MapRun Gloucestershire 2021
Cinderford 2021
8th July

This is a 'half and half' area – half mainly open forest with direct routes available between some controls, but also a very good path network, the rest a mixture of suburbia and some pretty dire and uninspiring industrial areas where route choice is very limited by gates and other barriers. Although Cinderford is pretty hilly, the course keeps to the lower part of the town, and the woodland to the West.

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.

Queries?	Pat Macleod pat@patsmail.uk
Directions and Parking	Parking and Assembly are in the Cinderford Linear Park car park, by Ruspidge Halt, just off the B4226 from Cinderford towards Speech House Hotel and Coleford. What 3 words: sideboard.direction.buddy SO649127 Map: https://goo.gl/maps/Rjh1m4FCDFKTdNkg8 The car park is a free FC car park which closes at 9 pm, so there shouldn't be any need to find a space outside the car park. Start and finish are very close to the entrance to the car park, by the barrier barring vehicles from the linear park main footpath, so park towards the top end, to avoid getting an early start beep when you tap Go to Start
The Area	Standard Open Orienteering Map base map, but with some additions to mark specific constraints and options. Footpaths are generally well marked, well used and obvious on the ground, with one or two exceptions. In the forest they are mainly of three sorts – gravel and generally smooth cycleways, rougher forest tracks often semi-gravel, semi-dirt, and footpaths, most of which are dry and clear of undergrowth. In the town, footpaths through open areas are passable but somewhat overgrown. Full leg cover is not essential, but suggested if you want to avoid the occasional nettle sting or thistle. One or two areas where there appears to be access from a road onto open ground have been marked as impassable due to the severity of the undergrowth in those areas. Runnability in the forest is generally pretty good, so off path routes are possible in places. Based on wandering around the area updating the map, it seemed generally that if the forest looked easily runnable at your planned entry point, it would probably be the same throughout *that* block of woodland. However, this hasn't been exhaustively checked, and you may still find that given the density of the path network, on-path is as quick as going direct. As a further generalisation, runnability is much better towards the Southern end of the area, and fairly problematic off-path further North. In the industrial belt which separates the suburban part of town from the forest, there is extensive derelict brownfield, and lots of dead ends, or roads seeming passable but barred by factory gates. There are few controls in the worst of these areas, but to make full use of the whole area there are one or two; one through route, in particular, is shown with crossing points and is annotated as passable, though access at one end is by no means obvious(climb through the hole on the boarding beside the locked gate!), and you run through a pretty dire area.
Event details	To spread people out, runners will start at one-minute intervals from **1800 to 1900**. In

	line with current British Orienteering requirements, you must pre-enter for the event, which you can do up to the night before the event at Fabian4.co.uk **Enter Online** **Entry fees:** £5 seniors, £2 juniors. Juniors must be accompanied, unless they stay within the forest part of the course. It's a one hour score event using the MapRun app: • Checkpoints 1-10 are worth 10 points. • Checkpoints 11-20 are worth 20 points. • Checkpoints 21-30 are worth 30 points. 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. Please make sure you've installed **MapRun6** before the event. If you haven't used MapRun before, don't worry – it's easy to use, and we have full details on getting started. **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	When you register on Fabian4 you can select a start time. To avoid congregation at the start we'd ask you to follow the following start procedure: • Before heading to the start, make sure you've downloaded the MapRun event onto your phone. It can be found in the **UK/Gloucestershire/Current Series** folder. • Wait in your car (or warm up away from the start) until your designated start time. • Just before your start time, press 'Go To Start' on the MapRun6 app. The phone will ask for the PIN number. The PIN is written on the map, so…. • When your start time arrives: sanitise your hands, pick up a map from the table near the organiser's car, enter the PIN and run to the start. 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 a semi-rural environment and uses minor roads, tracks and footpaths. There are many road crossings and sections of single lane roads, so under 16s must be accompanied. Special care should be taken when exiting paths onto roads and ar road junctions were visibility may be limited. Bright/florescent clothing is advisable. 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.*