

# Heatons NSL 29/10/2020

## General

The event uses the normal format for MDOC NSL events with some additional measures to enable social distancing. Controls are items of street furniture identified normally by a number which can be noted on a supplied 'clue sheet'. However this is also a MapRun event where the location of controls is identified by GPS coordinates. Using either the MapRunF app on a mobile phone or MapRunG on a Garmin device, visits to controls are confirmed by either a 'beep' or vibration and recorded for later upload of results. **Please note that, if you have previously used the MapRun app, you should update it to MapRunF.**

Pre-entry is necessary, there will be no entry on the night. Entry to the event is available via <https://mdocentry.org.uk>.

## Location

The competition area is mainly in Heaton Moor and Heaton Mersey bounded by the A34 to the West, the Manchester-Stockport railway line to the East, the river to the South and the Manchester boundary to the North. The current conditions make it impossible to use a Pub as the event base. The start/finish is therefore located on the footpath/cyclepath adjacent to East Didsbury Metro station. The nearest postcode is M20 5NP and the 'what three words' location is sentences.mobile.stole.

## Car Parking

There is parking for 300 cars at the Metro station. However, there are signs which say that it is for use of Metro customers only and misuse could result in a £100 fine (£60 if paid promptly). The car park is lightly used at the moment and usually empties in the evening. It is believed that the rules are rarely enforced but parking here is at the competitor's own risk. The Metro website says that parking is free to passengers with a valid Metro ticket, so one solution might be to buy a ticket, the cheapest of which is £1.40. Tickets can be bought from a machine on the station platform using contactless payment. Greater Manchester residents who qualify for a 'bus pass' and have paid the £10 annual Metro fee probably qualify as customers. An alternative is the Tesco car park on the other side of the A34. This is for 'customers only' with a time limit of 2 hours. Again competitors are responsible for any decision to use this. There is an exit round the back of the store on to the path to the start making crossing of the A34 unnecessary, it is about a 300m walk. The final option is the Parrs Wood complex car park to the south of the start, accessed from the A34. This has over 1000 spaces, is free, and there appear to be no restrictions on use. The walk to the start is between 300 & 500m and requires crossing the A5145 (Didsbury Road) at traffic lights at the junction with the A34.

## Toilets

There are toilets in the Tesco store and a single public toilet cubicle on the A34 outside the Parrs Wood complex bowling alley. The cubicle costs 10p (one 10p coin or 2x5p). There are no toilets at the Metro station.

## **The Map**

The map is a standard format NSL map. Most roads are shown simply as black lines although more major roads use a wider brown symbol. Footpaths are shown by black dotted lines, paved areas by grey, open land in yellow and water features in blue. There is little detail of any other features. The map has recommended crossing points on major roads. Major footpaths have an indication whether they are lit. Most NSL maps don't show wooded areas. However, one area on this map has a green area symbol to indicate trees where it is thought they may be important for navigation on a particular route choice. Other wooded areas are not marked.

A pdf copy of the blank map will be sent, by email, to competitors a few days before the event in order that they can familiarise themselves with information which is important for safety.

## **Registration**

Before your run you need to report to the registration car to pay, and to collect your Q/A (Clue) sheet and hired dibber (if required). The car will be situated in the Metro Station car park, near the start area. The payment must be done using a contactless method, either card or phone. You should not leave attending registration until just before your run as there may be delays. Please wear a mask when visiting registration and make sure that you practice social distancing if there is a queue.

## **Event Procedure**

Although MapRun is being used for the event, it is possible to compete in the traditional way using a paper 'cluesheet' which will be issued to all competitors. These sheets can be used in the normal way by noting down the required data at each control. Those using MapRunF/G will have their visits to controls verified electronically although if you fail to get a 'beep' or vibration at a site you should use the sheet as a backup. In either case, the timing will be done using SI. You will therefore be required to 'dib' at the start and finish. A modified start procedure is being used which is intended to minimise the difference between MapRun time and SI time. This is particularly important for those using the new MapRunG app on a Garmin device who will be using the Garmin display for timing.

Before the event, if you are using MapRunF or MapRunG you will need to download the event to your phone ahead of time. Firstly, make sure that you have updated to the MapRunF app. (the old MapRun is basically obsolete and the event will not work). More details can be found on the MDOC navvies site – <https://navvies.org.uk>. The event will be available for download on the Tuesday before the event. Press 'Select Event' in MapRunF and navigate to UK/Manchester/NSL and select the event 'H Moor NSL'. For those of you using a Garmin, it is assumed that you know what is required to load the event to your Garmin device.

The event is protected by a 4 digit PIN, required before the course can be viewed or run. This will only be provided in the pre-start area. For phone users this will then permit them to view and start the event. Unfortunately the event can only be loaded to a Garmin device once the PIN is known. Furthermore, for reasons that are not obvious, it is necessary to have an internet connection to perform the load. We feel that providing the PIN ahead of time would compromise the event integrity and it will therefore be necessary that those using a Garmin have mobile data. They will also need to carry their phone around the course unless they can organise to hand it to a safe person. We do not feel, in the circumstances, that we can provide either a mobile hotspot or a facility to

dump bags and equipment. Apologies for any inconvenience caused.

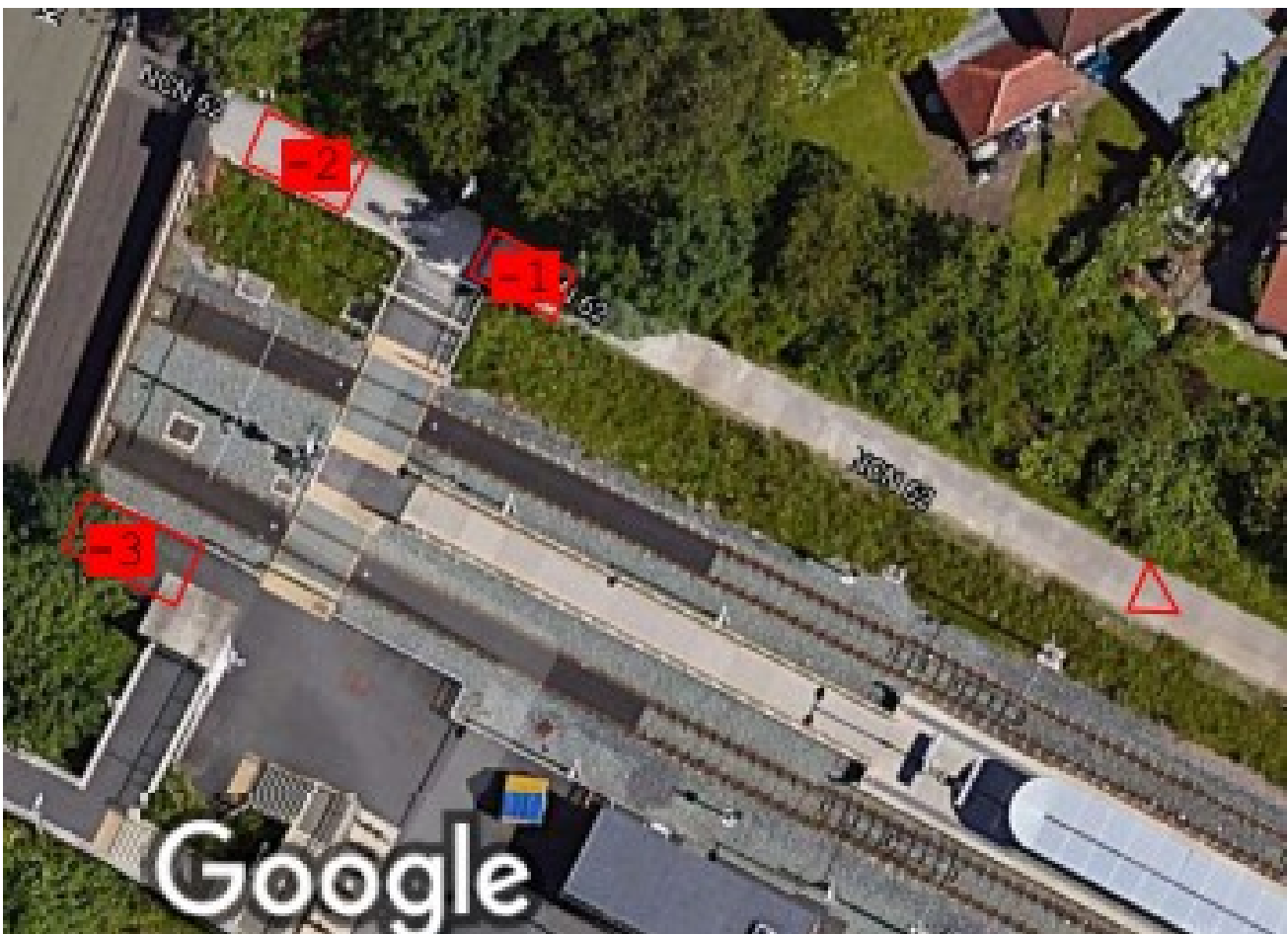
## The Start

You will have been allocated a start time and you **MUST** use this. This is in order to ensure that groups do not form. You must not arrive early at the start or congregate in groups nearby. In addition there will be people using the Metro station near to the start area. It is important that you don't obstruct access and give people plenty of room.

There will be three phases to the pre-start. You should arrive at your time -3 at the first area indicated on the map. Here you will be given the event PIN. On a phone you should press 'go to start' and input the PIN. Your phone should then get a GPS lock. Hopefully the banner at the bottom of the screen will turn green and show an accuracy of less than 10m. On a Garmin you should load the event to your device, select MapRunG and start the event. It should then show 'go to start' and show GPS accuracy. Again this will hopefully settle to below 10m. At -2 you should proceed to the 2<sup>nd</sup>. Area. This extra minute is to ensure that a GPS lock is achieved correctly. At -1 minute you should go to the start line. You will then be started at your allotted time. Due to the public nature of the start area, we do not propose to use marked boxes at the start. They are notional but we believe this is workable with the limited flow of competitors.

At approximately 30 metres from the start line will be a flag indicating the MapRun start. You should proceed to this point where you should get a 'beep' or vibration. Until you get this indication, no clocks are running. If you fail to get a response your app has probably not started correctly and you should return to the start where hopefully the issue can be fixed.

10m beyond the MapRun start will be a second flag. At this point you should 'dib' the start box and pick up a map. Both clocks are now running but hopefully only a few seconds apart. Unfortunately



there are no obvious places where you can study and mark your map on a convenient surface. In more normal times we might have provided tables – we hope you understand. If you are not using MapRun you can obviously omit the relevant steps but you must still conform to the timing.

The finish is immediately adjacent to the start. You should punch the SI finish box and also be sure that you get a ‘beep’ from MapRun. You should then proceed to the SI download car to record your time. It is also necessary to upload your result to the MapRun site. If you have mobile data this should happen automatically. If not you will need to upload your result manually when you next connect to the internet. Failure to perform any of these finish steps will probably compromise your result.

Please note that following your run you should not congregate for discussion or any other purpose. Our ability to hold future events may depend on being seen to follow responsible procedures.

## **Safety Issues**

Competitors should read the Generic NSL safety notice which has been sent to all competitors along with the Event Map.

There is one major road and four minor roads in the area which can be busy. These are all indicated on the map. Multiple crossing points have been marked particularly on the major road. These are either pedestrian crossings, traffic lights or places where there is a traffic island. They should be used where possible.

The area is mainly quiet suburbia and it is unlikely that any problems will be encountered from members of the public. Most footpaths in the urban area are lit and this is indicated on the map. There is an extensive open and wooded area down towards the river and a small area of common land. Most of this is unlit. These are not thought to pose any particular danger though some may want to avoid them. There is plenty of scope in the rest of the area.

The area has a fair share of dog walkers although this probably reduces in the evening. Loose uncontrolled animals have never been encountered on the area and the planner has not yet been bitten (on this area!) in many years of running on these streets.

## **Other Facilities**

If Government rules permit, people may want to eat after the event. There are several restaurants in the Parrs Wood complex and there is also a pub which serves food (but not real beer). Alternatively there is the Gateway pub a few hundred metres south on the A34. This is a Wetherspoons with all that implies! Of course many of these may not be open.

## **And finally**

Compromises have been made in the planning of this event. The start location is not ideal being at the bottom corner of the map. However, there is a distinct lack of car parks of any size in the middle of the area. The location used was thought to be the best compromise. In addition there have had to be a number of compromises in the event organisation. We hope that these shortcomings will not detract too much from your enjoyment of the event.

It is still not certain that the event will go ahead due to developing lockdown rules. If it does not, we apologise for the disappointment even though it will be outside our control. If that happens, we may make the course available to run on an individual basis.