



MapRun Gloucestershire 2021

The Kymin

Thursday 12th August 2021



MapRun returns to Monmouth, this time visiting the east side of the river including the Kymin. The area has a reasonable path network and varying woodland and fields – some of which is very pleasant. Clever route choice will be required to minimise climb.

The course is planned such that following the Kymin Winter Race route should earn a reasonable score (if not by the most efficient route!)

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?	Richard Cronin via Facebook page or maprun@ngoc.org.uk
Directions and Parking	<p>Parking and assembly are at Hadnock Road, NP25 3NG What 3 words: ///canny.parsnip.chestnuts</p> <p>Parking along linear road – organiser will try to park at southern end. Alternative parking at Lidl (for customers only), or across the river by the leisure centre (Old Dixton Road, NP25 3DP) for anyone wanting a 1km warm up/warm down.</p> <p>The start and finish will be on Wyesham Road close to the Mayhill pub. Please take care crossing the road and make use of the traffic island next to Lidl.</p>
The Area	<p>The course takes in the Kymin and Wyesham, with the map split roughly 25% urban, 75% rural. There is significant steep ascent to get to the top of the Kymin – by straight line route as much as 220m ascent in 1km distance – but it's worth it for the views from the top! As another positive, you will have a downhill finish ☺</p> <p>Many of the paths are steep and rocky – whilst passable in road shoes in the dry, you may prefer shoes with more grip and stability if you intend to descend any of these. Please keep your eyes open and alert as trip hazards including steps may be hidden by undergrowth. The paths amongst the houses on the Kymin are single file – beware you may meet runners coming in the opposite direction!</p> <p>Late summer conditions mean lots of bramble around, whilst the organiser would recommend wearing shorts, he will not accept any moans from people who choose to wear them! However, there are two footpaths that are so overgrown that you will get stuck – these will be marked clearly on the map and will be highlighted in the start briefing.</p>
Event details	<p>With Covid rules relaxed, we'll no longer need to assign start times. Start any time from 1830 to 1900 (note the shorter start window than we've used recently).</p> <p>Entry fees: £5 seniors, £2 juniors. Juniors must be accompanied.</p> <p>It's a one hour score event using the MapRun app:</p> <ul style="list-style-type: none">• Checkpoints 1-10 are worth 10 points.• Checkpoints 11-20 are worth 20 points.• Checkpoints 21-30 are worth 30 points. <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 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.</p>

	<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.</p>
<p>Event procedure</p>	<ul style="list-style-type: none"> • 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. • When you're ready to start, press 'Go To Start' on the MapRun6 app. The phone will ask for the PIN number. The PIN is written on the map, so.... • Pick up a map from the organiser, enter the PIN and run to the start. <p>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!</p>
<p>Safety</p>	<p>The course is partly located in an urban environment necessitating many road crossings, so under 16s must be accompanied.</p> <p>The course has been planned so that you should not need to cross either the A4136 or A466 in competition. If passing between start/finish and Offa's Dyke Path you should stay on the south (pub) side of the road where there is continuous pavement/verge and NOT cut the corner on the inside.</p> <p>There is an increased risk of trips and falls on the steeper, rockier paths – you will need to pay attention to the ground rather than the map.</p> <p>Remember to report in to the race organiser after finishing as the meeting point is not adjacent to the finish.</p> <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none"> • 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. <p><i>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.</i></p>