



Manchester and District Orienteering Club.

Sunday 16th February 2014

Compass Sport Cup (Qualifying)

FINAL DETAILS

IRWELL Valley (North Manchester)



Travel & Directions:

Grid Reference: SD798040 Postcode: M45 7QJ

Located about 2 miles (10 minutes) from M60 J17 (approach is from north crossing M60).

From M60 Junction 17 (Prestwich) head North onto A56 following signs for **Whitefield** then 1st left after 400m onto A665 signed to **Kearsley**. After 800m turn left at O Signs into Park Lane, beware speed humps ! after 1km follow signs straight over mini roundabout and on for 500m and at bend go direct through gates into park, more speed humps, crossing M60 again and straight on into car parks.

Could everyone aim to arrive by 11.00 and no cars are to leave before 12.30 please. There may be a one way system with marshalls operating across the narrow bridge to allow other park users into and out of the park.

Car Park:

Parking on hard-standing car parks in Philips Park. Coaches will be advised separately.

Please follow marshalls directions and park in close order.

Parking is at a premium! Please arrange to share transport where possible. Be prepared once the main car parks are full you may be parked outside the main park entrance. This is an extra ~800m from the registration and adds similar to the walk to the start, so if you are arriving later leave plenty of time.

Toilets

There are 3 flushing toilets at Registration/Download. An additional Portaloo will also be available on the exit from the lower car park on route to the starts.

Starts:

There are two starts, it is your responsibility to go to the correct start:

Far Start (Browns, Blues) 1.6km, almost level, from Lower Car Park re-crossing M60 to North.

Near Start (Greens, Light Green, Oranges, Yellow, White) 600m (~10 Mins) from Lower Car Park.

Starts 10.30am to 12.30pm with Course Closure from **14.30pm**;

Route to both starts are signed and tagged from the NW end of Lower Car Park. The routes split after 300m. The route to the Far start hugs motorway and then crosses M60 for a further 1km North into Ringley Woods. Start Lists will be displayed at the pre-start area.

SI Clear controls will be in position in the pre start areas. Please remember to clear your SI Card before entering the start lanes.

Competitors will be called up at -4 minutes for a name and SI check. Loose Control Descriptions will be available at -3 minutes. Blank maps will be available at -2 minutes.

There is a short taped route to the start point which is marked by a control flag. Maps will be adjacent to the start control.

It is a punching start. **Do not forget to punch before picking up your map.**

SI Dibber Hire:

Pre entered competitors with their own SI dibber do not need to register and can go straight to the start. Hire dibbers can be collected from Registration.

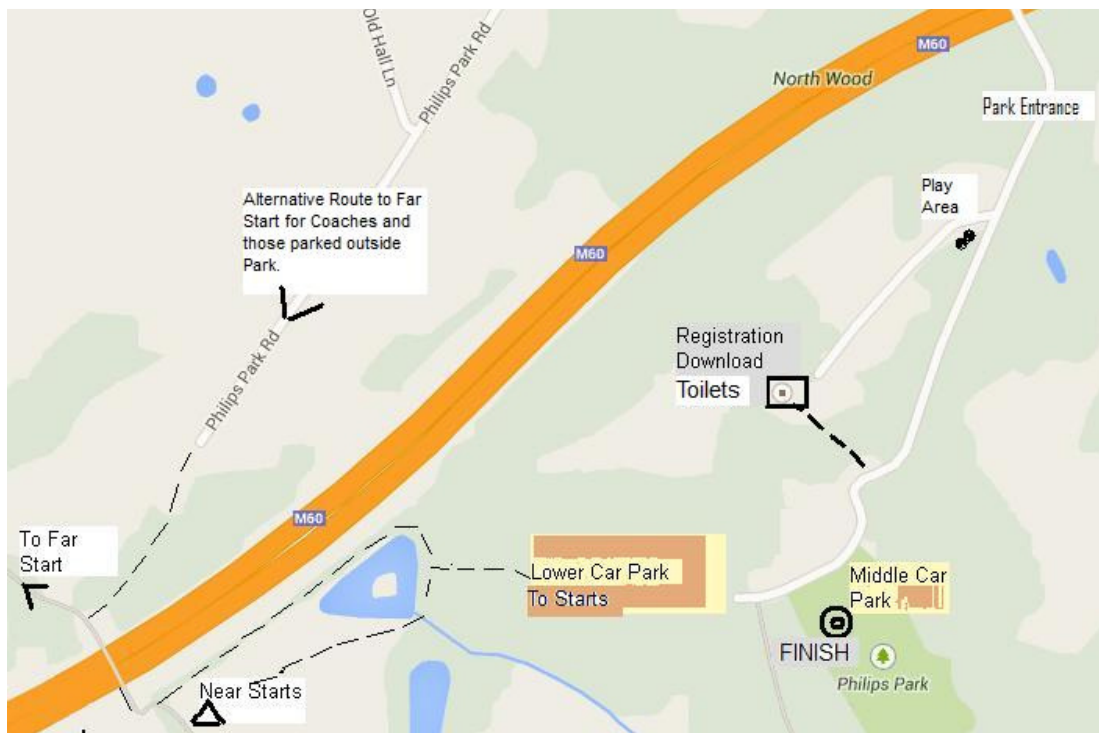
Finish:

The Finish is near the SW corner of the Middle Car Park. After finishing, please follow signs and proceed directly to download; please take care crossing the road.

Club Tents:

There is limited space to the NE of the Finish. Priority for club tents for those bringing coaches, who will be advised separately. Please let the organiser know if you wish to bring a club tent.

Layout:



Courses:

CS Class	Compass Sport Course	BOF Age Classes	Start	Length	Climb	Controls	Scale	Descriptions
1	Brown	Men Open	Far	8.7	325	23	1:10000	Pictorial
2	Short Brown	M20- M40+	Far	7.1	260	21	1:10000	Pictorial
3	Blue Women	Women Open	Far	5.7	230	16	1:10000	Pictorial
4	Blue Men	M50+	Far	5.8	240	17	1:10000	Pictorial
5	Green Women	W20- W45+	Near	4.3	135	13	1:10000	Pictorial
6	Green Men	M60+	Near	4.2	155	12	1:10000	Pictorial
8A	Junior Men (Green)	M18-	Near					
7	Vets Short Green	W60+ M70+	Near	3.4	90	10	1:10000	Pictorial
8B	Junior Women (Short Green)	W18-	Near					
9A	Orange Men	M14-	Near	2.6	60	11	1:10000	Pictorial
9B	Orange Women	W14-	Near					
	Light Green	Inexperienced Adults	Near	3.1	95	12	1:10000	Pictorial
	Yellow	Juniors & families	Near	2.4	45	11	1:10000	Text
	White	Juniors & families	Near	1.7	30	9	1:10000	Text

Entry & Entry fees:

Compass Sport Cup Pre-Entry only please for CSC Cup & Trophy through your club captains; CSC: £10 Seniors - £5 Juniors; **CSC You should be pre-entered**, we cannot guarantee a map or a competitive start slot on the day for late entries !

Very Limited Colour EOD (Brown, Blue, Green, Orange): £10 Seniors - £5 Juniors; EOD (White, Yellow, Light Green): £5 Seniors - £2 Juniors; SI-Card Hire: £1 Seniors – Free Juniors.

Start Times & Seeding:

Club start times have been allocated to give each club a fair spread across the courses. All individual start times have been allocated by your club team captain not the organiser!

Start times cannot be changed except in exceptional circumstances and not at the start ! If you have an issue with your start time, please report to registration first and ensure you have a valid start time before proceeding to the start. You may be allocated the next available slot for your course that still satisfies the club 4 minute rule. You may have a long wait ! Anyone arriving late should make

themselves known to the start officials.

Terrain and Planners Notes: Irwell Valley consists of Ringley and Hurst Woods north of the M60 and Philips and Prestwich Parks south of the M60. There is a footbridge over the M60 linking the 2 areas.

Brown and Blue courses start in the northern area (Far Start) and finish in the southern area.

All other courses (Near Start) are confined to the southern area and do NOT need to cross the M60.

The terrain can best be generalised as rough parkland with some steep wooded slopes in the north and east of the areas. There are moderate areas of bracken and brambles in places. Following the heavy rain we've had in January, everywhere is wetter underfoot than it is mapped but most marshes and ditches/streams are crossable with care. Some of the slopes are greasy and some wooden bridges can be hazardous when wet.

Pylons are mapped but power lines and smaller power poles are not shown.

Map & Control Descriptions: The Map - 1:10,000 5m Contours, ISOM symbols, updated Jan 2014.

Maps will be A4 overprinted with descriptions printed on the front or on both sides for the Brown and Blue courses (Courses 1 to 4) - which have a double sided map.

The maps will be printed on RA4 coated pretex waterproof paper.

Loose description sheets will be available in the start lanes.

Maps for the White and Yellow Colour Coded Courses will be available from Registration.

Controls: SI (SPORTident) electronic punching will be used for the event. SI Punching, boxes are located on top of the canes. The SI boxes may flash and beep to indicate a successful punch; it is your responsibility to ensure that your visit to each control has been registered. A specimen control will be located at the NW end of the Lower Car Park.

All controls except the finish controls will consist of a kite hung on a stake with the SI box attached to the top. The control number will be displayed on the sideplate. If an SI box fails to respond, there may be a pin punch if so punch your map and report the failure at download. The SI box for the final and finish controls will be mounted on an aluminium stake with a kite attached to the stake.

Warm up Area Competitors may warm up on the tracks taken by those from the car park to the starts. You may not enter the forest or parks either side of these tracks before starting.

Special Map Symbols X (black) – these are man-made objects which are mostly wooden seats/picnic tables and small brick-built structures about 1.5m high.

Motor Bikes & Mountain Bikes Ringley Wood is used by scramble bikes. This has created numerous muddy tracks but these have not been mapped unless distinct. Take care if the bikers are using the woods on the day.

Irwell Valley is well-used by the general public at weekends. You are likely to meet cyclists on any of the paths in both the north and south areas. In particular, in the south, many smaller paths are signed on wooden posts as one-way cycle trails. If you run past a wooden post with a small red no-entry sign (as in Highway Code) then ignore it but be aware that you may meet cyclists coming towards you.

Furthermore, there are dedicated mountain bike trails (MBT) in Philips Park. These are also one-way trails and are marked on the map as RED PATHS. All courses cross the MBT at least once on the way to the final control or the finish. If you choose to run along one please take care. We will also be putting out signs in the area the week before the event to warn mountain bikers of our presence.

Safety, Clothing, Bad Weather: **Travelling alone.** For those travelling alone; please consider leaving your car keys (suitably labelled) at enquiries. They are left at the owner's risk.

As the finish is near the car parks, there will be no clothing dump.

In the event of cold, windy and rainy weather it would be advisable to wear a cagoule; the organiser may make this a mandatory requirement in the event of extreme weather. A notice will be posted at the entrance to the event if a cagoule is compulsory.

Due to the undergrowth, Full body cover is compulsory; anyone not appropriately dressed will not be allowed to start.

Whistles should always be carried.

Competitors are reminded that they are primarily responsible for their own safety and take part at their own risk. All competitors must report to the Download at registration even if they do not finish their course.

- Catering:** **PodiumCatering** have kindly offered to supply a range of hot/cold snacks and drinks. Cakes, Hot Chilli, Rice & Soup. Their van is located on the route between the Middle Car Park and Download.
- Complaints and Protest:** If you wish to make a complaint please contact the event Organiser via Registration, this can be verbal or written. The decision will be communicated by the Organiser to all affected by the decision. The Organiser may need to consult with other event officials before they make their decision.
- A protest can only be made with regard to the Organiser's decision about a complaint. It should be made in writing, to the Controller. Please ask the event organiser for a form. A protest will be adjudicated by the Jury and the Jury will instruct the Organiser on what action (if any) should be taken
- Individual Entry Queries:** If you have any queries about your entries, please contact the organiser through your club captain.
- Cancellation:** In the event of a last minute cancellation (for example due to extreme weather), the organising team will do everything they can to contact all competitors, for example via email and telephone to club captains. A notice will also be posted on the event website <http://www.mdoc.org.uk/csc2014/>.
- First Aid** A First Aider & First Aid Kit will be based at Registration.
- The nearest Accident and Emergency Department is at North Manchester General Hospital, Crumpsall, M8 5RB Tel 0161 624 0420. This can be reached by re-tracing your steps back to the M60 and continuing straight over down the A56 for a few miles where you should follow signs for the Hospital.
- Medical Conditions:** If you have a prior medical condition which you feel that the First Aid officials at the event should know about; could you please notify Registration prior to going out on your course.
- Map Reclaim:** Maps will not be collected, please respect the spirit of the competition by not showing your map or discussing your course with competitors who have not yet started.
- Previous event:** Philips Park was used in March 2013 by SELOC for a Level D event.
- A blank map of Philips Park will be available at Registration for viewing on the day.
- No String Course:** There will be no string course at this event. There is however a Childrens Play Area with the usual furniture and a Tree Trail which starts at registration. More info on the facilities available in the park can be found at <http://www.bury.gov.uk/index.aspx?articleid=4738>
- Shadowing of Juniors.** Shadowing is not allowed on compass sport cup courses.
- Results** Electronic results will be displayed in the locality of the download & registration, these will be updated frequently. Team results will be displayed as soon as possible. Final results and splits will be posted to the MDOC website as soon as possible after the event.
- Officials:** Organiser: Paul Jarvis (MDOC) 01625 585056 (Home) or 07966 475882 (Mobile)
- Website:** <http://www.mdoc.org.uk/csc2014/> **E-Mail:** csc2014@mdoc.org.uk
- Planner: Dave & Kate Bryant (MDOC)
- Controller: Andrew Tarr (DEE)
- Acknowledgements:** Manchester and District Orienteering Club would like to thank the following for their assistance in staging this event:
- Bury Council (Parks); Forestry Commission; British Conservation Volunteers (Registration); Ringley Scout Troup.