



SOUTH EAST LANCASHIRE ORIENTEERING CLUB

URBAN REGIONAL

EVENT DETAILS

6th June 2026

EVENT CENTRE:

Sports Centre, University of Salford, University Road M5 4WT.

TRAVEL:

Everyone must enter from the south west of the campus near Salford Crescent station. Either on University Road or University Road West. This entrance is accessible by car, train or bus. Then travel north along University Road along the east edge of the campus until you reach Delaney carpark or the sports centre.

Once entered you shouldn't go back along this road until your race is over, unless you need to urgently leave.

PARKING: Car Parking

All participants use Delaney Building car park please.

Discount code 7694F319

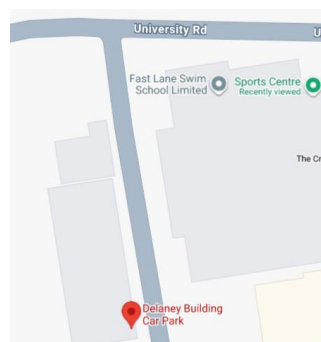
(for this event only)

Tariff:

With the discount the parking charges are:

All day £4.00

The sports centre is just across the road.



If this is full we will direct you further down the road to Lowry car park – its only a few minutes away. Same discount code.

How to park:

You can book this in advance or pay on the day. The website is parkus.uk

DO NOT use the car park outside Salford Museum and Art Gallery

Parking can be paid on the day of the event **through the website or onsite** it does not need to be prebooked.

Tall vehicles:

Only if your vehicle is higher than 2.1m you need to park off-campus. There is limited street parking along Lissadel street. Then you can walk in via Strawberry hill road to a footpath that comes out just north of the sports centre. No need to go via the station.

W3W ///noise.marked.cling

TRAIN: Salford Crescent station is located between the Peel Park and Frederick Road campuses.

Inter-city services normally use Manchester Piccadilly which is about a ten-minute train journey from Salford Crescent. Please check for services.

Don't mistake Salford Central for Salford Crescent, otherwise, you'll end up with a 20-minute walk ahead of you!

BUSES: You can get on any of the following buses, which will take you to The Crescent (right outside the university front entrance for Peel Park):

8, 35, 36, 37, 38, 50, 67, 100, V1, V2.

If arriving by bus or train please walk from Salford Crescent Station along University Rd to the Sports centre. (route will be signed). DO NOT walk through the university.

ENTRIES: Limited entry on the day will be available

FACILITIES: There are toilets and showers available at the sports centre. There is also a bag drop and changing area.

All competitors should collect a race number from registration before their run.

The Salford Museum and Art Gallery located within the campus has a cafe which will be open 11:30-16:00 on the day of the event. You should only access this AFTER your run as it is within the competition area.

Dogs are welcome on the campus and the park.

START AND FINISH:

There are two starts. The main start is a 500m flat walk and will be taped from the sports centre. The close start is for the two short courses adjacent (100m) to the event centre. The finish is also near the event centre.

There will be a punching Start and Finish.

TERRAIN AND MAP: All courses will use a 1:4000 scale map with 2.5m contours. Maps were created in September 2024 and updated in 2026 by Dean Thetford and Stephen Richards.

A combination of urban housing, parkland and university campus. The area is generally very flat and runnable.

There are a couple of banks including one steep slope of around 10m vertical with slightly rough soft ground underneath. Courses may climb and/or descend this slope.

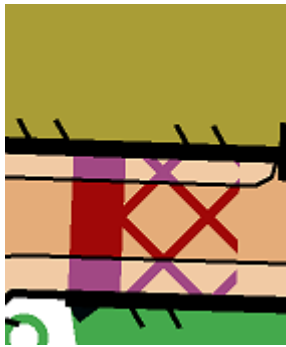
M21E/Long Open and W21E/Medium Open is 75% hard surface, 25% grass

Short Courses 50% hard surface, 50% grass.

ARTIFICIAL BARRIERS:

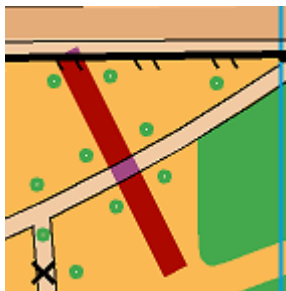
As they are common in international races, artificial barriers have been used; these will take one of two forms:

Road Barrier. Uncrossable barrier + temporary out of bounds.



These will have no physical barrier as we can't close roads. For M21E and W21E there will be a marshal present in a high vis jacket. They will put out their arms if you are approaching the barrier. If you cross the barrier they will shout "barrier". As long as you return the way you came you will not be disqualified.

Taped Barrier. Only Uncrossable barrier symbol.



These will be taped. If they cross a footpath this small section will **not be** taped and will be marshalled by someone in high vis.

For those running the open races the barriers may not be marshalled due to limited helpers but you still must not run through where they are on the map!

MAPPING NOTES:

For health and safety reasons unbordered OOB has been placed alongside roads to encourage you to run on the pavement in those sections. It is unbordered to show nothing in the terrain. These do not prevent any routes. Barriers use the uncrossable barrier symbol.

Uncrossable features like hedges, uncrossable fences and uncrossable walls may be taped in a few short important places. In general though it is your responsibility to not cross uncrossable features and marshalls will be out around and will record any incidents.

SAFETY: Standard urban event safety guidelines apply, including:

- Be aware of and do not cross any features mapped as impassable, i.e. the river, walls, fences, hedges and out-of-bounds areas
- Do not enter private areas, i.e. mapped in olive green
- Beware of and give priority to other users, including pedestrians, cyclists and vehicles
- Take care crossing all roads, and in particular consider using the marked crossing points across the bigger road
- Keep away from water's edge; there are no controls riverside of adjacent paths
- Beware wet stone paving and leaves which are a particularly seasonal slipping hazard

Short open and Short easy remain in Peel Park and on the University site and are suitable for juniors.

Local guidance for this area:

Beware the higher than average number of e-scooters in this area, including those being ridden on pavements or footpaths

COURSE INFO:

Course	Distance (km)	Climb	Map Size	Start
M21E - Long Open	4.1	30m	A4 double sided	Main
W21E - Medium Open	3.5	25m	A4 double sided	Main
Short open	2.3	25m	A4	Close
Short easy	1.5	15m	A4	Close

Additional Information for Elite competitors

QUARANTINE:

Those who entered M21E or W21E (not long/medium open) will need to go to quarantine before first start. The entrance to quarantine will be adjacent to the sports centre and should have a gazebo set up.

Quarantine will open at 12:40 and close at 13:20. **All athletes must sign in to quarantine by 13:20 and collect your race number. This will help marshalls identify runners.** Even if you are just going straight to the start you must sign into quarantine. It is best to Warm up once within quarantine for those with the earlier starts.

Once you sign in you will be given a map that shows how to get to the start and where you are allowed to warm up. This map has not been thoroughly checked so may not be of the quality of the race map.

The only toilets are in the sports centre which is not officially part of quarantine. Ideally go before quarantine closes but if needed you can of course use these toilets just go straight there and back and don't talk to other people especially competitors who may have already finished.

There will be a bag drop in quarantine and these will be transported to download.

No using phones in quarantine please.

If the weather is really bad we will allow you to use the car park to shelter.

After you finish maps will be taken at the finish until the last runner on W21E has started and a Warm down area will be shown at download that you should stick to unless the last W21E has started. After that you can use the warm up area too. Once the last W21E finishes you can go wherever just be wary of the public races happening.

OFFICIALS: CONTROLLER John Kewley (MDOC)

PLANNER Jonathan Crickmore (SYO)

ORGANISER Caroline Barcham (SELOC)

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MAPPERS Stephen Richards and Dean Thetford (SELOC)

PERMISSIONS Stephen Round (SELOC)