



**DEVON ORIENTEERING CLUB**  
**Devon Summer MapRun**  
**League 21**  
**Exmouth**



**Friday 16<sup>th</sup> July – Sunday 25<sup>th</sup> July**



**General Information:** This is Devon's fifth outing in our **Summer MapRun League**. Come along and explore Exmouth whilst running a 1 hour Score event.

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

**Planner:** Adrian Taylor

**Directions and Parking:** Parking is outside St Joseph's Primary school or down Regents Gate in a modern housing estate, off Long Causeway. EX8 1TA. **What3Words** [tasty.soda.ridge](#) Come past Phear Park up to the top of Marpool Hill to turn right into Long Causeway. Bear right after 60m on Long Causeway. Please park considerately.

**Terrain:** Urban streets / footpaths & parkland.

**Map:** 1:10000 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 20 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 **6pm on Friday 16<sup>th</sup> July through to 8pm on Sunday 25<sup>th</sup> July**. 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 up outside St Joseph's Primary school at EX8 1TA ([What3Words tasty.soda.ridge](https://www.what3words.com/soda.ridge)) on **Sunday 18<sup>th</sup> July from 9am to 10am**. 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.

**Start & Finish Locations:** The Start is a nearby Path / Road junction. The Finish is a road junction SW of the Start.

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

<https://racesignup.co.uk/site/event.php?eventid=2199>

**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 fifth of our **Summer 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 6 events in the series, best 3 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!

### Remaining Dates / Locations:

- **Exmouth** - Course open from 6pm Friday 16<sup>th</sup> July through to 8pm Sunday 25<sup>th</sup> July. Meet up: 9am – 10am Sunday 18th.
- **Ottery St Mary** – Course open from 6pm Friday 23<sup>rd</sup> July through to 8pm Sunday 1<sup>st</sup> August. Meet up: 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 extra care crossing the busier roads in Exmouth.**

Please be courteous to other people you come across in the area. Take care crossing all roads and 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. Remember that safety is more important than results.**

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

The area is mostly hard paved with some parkland and potentially muddy footpaths. Please choose appropriate footwear.

**Please be especially careful near any cliff edges and when running close to the edge of the Marina & Harbour.**

Bright/fluorescent clothing is advisable.

A Risk Assessment has been completed for this event.