



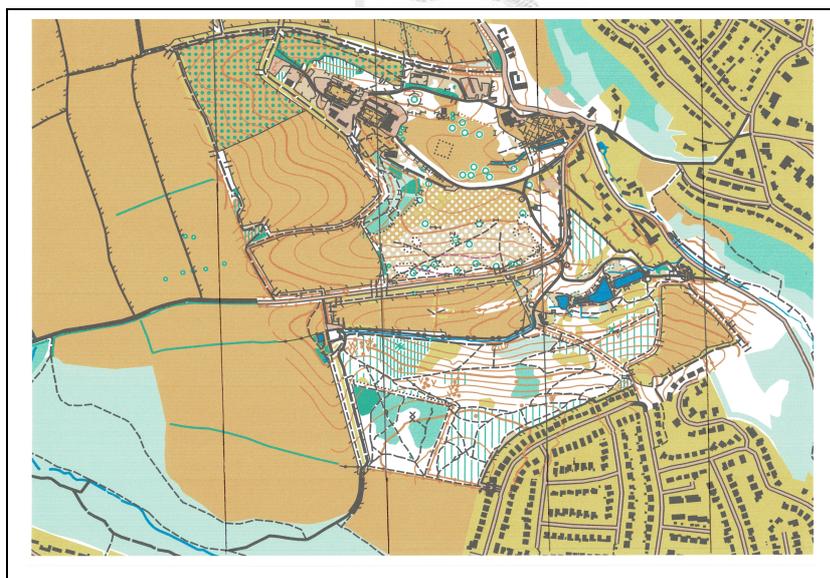
DEVON ORIENTEERING CLUB

Devon MapRun League 22

Cockington, Torquay



Sunday 12th June – Sunday 19th June



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

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

Organiser & Planner: Steve Perrelle

Directions and Parking: Start / Finish and parking are at Cockington Cycle Hub car park (Cockington Lane, TQ2 6XA ; turn into the “Drum Inn” and go past and up lane towards Cockington court and CP is on the right) Parking £1 per hour up to a max of £4: it’s a tourist hotspot. Alternatively park in Seaway lane or surrounding streets for free and stroll **down** into the village ! what3words for pub ///imprints.neckline.upholding

Terrain: A mix of everything, grass, woods and tarmac . Please be careful on any roads and on the unmade paths.. Please wear appropriate footwear

and clothing suitable for the weather conditions. This course is not suitable for running in the dark, nor for unaccompanied juniors although there is an off road alternative for them.

Map: 1:5000 scale Hybrid OpenOrienteeringMap/ Orienteering map and bring a compass as you might need it!

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 **9am on Sunday 12th June through to 6:30pm on Sunday 19th June**. 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 Cockington Cricket Pavilion in the park 20 metres from the car park on the morning of **Sunday 12th June between 10am and 12am**. Steve & 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. Whether it's a picnic in the park or a meet up in the Drum Inn 50 metres away for a post run chitchat! It's up to you.

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

<https://racesignup.co.uk/site/event.php?eventid=2794>

Please note: Due to safety and insurance reasons under 16's must be accompanied on their run by an adult if they wish to run on the large map. However, there is the alternative of Juniors running solo on a map limited to the off road sections in and around the park with its 18 controls

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 **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:

- **Cockington** - 12th - 19th June / Meet Up 10am -12am Sunday 12th
- **Sidmouth** - 24th - 31st July / Meet Up 10am – 11am Sunday 24th.
- **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 unless running the Cockington park map.

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 really 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.