



MapRun Gloucestershire 2021


Upton St. Leonards

Thursday 22nd April 2021



A combination of urban areas around Abbeydale/Coopers Edge and rural areas with field, tracks, woods and streams around Upton St. Leonards.

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.

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Directions and Parking	Parking and assembly are at Abbeydale Sports and Community Centre, Glevum Way, Abbeymead, Abbeydale, Gloucester GL4 4BL What 3 words: object.runs.dinner Map: Parking for Upton MapRun There should be plenty of parking but please park considerately. The start/finish are located just before the bridge right next to the car park. There is good mobile phone coverage in the area.
The Area	In the rural area, going underfoot is generally good but there are some paths that are uneven and prone to become muddy if there has been recent rain. Trail shoes recommended unless you are planning to stay in the urban areas, in which case road shoes would be sufficient. About half of the course is urban and half rural. Shorts are OK. Southern half of map (rural area) is not wheelchair accessible, urban area is wheelchair accessible.
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  Entry fees: £5 seniors, £2 juniors. Juniors must be accompanied. It's a one hour score event using the MapRun app: <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. 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 you 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: <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.• Wait in your car (or warm up away from the start) until your designated start time.

	<ul style="list-style-type: none">• 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. <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>
Safety	<p>The course is partly located in an urban environment necessitating many road crossings, so under 16s must be accompanied. There are a number of small streams and fields which may contain livestock. Be aware of uneven surfaces underfoot.</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>