



MapRun Gloucestershire 2021

Frampton-on-Severn

Wednesday 2nd June



A very attractive village, together with rural paths, and the added interest of 2 canals, a river, various bridges and the epicentre of all this at Saul Junction. Much of the course is rural and off-road and some of it lies within the Frampton Estate. Note the later than usual start window to avoid inconvenient canal bridge swings!

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?	Greg Best permissions@ngoc.org.uk
Directions and Parking	Parking and assembly are at Lakefield Primary School, Lake Lane, Frampton-on-Severn, GL2 7HG What 3 words: prep.headless.poets Map: https://goo.gl/maps/MPFJVkxzpGbMTJB99
The Area	<p>The map is unusual in that it is at the scale of 1:15000 (1cm on the map represents 150m on the ground), although its look and feel is the same as that used for most other Mapruns. The smaller scale is necessary in order to fit in important canal and river crossings. Three small roads have red crosses to indicate that these are private and out-of-bounds. One road is shown with a wide brown symbol on the map (rather than a black line) – this is quite busy and has no pavement, so extra care will be needed if choosing to run on this road. Note that the map unfortunately shows a number of power lines, which can be easily confused with roads or paths. The power lines are depicted by long black lines with short black cross lines at regular intervals – a bit like a railway line.</p> <p>The area is pancake-flat throughout – the only climbs will be the stiles to be crossed! Much of the course is off-road on rural paths, tow-paths and across fields. On my last visit in early May, the whole area was bone dry and there was no undergrowth of any note. However, I did spot a few areas of nettles and I expect by the day of the event these may have become more of a problem. Hence, if it has been dry, road shoes should be okay, but trail shoes would also be appropriate. Shorts are okay too, although perhaps some long socks are advisable?</p> <p>I doubt anyone will manage to clear all the controls in 60 minutes, although it is probably just about possible, by a very fast runner on a carefully calculated route!</p>
Event details	<p>The latest British Orienteering guidelines now allow 6 people to start each minute, so on each minute we will have a mini mass-start! The start window will be quite short, from 1900 to 1915. N.B. The unusually late start window is to avoid getting caught out by canal bridge swings, the last of which is 7pm.</p> <p>Pre-entry will be required on Fabian4.co.uk Entry fees: £5 seniors, £2 juniors. Juniors 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">• 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</p>

	<p>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>	<p>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:</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. • 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. <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>There are road crossings, so under 16s must be accompanied</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>