

Moss Bank Park Map Run Series

Description

Come and join us for the first of a series of 10 Summer Park MapRun events in parks in Greater Manchester jointly being hosted by SELOC and MDOC.

There will be a choice of three short courses of 2 to 4km for just one entry fee – do as many as you want.

All courses will require the use of the MapRun(R) app on a phone or watch.

If you haven't orienteered before or are inexperienced there will be someone at Registration to assist you, and the MapRun App can be set to show you your whereabouts as you make your way round the course.

- Great for families, newcomers and for training too
- The three courses offer plenty of opportunities for groups to share, show, and shadow. The MapRun App tracks your location, and the results service compares your route with others' routes. Super for seeing how you've done.
- You can complete one course as a group, gain some confidence and then maybe split up for the next.
- Experienced runners have eight kilometres and around thirty checkpoints to complete: to jog, sprint, with or without map memory.
- Relax afterwards at the Cafe in the park.

The park is great to try orienteering for the first time or practice skills for the more seasoned orienteer. It is bounded by the A58 Bolton Ring Road, Moss Lane, Barrow Bridge Road and the Johnson Fold housing estate. Moss Bank Park is a great mixture of a large, flat, grass area on the southern half with the ground then rising up to a hill in the north of the area where there are areas of mature woodland and swathes of newly planted (very small) trees on a grassy area sloping back down to the northern edge.

Date of Event

Saturday 25th April 2026

Location

Cafe at Moss Bank Park, Bolton, BL1 7NL

Grid Ref. SD 694 109.

What3Words: ///loans.remedy.groups

Lat. Long: 53.594266, -2.463595

Parking

The northern car park is open as well as the southern car park. The main southern car park is situated immediately after you turn off the A58 at the traffic lights. Just 25m after you leave the A58 here is a very sharp turn right and then the car park entrance is 60m on your left.

If the car park becomes full then continue along Moss Lane for a further 300m and park on the road side at the eastern edge of the park.

PLEASE NOTE that the car park is only for vehicles below 2.0m in height so any tall vehicles should park further along Moss Lane as mentioned above.

Terrain

A popular small Victorian park well used by dog walkers and if you arrive before 11.30am the car park may be busy with Football parents waiting for games to finish. A minor road runs through the park so please be careful when you are on it or crossing it. Wide open spaces with few paths, many isolated trees and small woodland areas on the NW and NE parts of the park. Several areas are marked as "Rough open with Scattered trees" and these areas contain very young trees, less than knee high and very difficult to see. Please take great care not to damage these trees if you pass through them.

The Starter course may cross over areas of grassland which may be wet and muddy depending on the weather, so please bring appropriate footwear and if bringing young children in buggies be aware of the difficulties in crossing such terrain.

The Western edge of the Northern car park has a high retaining wall topped by a very steep slope. Intermediate and Advanced courses may come close to these obstacles and should take great care in that area.

Map

There will be three separate MapRun courses with a total distance about 9km. Paper maps will be available for inspection at registration to help you choose the course or courses you want to navigate.

Facilities

An excellent cafe, toilets and children's play area which are all 500m from the car park.

Timings

Start anytime between 11:00 and 14:00

Please note, the courses will be open and you are welcome to complete them after 14:00, but volunteers will leave just after 14:00.

Courses

Three linear courses of 2km to 4km within the park. Courses require use of the MapRun® app on a phone (or watch)

You can do one two or all three courses, the choice is yours.

No control flags will be set out around the park at this event.

Registration, download and the finish

We will be based by the cafe, look out for the SELOC flag.

The start

Start anytime between 11:00 and 14:00

Please note, the courses will be open and you are welcome to complete them after 14:00, but volunteers will leave just after 14:00.

Entries and Fees

Pre entries are now closed on Fabian4. Very limited entry on the day will be available so if you wish to run, please contact us ASAP to reserve your map.

How to Enter

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Entry on the day fees

Junior/Student £3 Senior £6, less £1 discount for SELOC and MDOC members

Pre entries are via [Race Sign Up](#).

First Aid

A first aid kit will be available but competitors should try to treat themselves with guidance from a SELOC First Aider where necessary. The nearest A&E hospital is at the Royal Bolton Hospital, Minerva Road, Farnworth, Bolton. BL4 0JR and is approximately 20 minutes away. A map to the Hospital will be available at the results Download in the cafe.

Officials

Planner – Chris Taylor

Organiser – Paul Turner info@seloc.org.uk