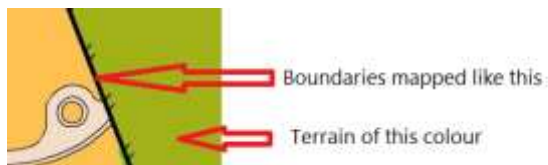


# Sunday 31st October 2021

## Knutsford – Part of the North West Urban League

### The Important Stuff - If you don't read anything else, read this!

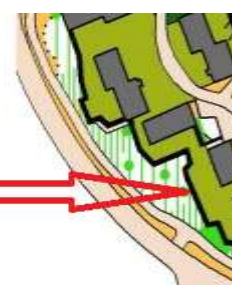
Do NOT cross the boundaries or enter or attempt to cross terrain areas shown below



Construction sites like this



Boundaries mapped like this



### Covid 19 Precautions

Please do not attend if you have symptoms or have tested positive for Covid-19 or are required to self-isolate. Please respect social distancing. On pre-entry all entrants acknowledged the current BO Covid Code of Conduct. See <https://www.mdoc.org.uk/bof-participant-code-of-conduct> / copy at Enquiries.

**Location:** Adelaide Heath Academy off Longridge, Knutsford WA16 8PA GR SJ766788. <https://what3words.com/suitably.rather.global>

**Driving:** Signed from the junction of Longridge and the B5085 (Knutsford to Alderley Edge road), 1.3 miles from Knutsford railway station. Turn south onto Longridge and continue for half a mile. The Academy will be 'O' signed on the right at this point.

**Parking:** In and around the Academy for cars. When the school car park is full you will park, with care, on the right (north) side of Longridge. No parking on any grass areas, across driveways, garage entrances or bus stop bays. The school entrance to be kept clear at all times.

**Event Centre:** In the sports hall at Adelaide Heath Academy where we will have registration, entry on the day, dibber hire, information, first aid and download Bags may be left here at the owners' risk. No muddy footwear inside the sports hall. The nearest A&E Department is Macclesfield District General Hospital, Victoria Road, Macclesfield, SK10 3BL. A map will be available at Enquiries.

**Toilets:** A toilet will be available in the sports hall and two further portable toilet units will be situated in the grounds of the school.

**Dogs:** Dogs are not allowed in the School grounds or buildings. Whilst dogs are allowed on the streets we discourage taking them on a course.

**Entry on the day** will be possible up to the limit of available maps. Seniors £11, Juniors £6. Registration will be from 10:00 – 12:00. Payment by contactless card is preferred.

**SIAC cards:** Controls will be enabled for contactless SIAC cards, but both the start and finish controls must be punched manually. Normal SI cards may also be used in the usual manner. If you have pre-ordered an SI card for hire, please collect this at registration.

**Starts:** The start will be in the grounds of the school near to the main vehicle entrance. Loose control descriptions will be available at the start. They are also on the map.

### Start Times

15-minute start blocks have been allocated at pre-entry. Please arrive at your chosen time and follow the instructions of the start team. After punching the start control box, you will exit the school premises through a side gate.

**Course closing times:** 15:00.

**Courses:** The following courses are available:

Course	Men	Women	Km	Controls	Map	
					Scale	S/D Sided
1	Open (18-39)		11.9	29	1:4000	Double A3
2	Veteran (40+)	Open (18-39)	10.1	26	1:4000	Double A3
3	SuperVet (55+)	Veteran (40+),	8.5	22	1:4000	Double A3
4	UltraVet (65+)	SuperVet (55+)	7.7	20	1:4000	Double A3
5	Hypervet (75+)	UltraVet (65+), Hypervet (75+)	4.6	13	1:4000	Single A3
6	Junior (16-)	Junior (16-)	3.1	14	1:4000	Single A4
7	Young Junior (12-)	Young Junior (12-)	2.1	12	1:4000	Single A4

Control descriptions will be pictorial for Courses 1 to 6, written for Course 7  
Course Lengths are optimum distances.

**Finish:** The finish will be on open grassland adjacent to the Academy. All competitors, including those using SIAC, must manually punch the finish

controls. If you have hired an SI card, you must hand it back at download. There will be a charge of £30 if you lose a hired card.

### **Terrain**

Knutsford is a Cheshire market town on the edge of Tatton Park, referenced in the Domesday Book it has a very varied urban landscape. Snickets, wide tree lined avenues and complex overspill estates.

Controls will be hung on the usual street furniture (lampposts, telegraph posts, railings and fences) or trees. Lampposts and telegraph posts are not marked on the map and so descriptions are usually Open Land edge or side, Path or Road side.

### **Special notes for competitors on Courses 6 & 7 and their parents/guardians**

No competitor under the age of 16 may compete on Courses 1-5

All courses will cross minor and no-through roads. Courses 6 and 7 have been planned to avoid the busiest roads but care should be taken. Course 7 maps can be collected beforehand at Registration and, if supervising adults have any concerns regarding road safety, they should supervise their child on the course.

**Safety:** It is your responsibility to take care on all roads. The race area contains many residential cul-de-sacs, which may contain light traffic. There is a limited network of distributor roads providing vehicle access between the residential areas. Although each of these distributor roads is lightly trafficked, you should take extra care crossing them. Courses 1 to 4 cross the A5085 (Knutsford to Alderley Edge road). This road is busier but can be crossed anywhere. Special care is needed when crossing.













There are some blind bends in the narrow alleyways. It is likely that competitors and, more importantly, members of the public could also be in these locations. **Therefore, take care, go wide and adjust your speed as you go around corners to avoid accidents occurring.**

<b>Officials:</b> Planner:	Trevor Hindle (MDOC)
Organiser:	Trevor Roberts (MDOC)
Controller:	Ian Watson (MDOC)

## APPENDIX: URBAN MAPS

### GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

The map is drawn to ISSprOM 2019, the International Sprint Map standard, and it uses some symbols with which "forest orienteers" may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote "passability". The most important map symbols used are shown below:

Symbol	Meaning
	Passable fence
	Impassable fence <b>DO NOT CROSS</b>
	Passable wall
	Impassable wall <b>DO NOT CROSS</b>
	Building – <b>Not to be entered</b>
	Canopy – may be passed under
	Steps of a stairway
	Underpass or tunnel
	<b>Forbidden access</b> (as for "forest maps")
	Large tree
	Small tree
	Monument or statue