



DEVON ORIENTEERING CLUB

Devon MapRun League 22

Exeter Stoke Hill

Sprint



Wednesday 30th March – Sunday 10th April



General Information: This is Devon's second outing in our 2022 MapRun League. Come along and explore Exeter's Stoke Hill area (comprising Northern Pennsylvania and Mincinglake Valley Park) whilst running a 45 minute Score event.

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

Organisers & Planners: Martin Yeo & Jemma Davie

Directions and Parking: Parking at Mincinglake Valley Park's northern car park, next to Sylvania Community Hall.

Terrain: The Pennsylvania part of the area is urban streets, footpaths and staircases; while the Mincinglake Valley Park part is a mix of open and wooded, and can be fairly muddy in places! The whole area is very hilly.

Map: 1:5000 scale (double sided map, ISOM format)

Course information: Score event using the MapRun app. You have 45 minutes to go from the Start to the Finish via as many controls as you can. Gain 20 points per control. Lose 10 points per minute – or part minute over the 45. 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 **6pm on Wednesday 30th March through to 8pm on Sunday 10th April**. You can run the course at any time of your choosing during this period. The course will be closed after this period.

Meet up: Celebrate the clocks springing forward at the informal meet up at Sylvania Community Hall on **Wednesday 30th March at 6-8:30pm**. Martin & Jemma 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. Bring warm clothes and something to eat if you would like to stick around after your run ☐ ☐

Start & Finish Locations: The start and finish locations are by the northern Mincinglake Valley Park car park, next to Sylvania Community Hall.

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

<https://racesignup.co.uk/site/event.php?eventid=2623>

Please note: Due to safety and insurance reasons under 16's must be accompanied on the Pennsylvania section of the run by an adult.

However, The Mincinglake Valley Park half of the run is all off road so under 16's will be able to run on this area unaccompanied if they would like.

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 second 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 4 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 over the 10 days that it will be open, but only your **first** run will count towards the League. As this is the first time we have put on a League like this, there may be updates / clarifications to the rules as we go along! Speaking of which, if 2 people have the same score at the end of the League the countback system will be as follows: Next best score (i.e. if they have run more than 4 events their next best score will count), Best individual score in the events they have run, Number of events they have participated in. If this doesn't separate people then I will have to think of something else!

Dates / Locations:

- **Exeter Stoke Hill Sprint** - 30th March / 6-8:30pm
- **Crediton** - 24th April / Time TBC.
- **Ivybridge** - Date / Time TBC.
- **Cockington** - 13th 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 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.

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, dogs, as well as cars etc. Oh, and other orienteers! Please be especially careful on narrow paths and round unsighted corners.

To minimise risk please choose a quiet time of day to run. Perhaps take advantage of the light summer evenings. 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.

Area-Specific Safety Notes:

- The road next to the Start/Finish needs particular care when crossing.
- There are many concrete staircases in the Pennsylvania section (some very steep).
- Mincinglake Park is notoriously muddy, even during dry weather. Please watch your footing and wear appropriate footwear.

The car park is well-placed for a shoe change between park and urban settings!