	Any	Any		32
Score 45	Any	Any		32
Accessible	Any	Any	2.2	9

Note\*: Short 16- course: For safety reasons participants in the M/W16- class will run a variation of the Short course. This only applies to Day 2 and will be indicated on the race bib.

The Short 16-, Yellow and Accessible courses are suitable for participants between the ages of 11 and 16 to do on their own. We would advise that any participants under 11 should be accompanied.

Participants under the age of 16 on May 4th must be accompanied by someone over the age of 16 if they are planning to do the Medium, Long or any of the Score courses.

This is in line with British Orienteering safety guidance.

Juniors can be shadowed, but please have your own run first or declare yourself non-competitive.

There will be a timed out marshalled crossing point on the **Yellow course** only. Please follow any instructions the marshal gives you, for your own safety. The time taken to cross will be omitted from the overall time – up to a maximum of 1.5 minutes.

### Accessible course

The course has been checked for ease of access (e.g. lowered pavements)

**Controls:**

All controls will be SIAC enabled on all courses.

All courses will have a punching start and punching finish (i.e. not contactless)

**SI timing cards (dibbers)**

No arrangements have been made to hire SIAC dibbers.

Standard dibbers are free to borrow. £30 charge if not returned.

There will be more than 30 controls on the longest courses. If you have a Type 8 dibber (number in 2 million range) we will lend you one that will accept more punches (but will not give splits for the last few controls. Time will be correct).

**Map:** The scale of the map is 1:4000, and it is drawn to the ISSprOM 2019-2 standard.

Participants on the score courses will be able to view the course map in advance of starting.

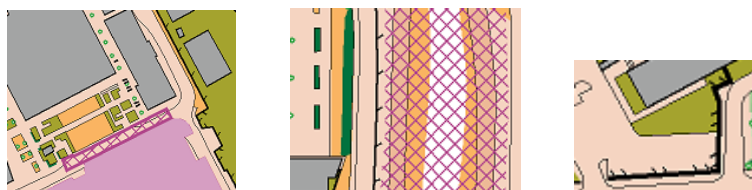
**Urban Maps for Days 2 and 3**








The map you will be using includes numerous uncrossable and out of bounds areas.

It is important to remember that it is **FORBIDDEN** to enter or cross these!

For example, even if you are physically able to cross or jump over one of these features it is forbidden.

This is for your own safety and for our ability to continue to hold events in these areas.

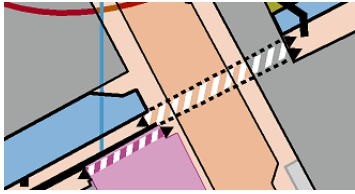
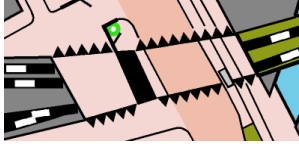
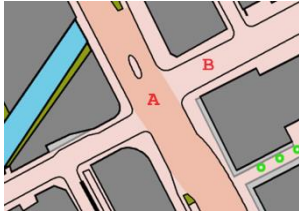


Forbidden Area For example, a flower bed or private property		Uncrossable Fence	
Impassable/Uncrossable Vegetation For example, a garden hedge		Non enterable buildings	
Uncrossable Wall		Out of bounds areas	
Road / Route forbidden. Note: there may be no marking on the ground or physical barrier to prevent access.			

For example, it is forbidden to:

- Jump over an olive green garden bed, even if you do not touch the ground.
- Run through an unlocked or open gate if it is mapped without an opening as part of an uncrossable fence.
- Reach over a low wall to punch a control if it is mapped with a thick black line.
- Run along a path through purple hatched area, even if you have been allowed to do so at previous events held at the same area.
- Run through a narrow gap in a dark green hedge mapped as a solid dark green line.

## Important Map Features

	<p>The map snippet shows that the canal towpath continues underneath the road and building</p> <ul style="list-style-type: none"><li>• The “shark tooth” represents a tunnel entrance</li><li>• The hashing between the dashed lines shows there is a lower level running route below the road (brown hashing) and building (grey hashing)</li></ul> <p>The map also show a legitimate path through the building works (pink hashing)</p>
	<p>The map snippet shows that it is possible to run underneath the railway as indicated by the “sharks teeth”</p> <p>Note: the overhead railway line is broken where there is a lower running level indicated by the “sharks teeth” for clarity</p>
	<p>The map snippet shows two types of paved area</p> <ul style="list-style-type: none"><li>• The dark colour (A) indicates heavy traffic</li><li>• The light colour (B) indicates light traffic</li></ul>

## 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 when crossing all roads.

There will be a timed out marshalled crossing point on the **Yellow course**. Please follow any instructions the marshal gives you, for your own safety. The time taken to cross will be omitted from the overall time – up to a maximum of 1.5 minutes.

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, especially e-bikes and e-scooters that can move quickly and quietly and may be using paths and pavements as well as roads.

The Ashton Canal and the Rochdale Canal pass through the competition area. The canal towpaths are wide and in good condition, however, participants should take care and be courteous to other tow path users to minimise the risk of falling into the water. Canals must only be crossed via bridges mapped as passable.

There will be qualified First Aiders at the event centre.

The nearest A&E Department is at Manchester Royal Infirmary (postcode M13 9WL). There will be a map and instructions available at Assembly.

## **ACKNOWLEDGMENTS**

We are grateful to the following for their help in the staging of this event:

Martin Glynn, Director of Estates, Halle

Ben Phillips, Manchester City Council Highways Service

Sophie Mellor, Store Manager of Running Bear, the bib sponsor

## **CONTACTS / OFFICIALS**

Entries: Marie Roberts [minm.entries@mdoc.org.uk](mailto:minm.entries@mdoc.org.uk)

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Organisers: David Wathey & Cecilia Fenerty

Planners: Hazel and Trevor Hindle

Controller: Paul Turner (SELOC)