



## MapRun Gloucestershire 2021

### Quedgeley

**Thursday 18th November 2021**



Quedgeley, on the South side of Gloucester, has an interesting network of suburban roads and footpaths fringed by the Gloucester & Sharpness Canal.

In this event you'll get a map with 30 checkpoint locations around Quedgeley: your aim is to score as many points as you can within an hour by visiting them! We use the **MapRun6** app (on iPhone or Android) to record checkpoint visits via GPS.

#### Queries?

Tom Cochrane via [maprun@ngoc.org.uk](mailto:maprun@ngoc.org.uk)

#### Directions and Parking

Parking and assembly are at Tesco car park, Quedgeley, at the North end of the car park. Google Maps: <https://goo.gl/maps/RV9R66Pz8KuCp2Tv8>  
What3Words: <https://w3w.co/apple.hails.manliness>

Parking is free but you should buy something either before or after your run.

#### The Area

The area is urban but you may cross grassed areas, fields and gravel/dirt footpaths, so you may want footwear with good grip if it has been wet. You will need a **head torch** and light coloured or reflective clothing.

The area is generally wheelchair-accessible (except for some narrow paths through woods and along streams): controls have been chosen to maximise this.

#### Event details

Start from **1830 to 1900**.

You'll need to **pre-enter** via [Fabian4.co.uk](http://Fabian4.co.uk)

**Entry fees:** £5 seniors, £2 juniors. Juniors must be accompanied.

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

Enter via [Fabian4.co.uk](http://Fabian4.co.uk) by Wednesday 17 November

- 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, get a map from the organiser and press 'Go To Start' on the MapRun6 app. The phone will ask for the PIN number, which you can find on

	<p>the map.</p> <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. <b>Be careful not to run through the finish before you intend to finish!</b></p>
<b>Safety</b>	<p>The course is located in an urban environment necessitating several road crossings, so under 16s must be accompanied. With the increasing number of electric and hybrid cars it can be difficult to hear approaching traffic so make sure you look around before crossing.</p> <p>Some of the grassy paths are unlit, and next to streams: take particular care!</p> <p><b>COVID code of conduct. It is vital that all attendees at the event:</b></p> <ul style="list-style-type: none"><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><li>• Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.</li><li>• Use hand sanitiser on arrival and departure.</li></ul> <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>