

# 2020 Maprun Urban Series Event

## Details - updated 8/8/20



Event 1: Inshes Park - 7<sup>th</sup> August 2020 for 2 weeks

Please check <http://invoc.org.uk/> before setting off in case of any last-minute information that may affect the event.

**The Maprun Urban Series:** Consists of a number of low-key urban races set to test your route choice and quick decision making. Navigation is more straightforward than in the forest, so the challenge for the experienced orienteer is making quick and correct route choice decisions. The organisation will be low-key using minimal volunteer manpower and aims to minimise participant interaction due to COVID restrictions. Enjoy yourself on these late summer evenings!

As per SOA COVID guidelines this registered club urban series Activity is only open to INVOC members. In addition, the events will be run on Maprun and you will get 2 weeks to get yourself to the area and run the course. You should run individually or with another family member (such as those needing to be accompanied).

**COVID:** Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow Government guidance and the BOF code of conduct to ensure the safety of themselves, other participants, event volunteers and the general public. Government guidance takes precedence over the BOF code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Please read the BOF code of conduct. <https://www.invoc.org.uk/docs/Covid-19/BOF-Code-of-Conduct-6-July-2020.pdf>

- Individuals should not come to this event:
  - o If you are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
  - o If you or someone in your household or your support bubble is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.
  - o If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the self-quarantine period for 14 days, even if they are symptom-free
  - o If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
  - o If you have been advised to stay at home by a health professional.
  
- Maintain physical distancing (2m) at all times

**MAPRUN:** The event will be run on Maprun. You need to download MapRunF app to your phone or tablet. There are no actual controls set out on the ground, but when you run the course the phone beeps when you get to the control. 95% of the time it works fine, but occasionally you have to run in a circle a bit until it finds you - it depends how good your phone's GPS is. You will need to carry your phone / tablet when you go around the course. If you want a paper copy of the map to use as well then there is a PDF of the course available from the INVOC website to print.

Once you have downloaded the app you will need to enter some basic personal details in the "Name" section before you can use it. Then go to the Events Near Me List and look for the event with "Sprint 2020" in the title or look in Select Event...UK...Scotland ... INVOC folder. This will load the event file onto your phone and it will be saved in local storage. Once you have the event file on your phone you don't need any phone signal or data to be able to use the app. You will, however, need to have some location services and GPS enabled on your phone, and the volume turned up. You will need the LOCK CODE to run the course (see specific event details below).

PDF maps will be distributed by email. You may print off a map and use this along with your phone, however, please use #fairplay when printing out maps and trying to avoid looking at it in advance of running the course.

When you finish follow the prompts to upload your results to the Maprun website.

If you do not have access to Maprun, you can still compete by timing yourself and submitting your time to <https://forms.gle/qvHK8cgjDuLNZAGB8>.

If you wish to test the app before you run there is Inshes Park Snaily Maprun course to try.

**Urban league and results:** Results will be on Maprun once uploaded. Combined results (Maprun and self submitted form) will be formed into a league. Winner gets 100pts, 2<sup>nd</sup> place 99pts, etc. There will be one league for each course (short and long leagues). Event results and updated leagues will be published on the website as soon as practical after the event [www.invoc.org.uk](http://www.invoc.org.uk).

Only the "Sprint 2020" Maprun courses will count in the league.

You can run the course as many times as you like as part of your personal training but it is your 'worst' run that counts for the urban league.

**Courses:** There are 2 courses at each event. Long and Short. Winning times are expected to be in the region of 20 to 25 mins, though will vary by event. You only need to run one course per event. The long course is for 16 year olds and older.

**Maps:** Please see event specific information below. For all events note that the green around the houses means that land is out of bounds because it is gardens; please do not enter. All pink areas (lines and hatching) are out of bounds. Thick black lines on the urban standard maps means an uncrossable fence/wall. Red crosses on a path or road mean that you cannot run along a road or route. A thick red line along a fence or

stream mean you are not allowed to cross that fence or stream and will be disqualified if you do.

**SAFETY - in addition to the event specific safety information below please note:**

**Clothing/Shoes:** Please wear a bright high visibility top / t-shirt; this is safer for road running. Metal dobs are not recommended for any of the events.

**Urban orienteering involves road crossings.** Always look carefully before crossing a road to check that it is safe to do so. All competitors should take the same precautions when crossing roads that they would take if not competing

**Pedestrians, dog walkers and cyclists:** As this is an urban area, please be considerate to other pedestrians while you are out on the courses, take extra care if you encounter young children or animals.

**Dogs and dog fouling** may be present on all courses.

**The risk assessment** for the event will be available to view on request to the organiser.

**Insurance:** Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

**BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:**

1. Maprun data will be recorded on computer. 2. Photos and/or names may appear on our website or in the media. We will seek permission where this involves young people. 3. Competitors are responsible for their own safety and for assessing their own abilities to complete the course. 4. Event results will be published on the internet and sent to British Orienteering. 5. Our data protection policy is here: [http://www.invoc.org.uk/docs/DPN\\_current.pdf](http://www.invoc.org.uk/docs/DPN_current.pdf)

**Event Specific Information - Inshes Park**

	<b>Inshes Park 7<sup>th</sup> to 14<sup>th</sup> August 2020</b>
Map	1:4,000 (extended 2020) <b>Urban mapping standard</b>
Terrain	Classic urban orienteering around Inshes Park and the local housing estates, all 30mph roads. Mixture of fast parkland and urban streets. The map has been extended to include a new area to the south. The undergrowth / green is thick where marked due to summer growth, however, route choice can easily be made to avoid these areas, which is recommended. The streams are crossable, though you will get your feet wet on the wider Mill Burn if you choose to cross this. The long course crosses Stevenson Road. This is a 30mph road with relatively light traffic, but cars do travel fast, so take extra care.
Course lengths	Long 5km, Short 3km (based on route choice)  There is a fun Snaily (Maprun "Inshes Park Snaily") course (1.5km) which you can also do,

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	which was produced for the JST this year and results in a great GPS tracking route.
Juniors	The events are on public roads, under 16s should be accompanied by an adult at all times; this adult must take responsibility for road crossing decisions.
Start/Finish locations	Unmanned: Adjacent to Inshes Park Car Park
Parking/ Directions	Parking is at Inshes Park Car Park, off Stevenson Road Grid Reference NH687433.
Toilets	There are no public toilets at Inshes Park.
Event specific safety information	Short course is contained within the housing estates of Wester Inshes and Inshes Park. Whilst there are traffic calming measures, the roads are 30mph and there is a bus route. The Long courses also crosses Stevenson Road which is faster, competitors are urged to take extra care crossing this road as it will be busier than the rest of the area. Always look carefully before crossing a road to check that it is safe to do so. The southern distributor road runs to the NW of the site, which is bounded by a barbed wire fence. Courses do not cross this. The park is a popular dog walking area.
Event Team	Planner/Organiser: Laurence Cload 01463 713799 Safety sign off: Steve Scott
Lock Codes	Long: 3581 "Inshes Park Sprint 2020 Long PZ" Short: 6961 "Inshes Park Sprint 2020 Short PZ" Snaily: 2061 "Inshes Park Snaily PZ"  There are a number of other MapRun courses on Inshes Park. Only the "Sprint 2020" (Long and Short) courses will count in the league.