

## MapRun Gloucestershire 2022

## Gloucester



## Thursday 10<sup>th</sup> February 2022

	22 will explore Gloucester ancient and modern, from waterways to alleyways that inspired
Beatrix Potter's Tailo The course covers t	or of Gloucester. he city centre of Gloucester, the Docks, and nearby residential streets.
Queries?	Via maprun@ngoc.org.uk
Directions and Parking	Parking and assembly are at <u>Sainsbury's Car Park, St Ann Way, GL2 5SA</u> What 3 words: <u>https://w3w.co/scan.green.codes</u> Start and finish: located at the pedestrian exit from the car park to the canal.
The Area	<ul> <li>Streets, alleyways and small parks in Gloucester City centre and Southern suburbs, including Gloucester docks.</li> <li>Mostly paved with good wheelchair accessibility.</li> <li>It is very important that you pay attention to traffic, and dress wearing light coloured or reflective clothing to be visible. Some areas are unlit – you will need to take a torch.</li> </ul>
Event details	Starts from <b>1830 to 1900</b> .
	You will need to <b>pre-enter</b> via <u>Fabian4</u> <b>Entry fees:</b> £5 seniors, £2 juniors. Competitors aged under-16 must be accompanied.
	<ul> <li>It's a one hour score event using the MapRun app:</li> <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> <li>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.</li> </ul>
	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 <u>details on getting</u> <u>started</u> .
	<b>MapRunG (Garmin watch)</b> 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 <u>Fabian4</u> by 2359 on Wednesday, 9 <sup>th</sup> February.
	<ul> <li>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.</li> </ul>
	<ul> <li>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.</li> </ul>
	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. <b>Be careful not to run through the finish before you intend to finish!</b>
Safety	<ul> <li>The course is located in an urban environment necessitating many road crossings, so under 16s must be accompanied.</li> <li>There is much unfenced water in the area of Gloucester Docks: take care.</li> <li>The A430 may be busy: you can run along the pavement on either side, but</li> </ul>

should only cross at the crossing points (marked on the map).
COVID code of conduct. It is vital that all attendees at the event:
<ul> <li>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.</li> </ul>
<ul> <li>Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.</li> </ul>
<ul> <li>Use hand sanitiser on arrival and departure.</li> </ul>
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.