

# Twin Peak Sprint/Urban Weekend July 9<sup>th</sup> and 10<sup>th</sup> 2016

**Saturday 2-part Sprint event at Offerton, Stockport (Young juniors in nearby park)  
UKOL and NW Sprint Championships**

**Sunday Urban event in Central Manchester  
UKOL and UK Urban League**

## UKOL points

Each day is separate as regards UKOL points.  
You only get UKOL points if you run the correct course for your age class.



## UK Urban League - Sunday

You get points in the category you have chosen to run, as long as it is valid for your age class



## NW Sprint Championships - Saturday

Times from the two parts will be added together. For M/W 10 to 14 there is only one race.  
Medals will be awarded to the leading competitor from a North West Club in every age class.

## Twin Peak Competition

Prizes for the winners of all age classes.  
To be competitive, enter the same **age class** each day (e.g. a W50 will enter Course 7 on Saturday and C on Sunday), You can choose to run "up".  
You will not be competitive if you choose to run "down", but you can, of course, do so.  
2 times on Saturday and time on Sunday will be added together to give final Twin Peak placing.  
(For M/W 10 to 14, add together the single time on Saturday and the time on Sunday)

## Saturday Sprint event Final Details (except for M/W10 to 14)

**Assembly** Dial Park School, Half Moon Lane, Offerton, Stockport  
SK2 5LB GR SJ922886  
Latitude: 53.39471 Longitude: -2.11761

**Travel** Assembly will be signed from the A6 at SJ914878 opposite Stepping Hill Hospital. North up Dialstone Lane for 500m then right into Lisburne Lane. After about 1km follow O-signs to the right onto Crosswaite Road, then Half Moon Lane.  
There will also be signs from the A626 at SJ919890 onto Lisburne Lane.

**Please do not approach from any other direction as you will be in the competition area.**

**By public transport:** From Stockport station walk 5 minutes to the bus station in the town centre. Bus 314 runs every 10 minutes. It is a 13 minute journey. Get off where Lisburne Lane meets the A626 and follow the O-signs to Assembly (500m).

**Parking** In and around the school for cars.  
If you are bringing a minibus or mobile home, contact [twinpeak2016@mdoc.org.uk](mailto:twinpeak2016@mdoc.org.uk) in advance for special arrangements.  
When the school car park is full you will park, with care, on adjacent roads. No parking on any grass areas, across driveways, garage entrances or bus stop bays. School entrance to be kept clear at all times.

**Parking fee** £1 per vehicle (regardless of where parked) to be paid at Registration. This is a donation to school funds.



### Dog rules

Dogs will not be welcome in the school grounds or buildings. Nearby roadside parking will be available.

### Facilities

Portaloos in Assembly area.  
ALDI supermarket within 500m at western end of Half Moon Lane.  
No traders.

### Late Entry

Available through SI Entries Waiting List until July 3<sup>rd</sup>.  
All pre-entered competitors will be issued with an SI Air Card (SIAC)

### EOD entry

At Assembly from 11.00 to 11.30, while maps and start slots available.  
**Fee** Seniors £12 Juniors and full time students £5  
A limited number of SIAC will be available for EOD competitors.  
EOD competitors will be able to use conventional dibbers if all SIAC have been issued.

You can enter for the Sunday Urban event at the same time, and will be given a Sunday start time.

### Registration

**All competitors must register at Assembly.**  
Collect your bib (number is the same as your entry number, lists available)  
Go to the issue point to be given your SIAC.  
Pay the Parking fee.

### Starts

<b>Part 1</b>	12.00 to 13.00	Distance to Start 400m	Call-up at -4
<b>Part 2</b>	14.00 to 15.00	Distance to Start 100m	Call-up at -4

All competitors (including EOD) will be given a start time for each Part.  
Go to [www.mdoc.org.uk/twin-peak-2016](http://www.mdoc.org.uk/twin-peak-2016) to find your start times.  
As the Start period is very short, it is essential that you stick to the given times.  
Late starters will be fitted in when possible. Punching start.  
N.B. SIAC MUST BE CHECKED on the start line as this activates the card.

### Control Descriptions

Loose descriptions will be available in the start lanes. They will be on re-cycled waterproof paper.

**Warm-up** Competitors may warm up along the roads between Assembly and the Starts. Access to the residential (i.e. competition) areas is not permitted before their Part 1 run, nor between Part 1 and Part 2.

**Finish**      **Part 1**      Distance from Assembly 100m      Courses close at 13.45  
**Part 2**      Distance from Assembly 400m      Courses close at 15.45

### Prizegiving for the NW Sprint Championships

This will take place at Assembly as soon as possible after 15.30

Potential winners should not delay in getting to Assembly from the Part 2 Finish to Download.

### Courses

Course	Men	Women		Part 1		Part 2	
				Km	Controls	Km	Controls
1	M20, M21			2.7	20	2.8	20
2	M18, M35	W20, W21		2.5	19	2.6	20
3A	M40, M45			2.4	19	2.4	19
3B	M16			2.4	20	2.4	20
4	M50	W18, W35		2.1	17	2.3	18
5A	M55	W40		2.0	16	2.1	18
5B		W16		2.0	17	2.1	19
6	M60	W45		2.1	16	2.0	16
7	M65	W50		1.9	14	1.9	15
8	M70	W55, W60		1.6	11	1.6	15
9	M75+	W65+	Novices	1.3	11	1.3	14

Courses 3B and 5B include a marshalled crossing (see note below).  
 Course lengths are crow-fly distances. Actual distances may be up to 30% greater.  
 Area is generally flat so no climb is indicated.

### Planners Notes

The A4 map for the Offerton Sprints is 1:4000 ISSOM, newly drawn for this event. The same map will be used for both Part 1 and Part 2.

For information on ISSOM mapping of out-of-bounds areas and forbidden-to-cross features, read the Final Details for the Manchester Urban race.

Offerton Estate is a sizeable area of mixed council and private housing built on very open-plan principles, being used for orienteering for the very first time. Most houses have a fenced back garden and a non-fenced front garden which is usually lawn. The map shows all such lawns as Open Land, as that is what it looks like. However, it would not be courteous, and is very rarely advantageous, to run across such areas - please do what you would want people to do if it was you who lived there. In between the blocks of houses are open spaces, often grass with trees, all of which are freely crossable. Intermingled with the blocks of housing are rows of garages and access roads to them - please take appropriate care when racing across areas which are shared with cars. There is also a network of minor roads - none of which are through roads - all of which are normally quiet, but all of which may have buses, cars and traffic travelling at speed.

**The busiest such road is crossed by all courses, and M/W16 courses have a marshalled crossing.** (Note that this is not a timed-out crossing, rather the Marshal will allow the competitor to

cross only if it is safe to do so. If there is no traffic the competitor will be allowed to cross without delay)  
**Failure to follow the marshal's directions could result in disqualification.**

Almost all controls are hung on trees or lampposts, with a few railings and fences for variety. As lampposts are not on your map, their descriptions are usually Open Land edge or side, or Paved Area edge or side.

In some areas, controls are as close together as rules permit, and you are advised to check your codes and descriptions. Also, the use of contactless SI cards brings risk as well as reward - if you pass close to too many controls which are not yours, you may fill your card; if you pass close to a control and want to punch yours within the next 3 seconds, you will have to wait; if your exceptionally bizarre route choice takes you past the Finish, your race will end there.

## Saturday Maze

There will be a maze on the play area beside Assembly. It will be a "multi-run" version, so will provide a competition for young juniors who will have completed their runs earlier in the morning. Adults will be welcome to use it too.

The Maze will be open between 12.45 p.m. and 3.30 p.m.

There are 6 different courses, each on a separate map.

Collect a map and a dibber from the adjacent tent. Punch the SI box at the control points marked 1 to 6 on the map, in the correct order.

Remember to punch the Start and Finish boxes.

Download at the tent and hand in your map and dibber. You will receive a splits print, which will be checked to make sure you punched the correct controls.

Times will be written up on the Results Board.

**Competition:** There will be a (very small) prize for the fastest run on each course. And a winner's medal for the person with the fastest time overall for all 6 courses.

When you have completed all 6 courses bring your 6 splits prints to the tent for verification. The fastest time will appear on the Results Board.

## Officials

### Offerton

Planners John Britton and Ian Gilliver

Organiser Peter Lomas

Controller Ian Cooper SYO

### Torkington

Planner and organiser David Wathey

Controller John Britton (helped by John Williams)

## Acknowledgements

Thanks to Dial Park primary school

Offerton Hall nursery school

Stockport MBC - Green Spaces, Life Leisure, Health and Well Being  
and the community police for all their support and cooperation.

## Saturday Sprint Event. Final details for M/W10 to 14

**Also for SIAC Taster course and Colour Coded White to Light Green**  
**This event will only be open from 9.00 to 12.00**

The MDOC Twin Peak weekend promises to get off to an explosive start with the junior sprints at Torkington Park. Located in the leafy suburb of Hazel Grove, Torkington Park features open grassed areas bisected by a shallow gentle stream, a complex network of paths lined with mature trees, and some areas of formal planting, bowling greens and tennis courts to navigate around. Spectators can view all the action from the high ground close to the car park, with all courses enjoying a fast run-in to the finish across the meadow below the Lodge. In addition to the junior sprint courses, we will also be putting on a 'SIAC Taster Course' to provide the opportunity for competitors pre-entered for the Sprint event at Offerton, to try out the SIAC technology. The SIAC Taster course will be free for all pre-entered competitors.

**Venue** Torkington Park, Hazel Grove (southern end of Stockport, just off the A6), SK7 4RQ, GR SJ927866  
Approximately 2 miles from the main Sprint Assembly at Offerton

**Travel** Train: Hazel Grove Railway Station is about half a mile away.  
Bus: Several buses from Stockport run near the park.

Signed from the junction of the A6 (North and South bound) and Torkington Road.

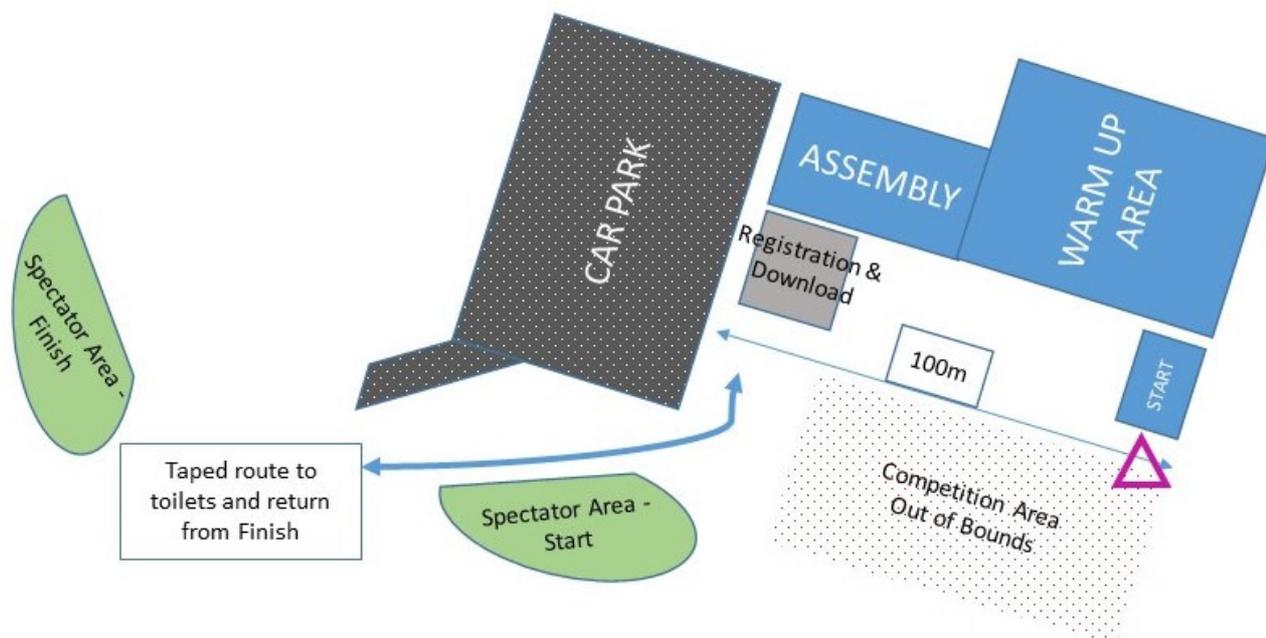
The route from Torkington Park to Dial Park School will be road signed.  
If you hope to be using public transport, please contact the organiser.

Competitors should allow 15 minutes to drive between Torkington Park and the main Offerton event centre, (approximately 2 miles) and for parking.

**Parking** Free parking within the Park, adjacent to Torkington Lodge.

There is access to the car park for larger vehicles (e.g. camper vans) but space for these vehicles is limited. If you intend to bring a larger vehicle please notify us in advance at [twinpeak2016@mdoc.org.uk](mailto:twinpeak2016@mdoc.org.uk)

**Assembly** Adjacent to Car Park.



- Dog rules** Dogs are allowed in Torkington Park, but should be kept on a lead.
- Facilities** Public toilets in the park grounds. No food or traders.  
Food can be obtained from a variety of local businesses close to the park.
- Late Entry** Available for Yellow to Light Green through SI Entries Waiting List until July 3<sup>rd</sup>.  
All pre-entered competitors will be issued with an SI Air Card (SIAC)
- EOD entry** Available for anyone wanting to run a Colour Coded course (White to Light Green)  
At Assembly from 9.45 to 10.45, while maps available.  
**Fee** £5  
SIAC will NOT be available for EOD competitors at Torkington. Conventional dibbers can be used and will be available for free loan. (Lost cards charged at £30)  
Please note that only juniors entering a correct course for their age group will be eligible for UKOL and the NW Sprint Championships.

### **SIAC Taster Course**

**This practice course will be available, *free of charge*, for any competitor pre-entered for the Sprint event at Offerton. £5 charge if NOT pre-entered for the Sprint.**

Competitors will be issued with a temporary loan SIAC and a returnable map. This SIAC is only for use at Torkington Park. No results will be declared, but split prints will be available.

Pre-entered Sprint competitors collect their SIAC and race bib and SIAC from Registration at Offerton (see above)

### **Warm Up Area and Out of Bounds**

A warm up area with two SIAC practice control boxes will be located between registration and the start. This will allow junior competitors to get used to the SIAC punching (wafting) technique before running their course.

All cards will be cleared and checked at the start.

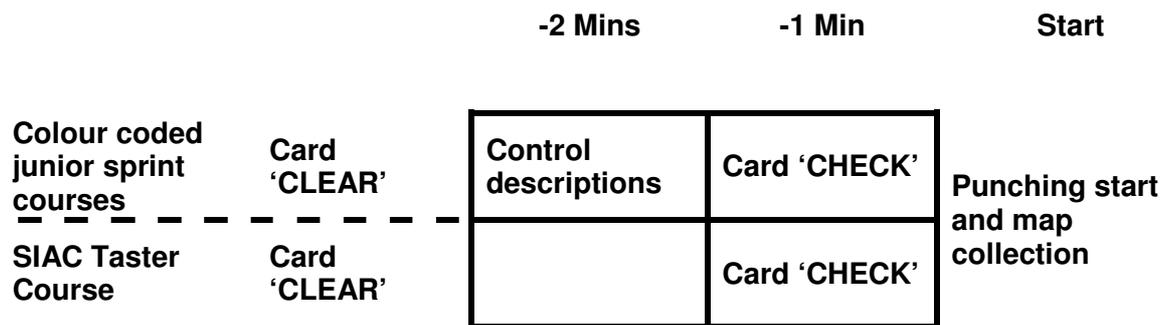
The course and spectator areas will be out of bounds to all competitive runners in advance of running their course, with the exception of the taped route to and from the public toilets.

Note that a children's play area exists within the competitive area and this will be out of bounds to all competitive runners in advance of running their course.

**Starts** From 10:15 to 11:15, allowing time for parents to get to Offerton to run their Part 1 Sprint Course.

All start times for Torkington Park will be open, with a punching (or wafting) start. Starts will be at a minimum of 1 minute intervals for all competitive junior courses.

Start lane procedure will be Start -2 minutes for all courses including the SIAC Taster Course.



**White and Yellow course competitors may get their maps before entering the start lane if they so wish.**

All competitors must clear their SI dibber or SIAC prior to entering the start lane. A final card check will be made by the Start official.

For all SIAC users, the 'Check' is essential to switch on the card. Failure to 'Check' the SIAC will result in your run not being recorded.

**Courses** Torkington Park Junior Sprint Courses + SIAC Taster Course

Courses	Class	Distance	Number of Controls	Technical Difficulty	Note
White (EOD)		1.0 KM	11	1	EOD Only
Yellow	M/W10	1.7 KM	15	2	
Orange	M/W12	2.2 KM	18	3	
Light Green	M/W14	3.0 KM	20	4	
SIAC Taster Course	Non Comp	1.8 KM	16	3	EOD Only

**Map** A4 map, scale 1:3000

**Control descriptions**

Control descriptions will be printed on the map for all courses.  
 Separate control descriptions will be available in the start lanes at Start -2 minutes for Yellow, Orange and Light Green only  
 Text based control descriptions will be used for White and Yellow courses.  
 IOF Symbol control descriptions will be used for the Orange, Light Green and SIAC Taster course

**Download**

Full computer facilities are not available at this event. Download will use a simple Printout Kit which provides a print of split times for each competitor against their SIAC or dibber number.  
 These times will be transferred to the main computer system at Offerton during the afternoon.  
 A separate Printout Kit will be provided for the Taster Course to give split time prints, but these times will NOT be transferred to the main computer. SIAC and maps must be handed in at Download.

For further information about Torkington Park, visit:  
<http://www.stockport.gov.uk/2013/3000/8784/torkingtonparkleaflet>

## Sunday Urban event Final Details

**Location:** Manchester Metropolitan University Birley Campus GR SJ836965 Postcode M15 6GX

**Assembly:** the Brooks Building (some Campus maps identify it as Birley) is a new, award-winning building. Registration and download will be here and the finish will be in front of it. We are grateful to MMU for the use of this most attractive building.

**Travel** **By car:** Approach suggested parking from Princess Road (A5103) northbound, where a left fork into Phoenix Way will be signed just north of the traffic-light junction with Greenheys Lane (GR SJ838963, Lat. 53.464020, Long. -2.245117). Please take care as you approach the car park as young junior courses cross the route in. You are strongly advised **not** to drive through the centre of Manchester – and note that there is no access to Phoenix Way from Princess Road southbound. Besides the disruption caused by building another tram-line, the SkyRide cycle event (see below) will also lead to road closures.

**By public transport:**

**Bus:** There is fairly easy access by bus. For example the 86 bus runs fairly frequently from Piccadilly Gardens to Chorlton; alight at the Stretford Road / Royce Road stop (marked on the sketch map) and the Campus is 100m South.

**Metro (trams):** The most appropriate Metro stop is at Trafford Bar which will give you a straightforward 2km walk – just head East along Stretford Road. (Note that trams will not be running across the centre of Manchester but there will be a replacement bus service.)

**Parking:** Most cars will park in the multi-storey car park (MSCP on the sketch map) about 100m from Assembly.  
Some vehicles will not be able to use this car park (max. headroom 2.1m) and will be diverted by the marshal to park in an open-air car park near the event centre. Please identify yourself to the marshal if you need this – he will not always be able to judge the height of your vehicle! There will be *no charge* for parking in either car park.  
If the multi-storey becomes full, parking will be in adjoining streets.

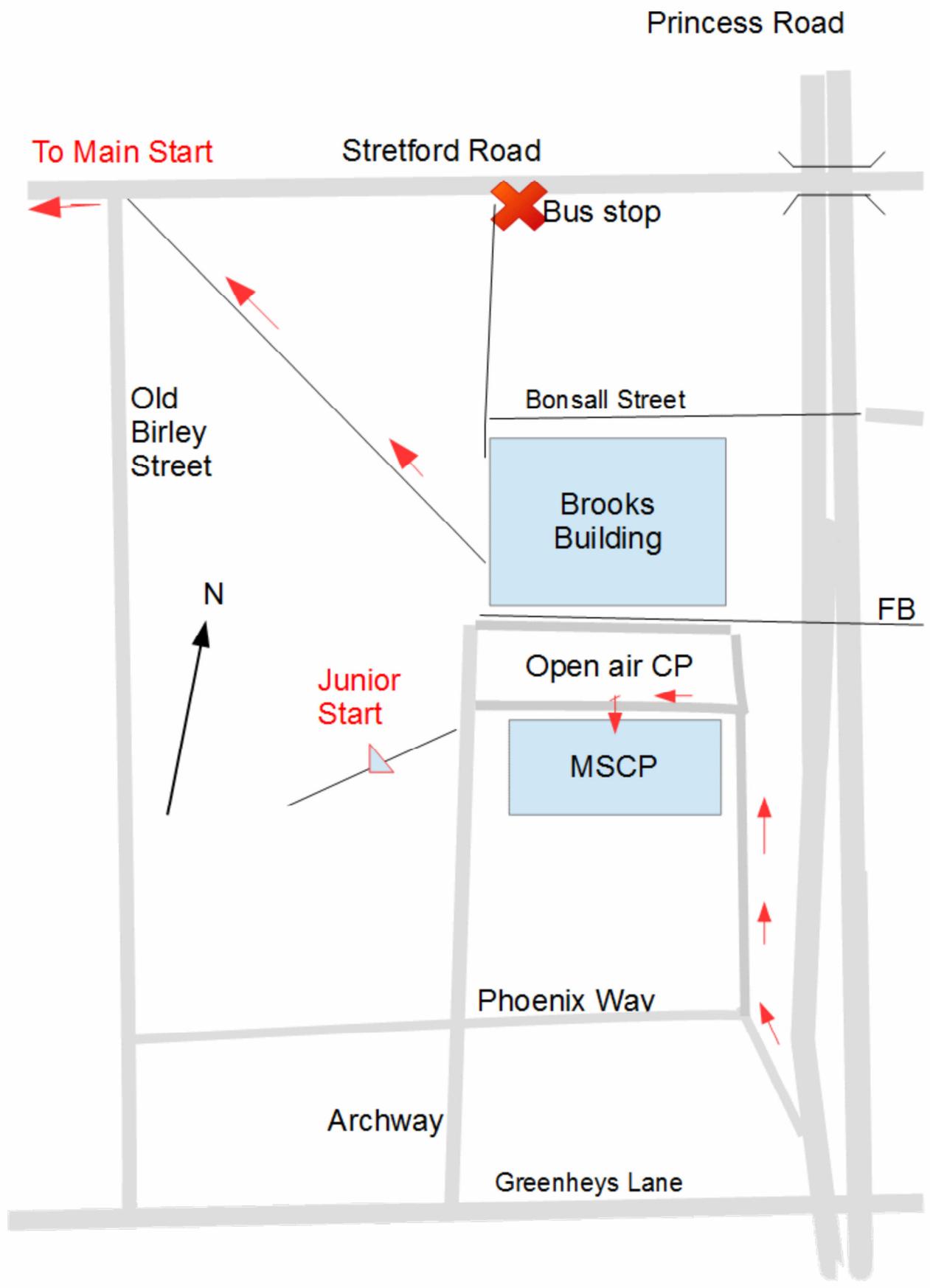
**Dog rules:** Dogs will not be welcome on the Campus. Nearby public parking is available.

**Facilities:** Brooks Building has toilets, showers and lockers.  
There is a snack bar which is open specially for this event – please make use of it.  
No traders

**Late Entry** Available through SI Entries Waiting List until July 3<sup>rd</sup>.  
All pre-entered competitors will be issued with an SI Air Card (SIAC)

**EOD entry** At Assembly from 10.00 to 11.30, while maps and start slots available.  
**Fee** Seniors £12 Juniors and full time students £5  
A limited number of SIAC will be available for EOD competitors.  
EOD competitors will be able to use conventional dibbers if all SIAC have been issued.  
You can enter for the Sunday Urban event at Offerton on Saturday if you choose. You will be given a Sunday start time.

**Bibs:** All competitors (including EOD) will wear bibs so that the number is clearly visible on the chest. This is a safety/security requirement.



Princess Road

To Main Start

Stretford Road

Bus stop

Old Birley Street

Bonsall Street

Brooks Building

N

Junior Start

Open air CP

MSCP

FB

Phoenix Way

Archway

Greenheys Lane

**Registration** Competitors who have run in the Sprint event on Saturday will already have their bib and SIAC. Please remember to bring them on Sunday (no replacements will be available).  
**Competitors who are only running on Sunday must register at Assembly.**  
 Collect your bib (number is the same as your entry number, lists available).  
 Go to the issue point to be given your SIAC.

**Starts 10.30 to 12.30**  
 Distance to Main Start 400m Call-up at -4  
 Distance to Junior Start (Course G) 100m Call-up at -4

All competitors (including EOD) will be given a start time.  
 Go to [www.mdoc.org.uk/twin-peak-2016](http://www.mdoc.org.uk/twin-peak-2016) to find your start times.  
 Please stick to your given time. It will be a punching start.  
 Late starters will be fitted in when possible.  
 N.B. SIAC MUST BE CHECKED on the start line as this activates the card.

### Control Descriptions

Loose copies of control descriptions (pictorial for courses A-F, English for course G) will be available at the starts.  
 They will be on re-cycled waterproof paper.

**Finish** The Finish for all courses is within the MMU Birley Campus. Download is in the Brooks Building.  
**Courses close at 2:30pm**, and controls will be removed from this time.

**Twin Peak Prizegiving** This will be held at about 2.00 (earlier if possible)  
 If you are a potential class winner and have a late start, please inform the computer team.

### Courses

<b>A</b>	Men Open		8.1km	27 controls
<b>B</b>	Vet Men (M40+)	Women Open	6.9km	24 controls
<b>C</b>	Super Vet Men (M55+)	Vet Women (W40+)	5.6km	24 controls
<b>D</b>	Ultra Vet Men (M65+)	Super Vet Women (W55+)	4.2km	16 controls
<b>E</b>		Ultra Vet Women (W65+)	3.1km	12 controls
<b>F</b>	Junior Men (M16-)	Junior Women (W16-)	3.7km	24 controls
<b>G</b>	Young Junior Men (M12-)	Young Junior Women (W12-)	1.3km	10 controls

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.

**Courses A and B have double-sided maps.**

**Course G (Young Juniors)** will be within the MMU Hulme Campus area and adjacent industrial estate, where there is very little traffic. These maps will be available before call-up.

**Course F (Juniors)** has been planned to use areas with little traffic but it has been necessary to utilise underpasses under major roads. **Competitors on this course will also use two timed out traffic light controlled pedestrian crossings. Controls will be placed at either side of the crossing. These crossings will be marshalled and the use of these crossings is COMPULSORY**, primarily for the safety of competitors. The upper limit of the time allowed for each crossing will be 2 minutes.

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 Insurance provided for British Orienteering.

## Planner's Notes

**Terrain:** The terrain comprises Hulme Park, the Manchester Metropolitan University Urban Campus and the Southern Part of Manchester City Centre. Longer courses will also visit Castlefield, an intricate area of canals, bridges, overhead railways, bars, restaurants and apartment blocks. The urban area includes medieval, Victorian and modern buildings and areas of housing, and there are a variety of alleyways and open or semi-open spaces.

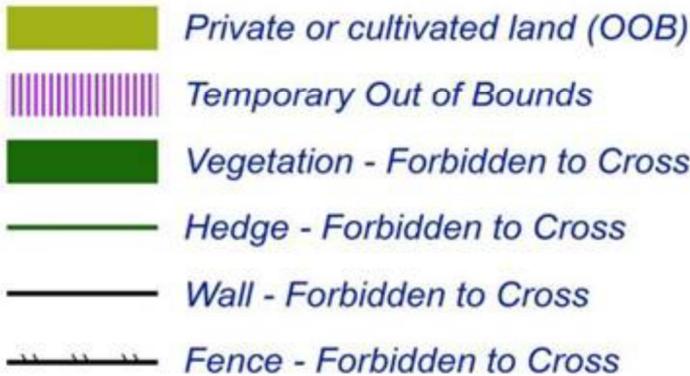
There are many bits of Manchester history in this area, keep an eye open for the Rolls Royce radiator marking their first workshop near the main start, and return to the park after your run to find the plaques recording the history of Hulme. Castlefield includes the first industrial canal and the first passenger railway in England.

**Map:** Scale 1:5000 with 5m contours, A3 size, double-sided for Courses A and B, ISSOM standard. Survey and cartography by Tom Fellbaum. Part of the map was used for the 2014 City of Manchester urban event but it has now been extended to the South.

The map is not difficult to interpret, just remember that yellow represents grass, green dots for individual trees or bushes, blocks of green for thick vegetation, white for runnable woodland and beige for roads or pavements. Light grey shows a canopy or underpass.

You **must not** cross: thick black lines (walls or fences), dark grey (buildings), olive-green (private gardens or flowerbeds), or solid areas of blue (canals, rivers or lakes). Other out of bounds areas are shown by solid purple (construction work) or closely-spaced vertical red-purple lines. In general, a thick black line represents a feature that is impassable, i.e. must not be crossed, whether or not it looks crossable.

The most common symbols for Uncrossable Features are:



Flower beds have generally been mapped using the *Impassable vegetation* (blackish green) symbol. Even if they appear passable on the ground, they must not be crossed.

There are a number of areas with multiple running levels. The main (top) level is fully mapped including roads, walls and buildings. Routes along the bottom level are mapped using the purple crossing symbol and, if wide enough, the black dotted underpass symbol.

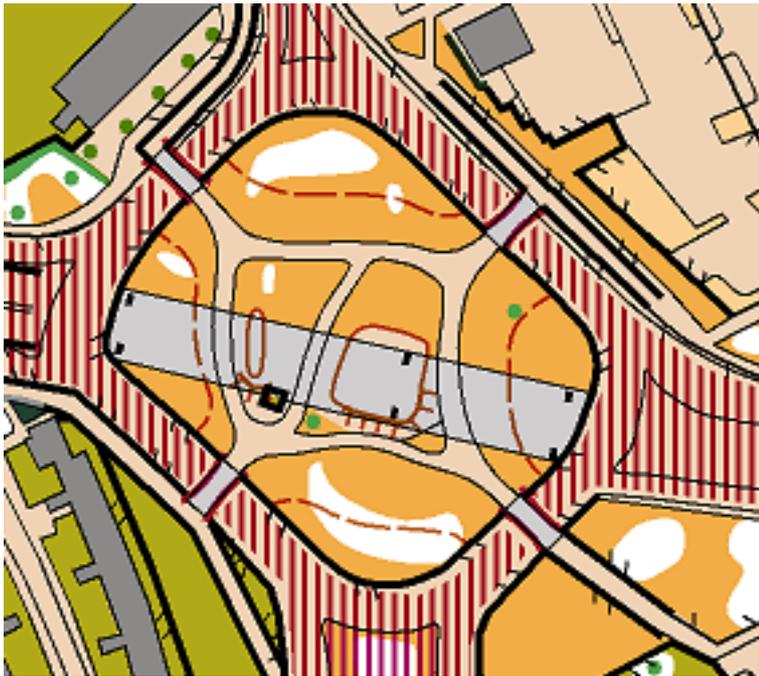


For the avoidance of doubt, where roads have been marked out of bounds, pavements adjacent to roads MAY be used but the roads MUST NOT be crossed.

The competition area is split by the Manchester Expressway (an overhead motorway) which runs from West to East across the centre of the map. Courses have been planned to use the bridges over the Expressway and subways/underpasses to avoid crossing the busy roads which run under the expressway – these MUST be used. Any competitor found using any other route or crossing a road

marked out of bounds will be disqualified. Marshals will be present in the competition area and any suspiciously low splits may result in penalty times being added

This map extract shows an example of how the expressway and underpass have been mapped.



Competitors using the white curved canal bridge (shown in the map section below) must walk and not run, otherwise the bridge may bounce. This is a requirement of the canal company.



## Safety

Take great care when running along beside canals. The cobbled surfaces can be slippery if wet, and watch out for mooring ropes and lock gates. Canals may only be crossed at the bridges marked on the map.

Watch out for pedestrians and cyclists and be courteous towards them. Take care near pavement cafés. Even stationary vehicles have doors which may open unexpectedly!

You are going to be running round the heart of the second largest urban area in Britain (source Wikipedia). Today's map is crossed by a motorway and a number of A and B roads. In the main they will be quiet on a Sunday morning, but competitors must only cross roads where they have NOT been marked out of bounds. Please be careful. It isn't just you at risk; an inexperienced driver swerving to avoid you could have an accident. If the press picked up one such accident and gave it their usual lurid treatment, it could be the end of urban orienteering in the UK. If in doubt, wait.

Tramlines are mapped as railways to emphasize them. It should not be necessary to cross any tram lines during the competition and we are not expecting any trams to be running within the competition area but be aware that Electric Metrolink trams are quiet and care is needed.

## **Other events in Manchester and how they affect our event. READ THIS.**

Manchester is undergoing a large amount of development in 2016 which includes significant work on the Manchester Metrolink Tram Network. As a result there are a significant number of Out Of Bounds areas which must be respected. We have endeavoured to map all construction areas but cannot rule out the possibility of other areas appearing between map printing and the competition date.

In addition, two major events (in addition to our major event!) which will be taking place in the Competition Area and will primarily affect Courses A-D.

**Manchester SkyRide** is a traffic free ride for cyclists. The route will go through the City Centre and out to Salford Quays and back into Manchester. The event will be taking place at the same time as our competition. A significant number of major roads in Manchester will be closed to traffic including one which runs North/South through the competition area - THIS ROAD MUST NOT BE CROSSED BY COMPETITORS - we expect the cycle route to be barriered off. As a result of the SkyRide it has been necessary to include a compulsory route for Courses A-D linked by two controls along an underpass running adjacent to a canal. The towpath is of reasonable width but care should be taken and please respect both other competitors and pedestrians using the towpath. Competitors are welcome to take part in the SkyRide after their runs. For information go to [www.manchester.gov.uk/skyride](http://www.manchester.gov.uk/skyride)

**Sounds in the City** is a week-long series of concerts utilising the Castlefield Arena. The last concert of the festival takes place on the Sunday evening. The Arena and immediate surroundings will therefore be OUT OF BOUNDS, marked by an overprint

### **Officials**

Planner	Paul Watson
Organiser	Chris Kirkham with help on access from Margaret Gregory
Controller	Peter Gorvett SYO

### **Acknowledgements**

In addition to Carla Nuttall and Amy Barber of Manchester Metropolitan University for use of the Birley Campus, we are grateful to Jennifer Walker of Manchester City Council for permissions, and to the Canal and River Trust for use of the towpaths. The latter have requested that you be made aware of their Towpath Code:

*Share the space – towpaths are popular places to be enjoyed by everyone. Please be mindful of others, keep dogs under control, and clean up after them.*

*Drop your pace – pedestrians have priority on our towpaths so be ready to slow down; if you are in a hurry, consider using an alternative route for your journey.*

*It is a special place – our waterways are living history, with boats, working locks and low bridges so please give way to waterway users and be extra careful where visibility is limited.*