



**Manchester & District Orienteering Club**  
**Birchwood Middle Distance Urban Orienteering Event**  
*A UK Urban League and NW Urban League event*  
**Sunday 28<sup>th</sup> April 2019**

**Event centre location:** Birchwood Leisure and Tennis Complex, Benson Road, Birchwood, Warrington WA3 7PT

**Travel:** Birchwood is at the intersection of the M6 and the M62. If travelling by car, leave the M6 at junction 21, or the M62 at junction 11 and follow signs to Birchwood and then to Birchwood Shopping Centre.

If travelling by rail, the nearest station is Birchwood on the south side of the shopping centre car park.

**Parking:** The Leisure and Tennis Complex does not have its own car park. Please park in the adjacent shopping centre car park (3 hours free with no return for 1 hour) or on local streets. Shopping centre post code WA3 7PG

**Event Centre:** Birchwood Leisure and Tennis Complex is situated on the north side of the shopping centre car park, opposite the Aldi supermarket. The complex is a busy public facility, so please take care of your valuables. Dogs are not allowed in the complex.

A room has been reserved for our use as an event centre from 9 a.m. Follow the signs for registration, where you will find enquiries, entry on the day, download, first aid, results display and limited bag storage (at your own risk).

**Facilities:** Toilets in leisure complex. Various food outlets at the shopping centre.

	<b>Pre-entry (by midnight on Sunday 21/4/19)</b>	<b>Entry on the Day</b>
<b>How to enter</b>	Via <a href="http://www.fabian4.co.uk">www.fabian4.co.uk</a>	At Registration 10.00-12.00 a.m.
<b>Senior fees</b>	£10*	EOD £12*
<b>Junior, under 21 and student fees</b>	£3	£4
<b>SI hire (Type 5)</b>	£1 for adults (juniors free)	£1 for adults (juniors free)
<b>SIAC hire</b>	£2.50. Collect at Enquiries	Very limited availability on day
<b>Lost hire card penalty</b>	Lost standard dibbers will be charged for at £30.00. Lost SIAC dibbers will be charged for at £70.00.	
<b>*Non-BO surcharge (seniors only)</b>	There will be a £2 surcharge for seniors who are not members of British Orienteering	
<b>Courses</b>	See overleaf.	
<b>Electronic timing</b>	SportIdent. All controls SIAC enabled.	
<b>Start times</b>	10:30-12:30. Junior starts from 11:30. <b>Courses close 13:45</b>	

**You must download at the event centre in the Leisure and Tennis Complex even if you do not complete the course.**

## Start and Finish location

The start and finish are adjacent to each other in an open area approximately 600m (10 minutes) from the event centre.

## Course details

Course lengths are middle distance in order to keep the courses within the most complex residential areas of Birchwood. Winning times of 30 to 35 minutes are expected on senior courses. There is insignificant climb.

Course	Class	Age	Length (Km)	Optimum length (Km)	Number of Controls
1	MO	M18-M35	6.3	8.5	33*
2	MV WO	M40, M45, M50 W18-35	5.4	7.6	31*
3	MSV WV	M55, M60, W40, W45, W50	4.8	6.3	28
4	MUV WSV	M65, M70, W55, W60	4.2	5.5	25
5	MHV WUV, WHV	M75+ W65, W70, W75+	3.2	4.5	23
6	MJ WJ	M16-, M14- W16-, W14-	3.3	4.2	25
7	MYJ WYJ	M12- W12-	2.2	2.4	25

**\*Please note:** Courses 1 and 2 have more than 30 controls, so a high capacity SI card will be required (Type 9+/SIAC).

M/W10 (born 2009 or later) MUST enter MYJ/WYJ (course 7) AND be accompanied by an adult.

M/W12 (born in 2007 or later) MUST enter MYJ / WYJ (course 7)

M/W14 (born 2005 or 2006) and M/W16 (born 2003 or 2004) can enter MJ/WJ (course 6), or choose to run course 7.

All other competitors may enter whichever course they wish. However, to be eligible for UKUL points, competitors must enter the class appropriate for their age.

**Safety notes for Juniors:** Junior courses have a timed-out crossing, which they use in both directions. Marshals will be stationed on both sides of the road to ensure safe crossing. Competitors will be allowed plenty of time (60 seconds) to cross the road, so there is no need to rush. After the road crossing, juniors are strongly advised to check carefully that they are going to the correctly numbered control; it would be easy to make a mistake here and start to run the course in reverse order.

**Control descriptions:** Loose control descriptions will be available in the start lanes.

## Terrain and Map



Map scale 1:4000.

Birchwood is an area comprising relatively modern mixed housing with small connecting alleys arranged in an irregular fashion.

The map has been extended to the west to include an area called Oakwood which is equally complex. This section of the map features many dwellings which are joined at first floor level, with open passageways at ground level. These 'canopies', shown in light grey on the map, can be passed through by runners (see blown-up sample on left).

Some road verges are marked with green hatching. This indicates brambles and you should not attempt to go through them - they can be very fierce indeed.

All courses have a large number of controls and it will be important to maintain concentration to the very end.

### **IMPORTANT – PLEASE TAKE NOTE**

	Impassable fence
	Impassable wall
	Building - not to be entered
	Canopy - may be passed under
	Forbidden access
	Impassable vegetation
	Out of bounds area
	Uncrossable boundary

Do NOT cross boundaries or enter or attempt to enter terrain areas that are out of bounds.

It is essential that runners are familiar with the symbols indicating forbidden passage shown here. Any infringement will result in disqualification.

A canopy (light grey shading) where you may pass under a building has also been shown for information. There are many of these in certain areas of Birchwood (see Terrain and Map notes above)

## **Safety and Risk**

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.

Birchwood is a relatively quiet residential area. Please respect local residents. Some of the alleyways are narrow and have blind corners. Please take corners wide.

Adult courses cross a couple of busier roads which are used as bus routes. Please take care crossing roads in the area.

## **Clothing and footwear**

Shorts may be worn. There is very little off-road running so trainers or shoes with rubber studs are suitable. No dobs please.

## **NWUL 2018 Prizegiving**

The prizegiving for the 2018 North West Urban League will take place in or just outside the event centre at 1.30 p.m. A list of winners will be on display in the event centre.

## **Participant Satisfaction Survey**

As part of a joint initiative with British Orienteering, this is a sampled event, and participants will be invited to share their views and comments by completing a short online survey after the event. It should take no more than 8 minutes to complete.

## **Privacy**

When entering our events your name may appear in the results section of this website or in newspaper reports. To find out more about how we look after your personal data, search for Privacy Policy at [www.mdoc.org.uk](http://www.mdoc.org.uk)

## **Acknowledgements**

Manchester & District Orienteering Club would like to thank Birchwood Leisure and Tennis Complex and Warrington Borough Council for access and facilities.

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