

Urban Trails Series – Swinton

Description

SELOC are proud to announce the return of our Urban Trails Challenge. A series of Urban Orienteering Trails around Greater Manchester. For our second series we visit Boothstown, Swinton, Walkden and Farnworth.

This second event of the series is around the Streets of Swinton on Wednesday 3rd June and once again partnered with Swinton Running Club.

Using the Map Run app, there will be a 60 or 80 minute Score course where you find as many checkpoints (controls) as you can.

Perfect for those looking to mix up their running.

The final details will be announced before the event:

Location

Swinton Football Club, Barton Rd, Swinton, Manchester M27 5LJ

Parking

There is a car park at the football club which can be used.

Terrain

Swinton – A good area with a gentle gradient going up from South to North with plenty of route choices with groups of checkpoints and steady running areas.

Map and checkpoints overview

The map for each event is taken from Open Orienteering Map and is a simple, easy to understand street map.

The scale for this event is 1:10,000. 1cm on the map is 100 metres. It will be on your phone, but everyone will also get a waterproof map. With a slightly smaller map than usual, can you get all the controls?

A blank map of the area will be sent out via email with the final instructions.

What checkpoints are you looking for?

Each checkpoint is marked by a numbered circle on the map. The checkpoints will be items of street furniture such as a lamp post, telegraph pole, post box, substation.

On the back of your map, each numbered checkpoint will have a clue and list what the item of street furniture is. Your phone should beep when you get close to a checkpoint and then you move onto the next one. If it doesn't beep, double check the description, are you in the right place? If your phone doesn't beep, make a note and move on, we can always check your route afterwards and credit you with the score if the GPS is out of line.

You can work out the points for each checkpoint by multiplying the first number by 10, so 21 is worth 20 points, 46 is worth 40 points etc. At each event checkpoints will be worth 10, 20, 30, 40, 50 or 60 points.

It's all about balancing how far you run, with which points you get. We often find it's not the quickest runner who comes out on top.

Facilities

The club house will be open with toilets and drinks available.

Timings

You can start any time between 18:00 and 19:30.

You'll then have 60 or 80 minutes to complete your run.

Courses and using Map Run

There will be two options at each event:

- 60 minutes
- 80 minutes

Your aim is to score as many points within the time you've chosen. If you're late back, you'll start to lose some points.

Penalties on Map Run will be 20 points for every minute you're late. If you are 1 minute, 12 seconds late, you'd lose 40 points.

Using Map Run

It's advisable to have downloaded the latest version on Map Run onto your phone ahead of the event. If you have a Garmin watch, you can also download the feature onto there but you will also need the app on the phone.

In the final details which we will send out to you, there will be links to the 60 or 80 minute courses. Select which time you wish to run and download the course. The courses will be time locked until the evening of the event.

If you need to, we'll have QR codes for each course available at registration, these can be scanned and take you straight to the right place on the app.

Do not select 'Go to start' until you are ready to go. This will avoid you starting by accident.

Once you've finished make sure you've had the finish beep. Then don't forget to save your result and upload it onto the main results file. You'll then be able to view your route and that of others taking part. How do you compare? Did you make the right route choice?

Registration, download and the finish

On arrival check in with the registration team, pay your entry fee (£4 per person) and head out to the start. If you need any help, please speak to a member of the team.

Registration location for each venue will be confirmed ahead of each event.

The start and finish

The start location will be close to the registration and clearly signposted.

The finish will also be close to the registration area and will be signposted by our SELOC finish flag.

Entries and Fees

Pre entries [via this form](#) with payment made on the day.

Entry on the day fees

Senior £4 per person

Juniors £2 (under 16's need to be accompanied by an adult. The adult does not need to pay)

First Aid

A first Aid kit will be available but competitors should try to treat any injuries themselves with guidance from a first aider if necessary. Ask at Download.

The nearest Hospital is — <--hospital--> Directions to this Hospital will be available at Download for anyone needing to go there.

Officials

Planner – Peter Brooke

Organiser – Peter Brooke