

Sunday 4 November 2018

City Race Euro Tour - Manchester

Location: The Castlefield Arena will provide the assembly area and finish. Registration will be in the adjacent Castlefield Hotel, Liverpool Road, Manchester, M3 4JR. Grid ref: SJ 831978.

Follow brown tourist signs to the Museum of Science and Industry (MoSI) on Liverpool Road, which is almost opposite the Castlefield Hotel. There will be O signs on the Liverpool Road, from its junction with Deansgate.

Travel: We recommend travelling by public transport.

Metrolink (tram). The Deansgate-Castlefield Metrolink station is only 600m from the event. From here, leave by the southwest corner of the station. Descend by the stairs or lift to street level. Turn right on Deansgate to the first traffic lights, turn left across Deansgate to Liverpool Road. The Castlefield hotel is then about 400m walk, on the south side of Liverpool Road opposite the Museum of Science and Industry (MoSI). You will pass near the Start on the way.

Note that free parking is available at some suburban Metrolink stations, including East Didsbury, Bury, Ladywell and Rochdale Railway Station, from which a tram can be taken to Castlefield. Full details of Metrolink are given at: www.tfgm.com/public-transport/tram. Check this website before travelling in case there are any Sunday line closures

Rail: From Deansgate rail station cross the footbridge to the Metrolink station, and follow instructions as above.

From Oxford Road train station, turn left at the bottom of the station approach road and follow Whitworth Street West to the third traffic lights, which is Deansgate, Turn right on Deansgate and then left onto Liverpool Road. The distance is 1.3k.

From Piccadilly or Victoria Station, take the free Metroshuttle no. 2 bus to Deansgate Station. Buses run every 12 minutes from 9:35 am onwards.

Driving: There is a great deal of construction work and road improvement taking place in the city centre. This has led to a number of road closures and restrictions. The Mancunian Way, A57(M), is down to one lane at its northwestern end, and this is causing considerable related congestion. Water Street, near the Museum of Science and Industry is closed.

Parking: The nearest covered car park (600m) is the NCP Great Northern, although this costs £13.50 for 4 hours. From here, cross Deansgate to Liverpool Road, and follow O-signs.

The NCP Bridgewater Hall, (800m) is £9.20 for 4 hours. From here turn right and then right again along Great Bridgewater Street to the junction of Deansgate and Liverpool road, then follow O-signs.

NCP Hulme Street (1.4k) is £5 for 4 hours. Walk northeast to the junction of Hulme Street with Cambridge Street, then left on Cambridge Street to its junction with Whitworth Street West. Turn left and the second major junction is Deansgate, where you turn right.

Event Centre: The Castlefield Hotel. We have the use of two rooms, one for registration and the other for kit storage. Registration will include the collection of numbers, entry on the day, dibber hire, information, download and results display.

Toilets are adjacent to registration. Refreshments and light meals are available from the bar. Orienteers purchasing refreshments are welcome to use the seating area. Please remember that this is also being used by other hotel guests.

Assembly: The Castlefield Arena is a semi-sheltered stepped area and will make an excellent viewing point for the Finish,

Numbers: Numbers must be worn, so as to identify you as a competitor. Numbers will be based on your Fabian4 entry number. Lists will be available. Please collect your number from Registration before going to the Start.

Entry on the day will be possible up to the limit of available maps. Seniors £14, Juniors £7.

SIAC cards: Controls will be enabled for SIAC cards, but normal SI cards may also be used. SIAC cards must be manually punched at the start and the finish.

Registration: 10:00 – 12:00

Start times: 10:30 – 12:30

Courses: The following courses are available:

Course	Classes	Km Straight line	Number of controls
1	Men Elite	8.8	29
2	Men Junior, Men Open, Men Vet, Women Elite	7.3	29
3	Men Super Vet, Women Junior, Women Vet, Women Open	6.6	25
4	Men Ultra Vet, Women Super Vet	4.5	17
5	Men Hyper Vet, Women Ultra Vet, Newcomers	4.0	18
6	Men/Women Youth	3.7	18
7	Men/Women Children	2.3	18
8	Women Hyper Vet	2.6	15

The climb is negligible on all courses, with the only noticeable climb being steps, ramps between levels and towpath bridges. The lengths are straight-line distances, and the actual distance covered is likely to be about 30% more than that shown.

Junior courses will be within the Castlefield area, where there is very little traffic. Juniors under 16 years old on the day of the competition may not run on any of the longer courses unless accompanied by an adult. This is a requirement of the BOF insurance.

Start: The Start is about 250m from the Castlefield Hotel. It will be a Punching Start with a 4-minute call-up.

Finish: The Finish is in the Castlefield Arena. It will be a Punching Finish. Download is in the Castlefield Hotel.

Courses close at 2:00pm, and controls will be removed from this time. If you think that you may still be out after 2:00pm, please ask to change your start to an earlier time.

Terrain: Castlefield is an intricate area of canals, bridges, overhead railways, bars, restaurants and apartment blocks. It also includes a partially reconstructed Roman Fort. The extended urban area includes medieval, Victorian and modern buildings, and there are a variety of alleyways and open or semi-open spaces.

Construction works (including barriers) can appear or disappear overnight; the map is as up to date as possible prior to course printing.



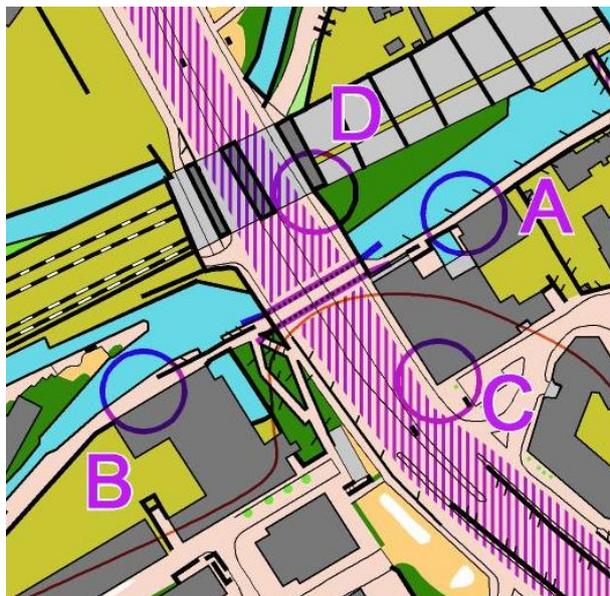
Road crossings: There is one timed-out road crossing (courses 2 & 3) on a fairly busy road. Competitors will have one minute to cross between two controls, which should be sufficient time. Please exercise care in crossing this road.

Having taken advice from experienced competitors, it has been decided to not have any formal road crossings of Deansgate, which is crossed by courses 1-4. The legs across Deansgate cross tangentially, rather than at 90 degrees, so there will be the opportunity to assess traffic (both road and pavement) before crossing. Please use one of the several traffic light-controlled crossings if required or unsure. We are relying on competitors to cross with care and please to not take risks.

Map: Scale 1:5000 with 5m contours, A3 size except courses 6 & 7 which will be A4, ISSOM 2007 standard. Survey and cartography by Tom Fellbaum, updated by Eddie Speak.

There are a number of areas with multiple running levels. Routes along the bottom level are mapped using the black dotted underpass symbol with a purple highlight.

In the example alongside, competitors must use the underpass when going between A and B, as the main road is out of bounds. Competitors can use the path by the side of the busy main road between C and D. To go from A to D (a leg used on courses 6 and 7) or from A to C, the competitor will need to turn off the towpath, go under the grey canopy (just south west of A) and follow the path by the side of the main road to either D or C



Safety: Take great care when running along beside canals. The cobbled surfaces can be slippery if wet, and watch out for mooring ropes. Canals may only be crossed at the bridges marked on the map. NOTE: A condition for use of one of the bridges is that you are required to WALK across it. It is highlighted on the map.

Watch out for pedestrians and cyclists and be courteous towards them. Take care near pavement cafés.

Today's map is crossed by several roads. These will be relatively quiet on a Sunday morning, so with the exception of the timed-out crossing described below, senior competitors can cross where they wish. But please be careful. It isn't just you at risk; an inexperienced driver swerving to avoid you could have an accident. **If in doubt, wait.**

Tramlines and stations are mapped. The electric trams are quiet and care is needed. Tramlines can be crossed where backed by the brown paved area screen, but not where backed by the olive forbidden access screen.

The junior courses are in an area with only very light traffic, but caution is still necessary.

In the event of an accident please contact the organizer: 07500 806639.

If you should fall into a canal (and get out!) please ask for medical advice, as there is a risk of Weil's disease.

Cafés and Restaurants: Options in the area include the Museum of Science and Industry which has both a café and a restaurant. Also, by the canals (near the white curved bridge):

The Wharf: large canalside pub with outdoor terrace.

Dukes 92: a large bar and restaurant beside lock 92 on the Rochdale Canal, with extensive outdoor seating area.

Barça Bar and Restaurant, by lock 101 on the Bridgewater Canal.

Other activities: The Museum of Science and Industry (free, but donation requested) contains the world's oldest passenger railway station, with historic locomotives, including Stephenson's Rocket. There are also many other museums, art galleries and places of historical interest.

Officials:	Planner:	Eddie Speak (MDOC)
	Organiser:	Andrew Gregory (MDOC)
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