



## MapRun Gloucestershire 2021

□ BROMYARD □ □

Thursday 9<sup>th</sup> December 2021



For the first time we head north, to Bromyard, to run beneath its impressive display of Christmas lights.

**New version of MapRun available:** We strongly recommend that you uninstall *MapRunF* and all previous versions of the app, and download and install **MapRun6** from your app store. Generally earlier versions will work; they just won't be able to take advantage of some of the new features which we may use.

<b>Queries?</b>	Richard Cronin via Facebook page or <a href="mailto:maprun@ngoc.org.uk">maprun@ngoc.org.uk</a>
<b>Directions and Parking</b>	<p>Parking and assembly are in <a href="#">Rowberry Street Car Park, Church Lane, HR7 4DZ</a> What 3 words: <a href="#">///flyg.grabb.balansera</a></p> <p>Pay and display <i>should not</i> apply after 6pm. For anybody who wishes to arrive early and enjoy the town whilst it is still open, the <a href="#">charge is 50p for 2 hours, 70p for 3 hours</a>. The car park is small and may fill up if other events are on. Alternative parking at Tenbury Road Car Park (<a href="#">///orientera.yttra.kollo</a>) (£1 for 2 hours, but again <i>should</i> be free after 6pm), or on street on the High Street or Old Road. Do not attempt to park in Kirkham Gardens – this is for residents only.</p> <p>The start and finish will be the porch on the east side of the council offices.</p>
<b>The Area</b>	<p>Bromyard is a compact town on the banks of the River Frome featuring a variety of historic town centre and more modern housing estates. Whilst small, elevation is noticeable with approximately 80m height range between highest and lowest points.</p> <p>The course stays on tarmac and hard surfaces - the only soft ground is playing fields, so wear normal shoes for walking or road running. The A44 runs across the town - there is a 40mph speed limit but visibility is good and the road is not normally busy. If not confident, make use of the central refuges or subway adjacent to checkpoint 1.</p> <p>The A44 has a 40mph speed limit on the “bypass” – but traffic often travels faster. It is very important that you pay attention to traffic, and dress wearing <b>light coloured or reflective clothing</b> to be visible. Some areas are unlit – you will need to take a <b>torch</b>.</p>
<b>Event details</b>	<p>Starts from <b>1830 to 1900</b>. The organiser intends to be at the venue from <i>after</i> 6pm onwards and may allow early starts so long as he has time to visit the chip shop before anyone is due to finish.</p> <p>You will need to pre-enter via <a href="#">Fabian4</a> <b>Entry fees:</b> £5 seniors, £2 juniors. Competitors aged under-16 must be accompanied.</p> <p>It's a one hour score event using the MapRun app:</p> <ul style="list-style-type: none"><li>• Checkpoints 1-10 are worth 10 points.</li><li>• Checkpoints 11-20 are worth 20 points.</li><li>• Checkpoints 21-30 are worth 30 points.</li></ul> <p>Score as many points as you can within an hour. If you're late getting back, there's a 10 point penalty per minute over.</p> <p>Please make sure you've installed <b>MapRun6</b> before the event. If you haven't used MapRun before, don't worry – it's easy to use, and we have full <a href="#">details on getting started</a>.</p>

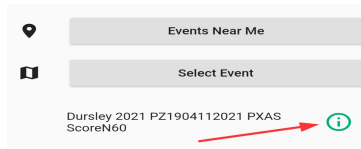
**MapRunG (Garmin watch) users:** if you have MapRun6, you do not need the event PIN number to download the course to your watch. This meant you can download the course before your arrive at the event, in case there is no phone signal there.

### Event procedure

Enter via [Fabian4](#) by 2359 on Wednesday, 8<sup>th</sup> December.



- Before heading to the start, make sure you've downloaded the MapRun event onto your phone. Phone signal is good in the parking area so you can find and download the course via "Events near me". It can also be found in the **UK/Gloucestershire/Current Series** folder, or by scanning this QR code with your phone;
- When you are ready to start, get a map from the organiser and press 'Go To Start' on the **MapRun6** app. The phone will ask for the PIN, which you can find on the map.
- Once downloaded, you can access directions to the event, and these details, by tapping info button on the maprun home screen, if you have the latest version of MapRun6.



When you run through the start: MapRun6 will bleep, and start the clock,.

When you run through a checkpoint: it will bleep, and record your visit.

When you run through the finish: it will bleep, and stop the clock.

**Be careful not to run through the finish before you intend to finish!**

### Safety

The course is located in an urban environment necessitating many road crossings, so under 16s must be accompanied.

The A44 should not be busy, but traffic may travel at high speed (and faster than the 40mph speed limit). Take care crossing. If not confident, make use of central refuges or use the subway adjacent to checkpoint 1.

Remember to report in to the race organiser after finishing as the meeting point is not adjacent to the finish.

**COVID code of conduct. It is vital that all attendees at the event:**

- Act as ambassadors for the sport of orienteering at all times and consider how their actions may appear in the eyes of landowners or members of the public.
- Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.
- Use hand sanitiser on arrival and departure.

*Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.*