



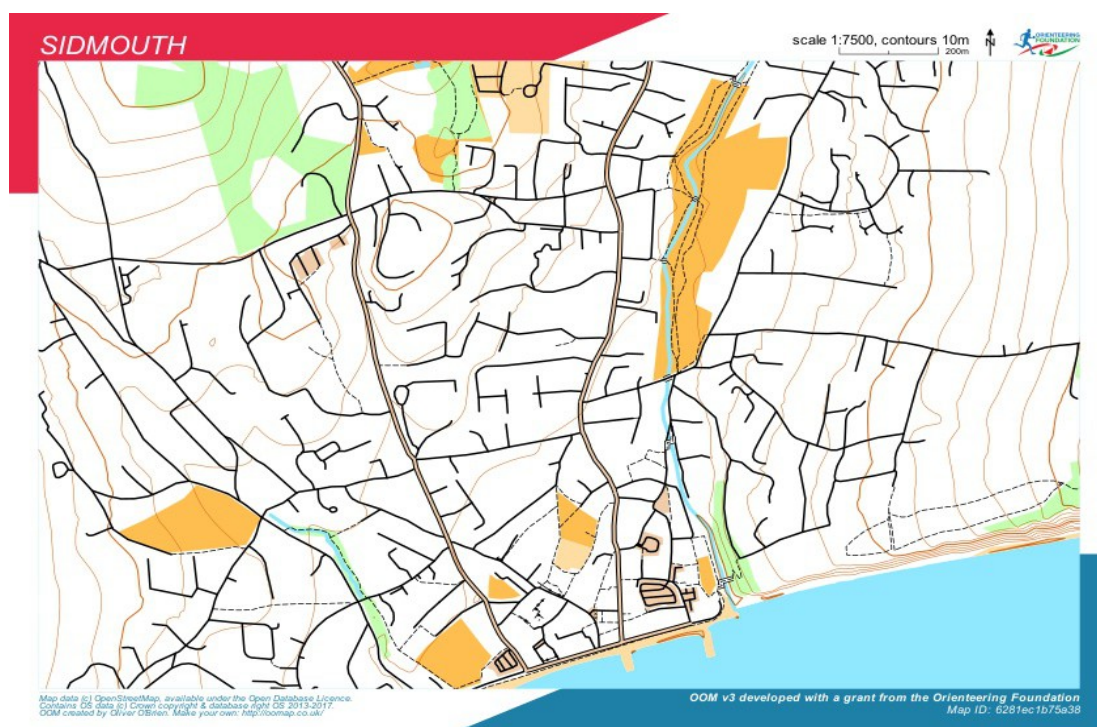
DEVON ORIENTEERING CLUB

Devon MapRun League 22

Sidmouth



Sunday 24th July – Sunday 31st July



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

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

Organiser & Planner: Malcolm Hilton

Directions and Parking: Start / Finish and parking are at Manor Road Long stay car park, Sidmouth EX10 8RT £2 per hour, (Ringo location is 42936 for

paying on your phone), what3words: ///hope.vague.supper . There is some free parking on nearby streets but please park considerately.

Terrain: Mostly suburban streets and tarmac paths. Please be careful on the roads and on any 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, nor for unaccompanied juniors. There are 2 main North-South roads in/out of Sidmouth that must be crossed at various points – please exercise extreme caution; these roads usually have a steady stream of traffic on them. Many smaller roads have sections where there is no footpath – please be careful when running on the road.

The course starts and finishes in the car park – be aware of cars when your focus of concentration may otherwise be distracted by planning a route or getting the last few steps to the finish!

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 **9am on Sunday 24th July through to 6:30pm on Sunday 31st July**. You can run the course at any time of your choosing during this period. The course will be closed after this period. You should be aware that the Sidmouth Folk festival starts on Friday 29th July. The seafront area is often busy in Summer if the weather is nice but especially busy in Folk week so please take account of this when planning your run.

Meet up: There will be an informal meet at Manor Road Car Park on **Sunday 24th July between 10am and 11am**. Malcolm & Matt will be on hand to provide printed maps to those that need them and to offer help

with using the MapRun app. We will hang around close to the Northern exit of the car park where the course starts. Please tick the box on RaceSignUp if you are coming to the Meet up. After the Meet Up we will decamp to the Marine pub on The Esplanade EX10 8BB for a post run drink & chinwag. <https://www.marinesidmouth.com/>

Entry details: Seniors £4 / Juniors £2. Online entry only via: <https://racesignup.co.uk/site/event.php?eventid=2864>

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 sixth 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 now 9 events pencilled in as we have added Exmouth to the fixtures (see below). 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:

- **Sidmouth** - 24th - 31st July / Meet Up 10am – 11am Sunday 24th
- **Shaldon** - Date / Time TBC.
- **Barnstaple** - Date / Time TBC.
- **Exmouth** - 2nd - 9th October / Meet Up & AGM Sunday 2nd

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.

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.

