

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS

Version #2, Issued: 2nd May 2024



Manchester & District Orienteering Club are looking forward to welcoming you to the **Manchester in May Orienteering weekend** including 4 days of orienteering over the bank holiday weekend.

Each day includes courses for newcomers and experienced orienteers alike, so make a bee line for Manchester on the May bank holiday weekend.

This document includes final details for all four days. If you only need details for specific days then individual documents are available to download from our website via links provided on the individual day pages.

Day 1	Friday 3 rd May	MetrO MapRun Local event Northern Moor & Wythenshawe Pages 2 to 4	
Day 2	Saturday 4 th May	URBAN – Middle Distance Regional event Ancoats & New Islington A North West Urban League 2024 event Pages 5 to 11	
Day 3	Sunday 5 th May	UK URBAN LEAGUE (UKUL) National event University of Manchester campus A North West Urban League 2024 event Pages 12 to 17	
Day 4	Bank Holiday Monday 6 th May	'O' Fest Local event Wythenshawe Park Pages 18 -22	

CONTACTS / OFFICIALS

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

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

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 1: Friday 3rd May 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 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

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

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

Planner: Jillyan Ross MDOC

Controller: Ian Watson MDOC

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 2: Saturday 4th 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 27th April £10 Adults, £4 Juniors

On or after 28th April £12 Adults, £6 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

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

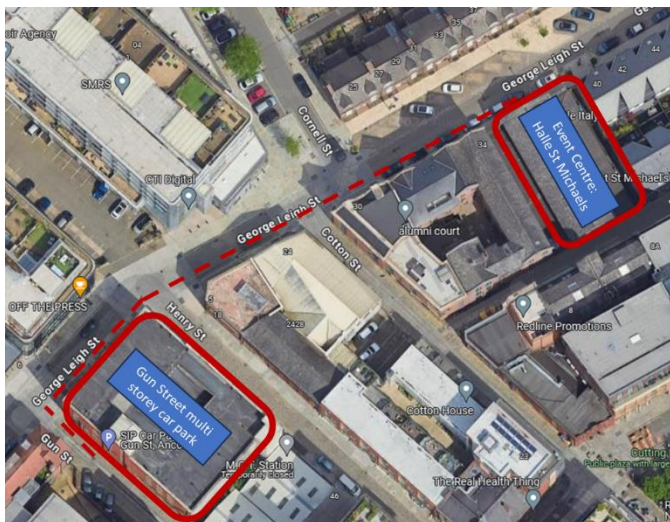
By Car

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

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

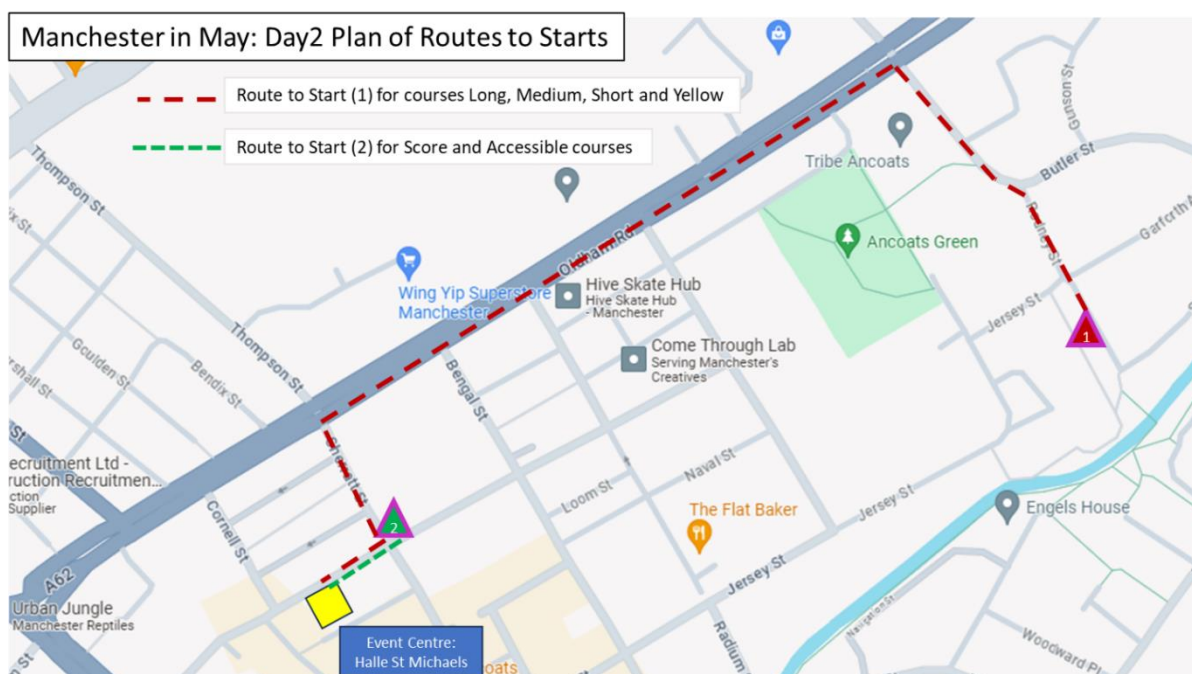
There will be two start locations:

- 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.

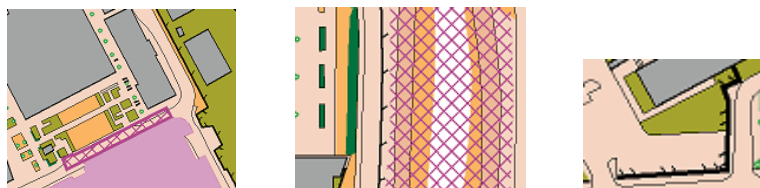
Urban Maps for Days 2 and 3








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.

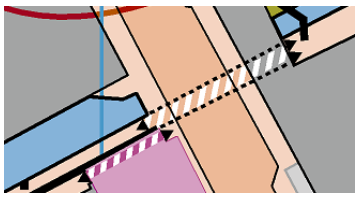



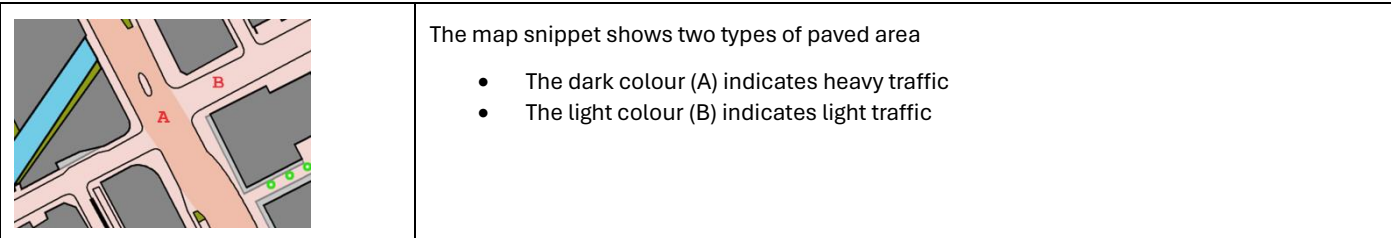
Forbidden Area For example, a flower bed or private property		Uncrossable Fence	
Impassable/Uncrossable Vegetation For example, a garden hedge		Non enterable buildings	
Uncrossable Wall		Out of bounds areas	
Road / Route forbidden. Note: there may be no marking on the ground or physical barrier to prevent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



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
Contact: Sue Birkinshaw, Coordinator minm@mdoc.org.uk
Organisers: David Wathey & Cecilia Fenerty
Planners: Hazel and Trevor Hindle
Controller: Paul Turner (SELOC)

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 3: Sunday 5th May 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 above 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 allocation of 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)

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:

- 3) Far Start (for courses 1-7 and the Accessible course): allow 10-15 minutes walking
- 4) 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 Brook 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.

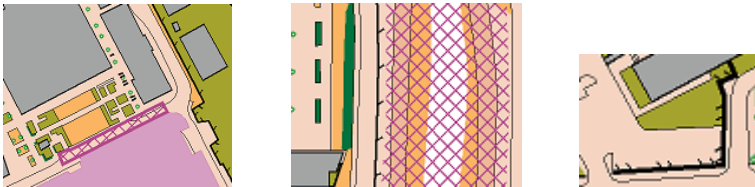
Urban Maps for Days 2 and 3








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.

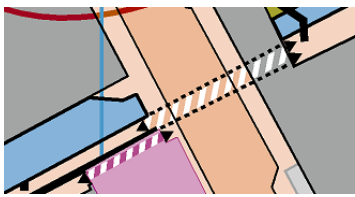
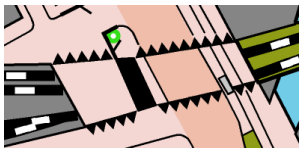


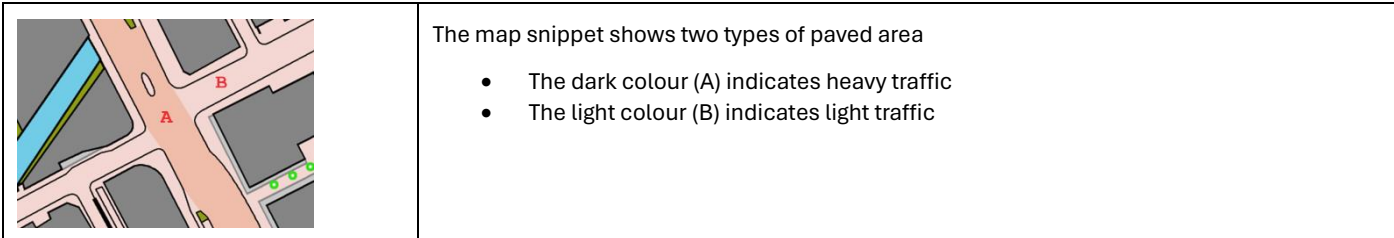
<p>Forbidden Area For example, a flower bed or private property</p>		<p>Uncrossable Fence</p>	
<p>Impassable/Uncrossable Vegetation For example, a garden hedge</p>		<p>Non enterable buildings</p>	
<p>Uncrossable Wall</p>		<p>Out of bounds areas</p>	
<p>Road / Route forbidden. Note: there may be no marking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



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:

- BethTurner, General Manager of the Sugden Sports Centre
- Ben Phillips, Manchester City Council Highways Service
- Bethanie Spear, 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)

MANCHESTER & DISTRICT ORIENTEERING CLUB

MANCHESTER IN MAY

FINAL DETAILS for:

Day 4: Monday 6th May 2024



'O' Fest

Wythenshawe Park

This bank holiday Orienteering Festival will be held at [Wythenshawe Park](#) which is located 5 miles south of Manchester City Centre.

Five different courses available, suitable for all ages and abilities from first timers through to experienced orienteers.

The single entry fee will cover as many of these courses as you wish to try.

Club members will be available to show you what to do to get started and answer any questions you might have.

ENTRIES

On-line entry is via [Racesignup](#)

Entry fees. Pay one entry fee and run as many courses as you choose

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

On or after 28 April £6 Adults, £3 Juniors

Online entries close 5 May 2024 at 20:00

Entry on the Day (EOD)

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

Contactless payment preferred.

VENUE

Wythenshawe Park M23 0AB.

What 3 Words: <https://w3w.co/flying.give.gears>

Located in the old Rose Garden beside the main entrance driveway and adjacent to the Courtyard Cafe

TRAVEL

By Public transport

Use the BEE travel network and Metro map tfgm.com/tram

The nearest Metro station is Wythenshawe Park, on the Manchester Victoria to Manchester Airport line.

To get to the Park and Hall, walk east along Wythenshawe Road (B5167) for about 3/4 mile. Use the main brown-signed entrance to the Park and Hall (25 minutes)

Bus services run along Wythenshawe Road on the northern edge and Altrincham Road on the southern edge of the park.

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 Northenden and Sale Moor. Turn left onto the B5167, then at the first traffic lights keep left towards Brooklands on the B5167 to reach Wythenshawe Park main entrance (on your left)

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 reach Wythenshawe Park main entrance

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 reach Wythenshawe Park main entrance

Parking

Please drive up the main driveway into the park to the main public car park. You will pass the assembly on the way.

If this car park is full there is a second 'overflow' car park you can use at athletic/ cycling tracks. To reach this, retrace your route up the main driveway to Wythenshawe Road, turn left, follow the road for c.200m before turning left into the next access road.



ASSEMBLY

The assembly area will be located in the old Rose Garden beside the main entrance driveway and adjacent to the Courtyard Café.

It is a short 3-5 minute walk from the car parking area to the assembly area.

ASSEMBLY SERVICES

Newcomer meeting, help and advice

Enquiries

Toilets (including disabled) – in the adjacent Courtyard

Registration open from 10.00 to 13.30, for Entry on the Day (EOD) and free loan dibber allocation

Download

Results

Tented area for leaving bags or clothing (left at your own risk)

Food and Catering

Picnic area: There is a sizeable flat open grassed area so please bring your own picnic blankets, seats, tables. There is also some permanent seating in the area.

The Courtyard Café located in the courtyard adjacent to the assembly area serves a range of hot and cold food and drinks, and ice creams. Attendees are welcome to bring take away items from the café to consume in the Assembly area.

STARTS

All starts will operate a punching start.

Start times are from 10:30 to 14:00

All courses close at 14:30

There will be no start times or start blocks.

A gap of 1 minute will be applied for participants or groups on line courses.

The start is less than 5 minutes walk from the Assembly area.

A safe walking route will be signed and tagged between the assembly area and the starts.

FINISH

There will be a single punching finish located close to the assembly area.

The route from the finish to the assembly area and download will be signed and tagged.

If doing multiple courses, it is important to return to registration to download dibber after every course, so that your results show up correctly.

This also applies to those doing both parts of the Score and Sprint Courses.

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) are ideal for newcomers and the White and Yellow courses have been planned with younger participants and families in mind.

Course	Description	Suitability
White	A short line course following paths	Newcomers and younger participants
Yellow	A slightly longer line course following paths	Newcomers and younger participants
Score	30min for each part. Part 1 easy/paths Part 2 medium (up to orange / light green standard)	Newcomers and family groups
2-part Sprint	Two line courses. Moderate navigational difficulty. Some controls located off paths and less visible. Each part approx. 3km optimum distance. Overall result based on the combined times on both parts	Open to everyone
Accessible	The white course and Part 1 score will be accessible	Open to everyone

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 30 minutes. Two 30 minute score courses will be available for you to try, all included in the one entry price.

The White, Yellow and Sprint 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. All courses can be run individually, in pairs or small groups. Junior participants can be accompanied or shadowed.

Terrain

Flat with historic and ornamental woodlands, copses, open grassland and wildflower meadows. Due to the wet weather this Spring expect some mud in parts.

Map

The scale of the map is 1:4000, standard orienteering map.

Maps for White, Yellow and Score courses will be available for participants to look at before they start.

Sprint maps will be picked up after the start punch.

Controls

All controls will be SIAC enabled, but you must punch at the Start and the Finish.

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

SI timing cards (dibbers)

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

DOGS

Dogs are allowed in the park, but not in the Farm or the Cafe

OTHER PARK ATTRACTIONS

An excellent children's playground adjacent to assembly.

Community Farm with animals and a farm shop. 3 minutes from Assembly. Open 11.30 to 16.00.

Cycle tracks for free use with your own bike, including a track round the park perimeter, a pump track and graded BMX tracks.

Horticultural Centre and Community Orchard

Unfortunately, the recently renovated Wythenshawe Hall will not be open to visitors but it can be viewed from outside.

For further information visit the [park website](#). Check with the park for opening times.

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 around car park areas and on the main driveway entrance to the park.

Please be courteous to other park users.

There will be qualified First Aiders at Assembly.

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

CONTACTS / OFFICIALS

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

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

Organiser: Alison Doyle

Planner: Paul Watson MDOC

Controller: Marie Roberts MDOC