



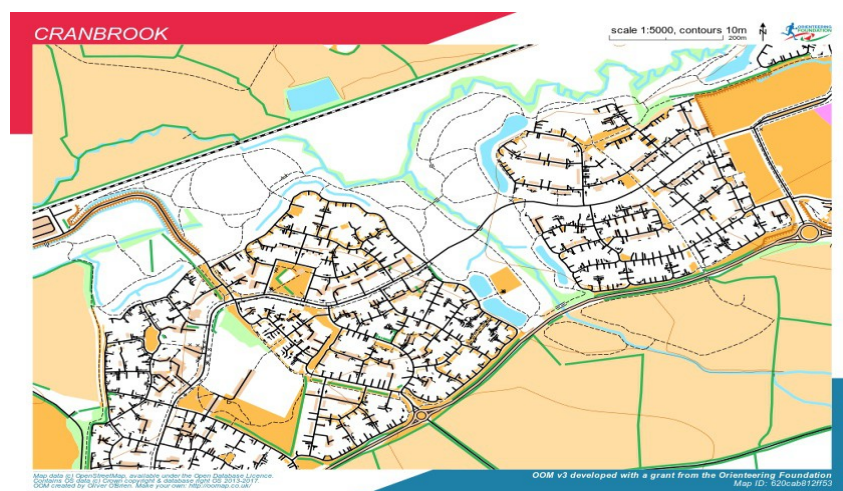
# DEVON ORIENTEERING CLUB

## Devon MapRun League 22

### Cranbrook



Sunday 13<sup>th</sup> March – Sunday 20<sup>th</sup> March



**General Information:** This is Devon's first outing in our **2022 MapRun League!** Come along and explore Cranbrook and Rockbeare with a 1 hour Score event.

**Queries:** Email Matt Atkins at <mailto:maprun@devonorienteeing.co.uk>

**Organiser & Planner:** Damian Wilson

**Directions and Parking:** Start and Finish are at Hayes Square, Cranbrook, EX5 7AT, what3words: trailers.sweeter.limitless. Approaching Cranbrook from the west along the old A30, turn left at the first roundabout onto Younghayes Road and continue about 600 m to Hayes Square on your left. Approaching from the east, turn right at the second roundabout (Cranberry

Farm) and then left at the end of the road onto Tillhouse Road. Continue for 800 m and Hayes Square is on your right. There is some free off-road parking near the shops to the west of Hayes Square, otherwise park on the roads like most of the residents of Cranbrook!

**Terrain:** Mostly suburban streets and tarmac paths, but also visiting the country park, with faster runners using country lanes to Rockbeare and some unmade footpaths. Please be careful on the roads, faster runners will be crossing the old A30 and running along country lanes with no footpath. Take care on the unmade paths, especially if it has been raining. Please wear appropriate footwear and high visibility clothing suitable for the weather conditions. This course is not suitable for running in the dark.

**Map:** 1:7500 scale OpenOrienteeringMap

**Course information:** Score event using the MapRun app. You have 60 minutes to go from the Start to the Finish via as many controls as you can. Gain 10 points per control. Lose 10 points per minute – or part minute over the 60. Visit our MapRun pages for info on getting and using the app:

<https://www.devonorienteering.co.uk/category/maprun>

For those that already have been using MapRun, there is a new version:

**MapRun6.** We advise that you uninstall any older versions and install this new version.

**Course Opening Times:** The course will be open from **9am on Sunday 13<sup>th</sup> March through to 6:30pm on Sunday 20<sup>th</sup> March.** You can run the course at any time of your choosing during this period. The course will be closed after this period.

**Meet up:** There will be an informal meet at Hayes Square on **Sunday 13<sup>th</sup> March between 10am and 11am.** Damian & Matt will be on hand to provide printed maps to those that need them and to offer help with using the MapRun app. Please tick the box on RaceSignUp if you are coming to the Meet up. The Cranberry Farm pub will be open from 1130

<https://www.cranberry-farm.co.uk/> . Join us for a drink after your run!

**Start & Finish Locations:** Hayes Square, Cranbrook, EX5 7AT, what3words: trailers.sweeter.limitless

**Entry details:** Seniors £4 / Juniors £2. Online entry only via:

<https://racesignup.co.uk/site/event.php?eventid=2590>

**Please note: Due to safety and insurance reasons under 16's must be accompanied on their run by an adult.**

Once you have entered you will be emailed a copy of the map on the day the course opens. If you enter after the course has opened we will email you a map as soon as we can.

If you need a map printed, this can be collected at the Meet Up.

Unlike a conventional orienteering event, where you pick up your map after punching the start, you will have the opportunity to study the course and plan your route before you start. You are welcome to do this but we would ask that, for reasons of fairness, you refrain from looking at other competitors tracks in the results section of the MapRun app before you have completed your own run.

**League information:** This is the first of our **Maprun League** events. The League is very low key and informal, just to provide a bit of competition for those who are keen! There are currently 8 events pencilled in although we may add one or two more as we go along. Best 5 results to count towards your final League position. Scoring will be 100 points for the winner of each event, 99 for second, 98 for third etc. You are welcome to run the course as many times as you like but only your **first** run will count towards the League.

### **Dates / Locations:**

- **Exeter Pennsylvania** - 30<sup>th</sup> March / Time TBC.
- **Crediton** - 24<sup>th</sup> April / Time TBC.
- **Ivybridge** - Date / Time TBC.
- **Cockington** - 13<sup>th</sup> June / Time TBC.
- **Sidmouth** - Date / Time TBC.
- **Shaldon** - Date / Time TBC.
- **Barnstaple** - Date / Time TBC.

### **Results:**

Final results for each course will be published on the website as soon after each event as we can. MapRun has its own set of results which you can access on the app, therefore allowing you to follow progress of the results

as people participate. You can run the course as many times as you like but only your **first** run will count as your result for the League.

**Safety Info:** Every effort will be made to ensure the event is safe for competitors and the public. We ask that at all times you adhere to the government's guidance on social distancing and follow the British Orienteering's Code of Conduct which can be found

at:[https://www.britishorienteering.org.uk/COVID19\\_Safe\\_Orienteering](https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

It is vital that all attendees at this event 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. 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.

You enter and participate entirely at your own risk.

For safety and insurance reasons under 16's must be accompanied on their run by an adult.

As this is a 'run in your own time' event there will not be any First Aid cover.

As always with urban events your biggest danger will be traffic! **Please take care when crossing all roads!**

Please be courteous to other people you come across in the area. Keep an eye out for cyclists, pedestrians, as well as cars etc. Oh, and other orienteers! Please be especially careful on narrow paths and lanes and round unsighted corners.

**To minimise risk please choose a quiet time of day to run. Perhaps take advantage of the light summer evenings. This course is not suitable for running in the dark. Remember that safety is more important than results.**

Check the weather before travelling and let your next of kin know where you are going.

Bright/fluorescent clothing is advisable.

A Risk Assessment has been completed for this event.

