

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 3: Sunday 5th May 2024

Version #1, Issued: 25th April 2024



UK URBAN LEAGUE (UKUL) – NATIONAL event

University of Manchester campus (South of Manchester City Centre)

A North West Urban League 2024 event

Entry

On-line entry is via Racesignup

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

ENTRIES

UK Urban League courses 1-7

Until midnight on 27th April £14 Adults, £5 Juniors

On or after 28th April £16 Adults, £7 Juniors.

Score and Accessible Courses

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

On or after 28th 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 28th April will apply.

Payment by contactless card please

EVENT CENTRE

Hall C of the Sugden Sports Centre on Grosvenor Street (M1 7HL). The entrance is actually on Sidney Street on the West of the building. What 3 Words <https://w3w.co/video.gaps.tiny>

No studded or spiked footwear to be worn in the Sugden Sports Centre!

TRAVEL

By Train

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

Piccadilly: Leave by the exit to Fairfield Road, go to its corner with London Road, and cross diagonally, to continue south on London Road. Take care to use the crossing lights to get over the exit slip and the entrance slip to the Mancunian Way, and follow the path south to the junction with Grosvenor Street. Turn right (W), and follow Grosvenor Street, over Upper Brook Street, to the Event Centre. Allow 12 minutes.

Victoria: Catch the Metrolink to St Peter's Square, and proceed as described below for "tram".

Oxford Road: Follow Oxford Road south, and Grosvenor Street will be a left turn (E) at a junction with traffic lights just after the Mancunian Way flyover. Allow 8 minutes.

By Tram

The most convenient Metrolink station is St Peter's Square. From there, turn south into Oxford Street, and

continue as it becomes Oxford Road until it passes under the Mancunian Way flyover. Grosvenor Street is a left (E) turn at the next traffic lights. Allow 12 minutes

By Bus

The nearest bus stop to the Event Centre is "All Saints Park" (on Oxford Road). This is served by many bus services from south Manchester. Most other bus routes go to Piccadilly Gardens, and from there walk along Piccadilly (which becomes London Road) towards Piccadilly British Rail station and then follow the route described above.

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

By Car

On street parking in the neighbourhood of the Event Centre is very restricted (even on a Sunday) so it is recommended to park in the Aquatics Centre Car Park on Booth Street East. This is easy to access from the A34 (Upper Brook Street), and payment for parking is by Credit/Debit card only. The rates are £3.50 for 2 hours, £5.50 for 4 hours, and £8 for 9 hours. There is a passenger lift and a height limit of 2.1m. Routes to the Event Centre and the main start will be taped from the junction of Booth Street East and Upper Brook Street. From that junction, allow 6 minutes to the Event Centre, or 6 minutes to the main start.

EVENT CENTRE ASSEMBLY SERVICES

Enquiries

Newcomer meeting, help and advice

Toilets (including disabled)

Registration open from 10.00 to 12.00, for EOD and free dibber allocation.

Bibs for collection by those who have not already run on Day 2

Download

Results

Technical queries and appeals

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

Traders

A representative from Running Bear, our bib sponsor, selling running kit.

Food and Catering

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

Please do not consume your purchases anywhere except in our Hall C.

There is also a snack stall in the Sports Centre

Dogs

Only Assistance dogs are allowed in the Sports Centre.

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 14:30

There will be two start locations:

- 1) Far Start (for courses 1-7 and the Accessible course): allow 10-15 minutes walking
- 2) Near Start 2 (for Score courses): just outside the entrance to the event centre.

The route to the Main Start (for courses 1-7 and the Accessible course) will be taped from the Event Centre and it will go east along Grosvenor Street to Upper Brook Street, and turn right (S). Then follow Upper Brook Street over the junction with Booth Street East (i.e. past the Aquatics Centre Car Park) and continue until Brunswick Park, when it turns right (W). Allow 10-15 minutes walking.

For courses 1-7 please can you try and start within your chosen start block times.

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 (60 minutes or 75 minutes) are ideal for newcomers and the course 7 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. Courses 1 to 7 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 6 and 7 are suitable for participants between 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 5th must be accompanied by someone over the age of 16 if they are planning to do course 1-5 or either of the Score Courses.

This is in line with British Orienteering safety guidance.

Optional Model - Practice Course

A small map with a start, 3 controls, and a finish (kites only) will be available at the Event Centre to help competitors get used to the style and scale of the map. This "model event" will start on the south side of Grosvenor Street, opposite the Sugden Centre and finish next to Upper Brook Street before the Booth Street East junction (on the way to the main start). The area covered by this map can be used to warm up.

Course number	Men's classes	Women's classes	Optimum Course length (Km)	No of controls
1	MO (Men's Open)	-	11.2	35
2	MV (M40+)	WO (Women's Open)	9.5	30
3	MSV (M55+)	WV (W40+)	8.4	28
4	MUV (M65+)	WSV (W55+)	6.3	22
5	MHV (M75+)	WUV (W65+), WHV (W75+)	4.9	17
6	MJ (M16-)	WJ (W16-)	4.1	23
7	MYJ (M12-)	WYJ (W12-)	2.1	17
Score 60	All classes	All classes		32
Score 75	All classes	All classes		32
Accessible	All classes	All classes	2.1	16

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 **Courses 6 and 7, and the Accessible 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 2 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)

Please try to start within the block you have entered. Score and Accessible courses have open start times.

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.

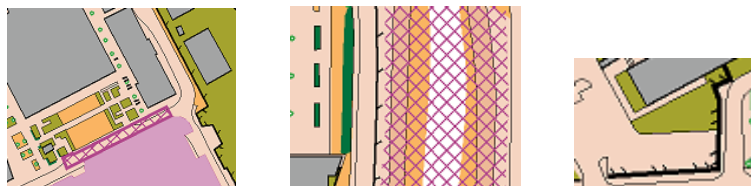
Urban Maps for Days 2 and 3








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.

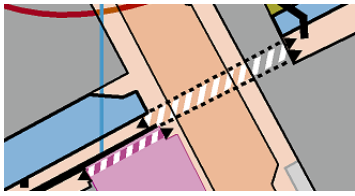
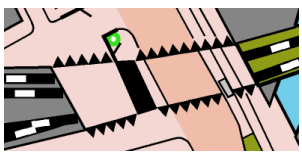


<p>Forbidden Area</p> <p>For example, a flower bed or private property</p>		<p>Uncrossable Fence</p>	
<p>Impassable/Uncrossable Vegetation</p> <p>For example, a garden hedge</p>		<p>Non enterable buildings</p>	
<p>Uncrossable Wall</p>		<p>Out of bounds areas</p>	
<p>Road / Route forbidden.</p> <p>Note: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

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"> • The “shark tooth” represents a tunnel entrance • The hashing between the dashed lines shows there is a lower level running route below the road (brown hashing) and building (grey hashing) <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>



The map snippet shows two types of paved area

- The dark colour (A) indicates heavy traffic
- The light colour (B) indicates light traffic

SAFETY

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.

Care should be taken when crossing all.

The University area is relatively quiet on a Sunday – but Oxford Road is a major bus route.

Courses 6 and 7 and the Accessible course use a marshalled crossing point to cross this road. 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 2 mins.

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 those making deliveries. Do not assume that they will respect traffic lights, or any other rules of the road. E-bikes and e-scooters are common in this area and can move quickly and quietly. They may be using paths and pavements as well as roads.

The Rochdale Canal passes 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:

Beth Turner, General Manager of the Sugden Sports Centre

Ben Phillips, Manchester City Council Highways Service

Bethanie Spears, Senior (Outdoor) Event Coordinator, The University of Manchester

Nicholas Blades, Senior Faculty Estates Officer, The University of Manchester

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

CONTACTS / OFFICIALS

Entries: Marie Roberts minm.entries@mdoc.org.uk

Contact: Sue Birkinshaw, Coordinator minm@mdoc.org.uk

Organiser: Chris Kirkham

Planners: Hazel and Trevor Hindle

Controller: Ian Cooper (SYO)