

2020 INVOC Maprun Urban Series

Event Details



Event 4: Lochardil - 24th Sept 2020 for 2.5 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. The league is only open to INVOC members, although anyone can try the courses if they wish. 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!

Due to COVID restrictions the events will be run on Maprun and you will get 2.5 weeks to get yourself to the area and run the course (keep an eye on the INVOC website for the exact closing date). 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:

- If you are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
- 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.
- 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
- If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
- If you have been advised to stay at home by a health professional.

- Maintain physical distancing (2m) at all times. In particular this 2m separation applies to members of the public. All participants must give way to anyone they come across while they are taking part - especially on stairways, passages, underpasses and narrow pavements. Participants may choose to pause their personal timing device at these points. Please also avoid touching fences and street furniture where possible.

If you are in a higher risk category for COVID-19 then you should be aware that attending an event may put you at increased risk so you should decide accordingly whether to attend or not.

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 (recommended) 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).

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

There is also the option to use MaprunG if you have a garmin watch that can use this app (not all can) and this saves you running with a phone as the signal is caught by your watch. Find out more here <http://maprunners.weebly.com/maprung.html>

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

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, 2nd 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.

Only the "Sprint 2020" Maprun courses will count in the 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. Under 16s will need to be accompanied on both the long and short courses due to road crossings.

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

Event Specific Information - Lochardil

	Lochardil 24th September 2020 for 2.5 weeks
Map	1:5,000 Urban mapping standard
Terrain	Classic urban orienteering around Lochardil, mostly 30mph roads but a small number are 20mph. Mostly urban streets with a small area of parkland.
Course lengths	Long 5.5, Short 3.5km (based on route choice)
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
Parking/ Directions	Parking is in the Culduthel Christian Centre FRONT (gravel) car park - <u>you might get locked in if you park in the CCC rear car park</u> - or adjacent streets. Please park considerately to residents and be aware that the road adjacent (Culduthel Avenue) gets extremely busy at 0830 and 1540 (1220 on Friday) with Inverness Royal Academy pupils.

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	<p>CCC have agreed to this as their car park is empty most of the time due to the pandemic - thank you to them for accommodating us.</p> <p>Parking: From what 3 words app: months.crew.settled Postcode IV2 6AS</p>
Toilets	There are no public toilets. The nearest ones are Asda or Tesco.
Event specific safety information	<p>Daylight: The nights are drawing in 😞 and this isn't night orienteering! Please set off early enough to complete your run well before darkness falls (bearing in mind it will get darker earlier than publicised if it is bad weather). You can look up sunset times for the day you are running here https://www.timeanddate.com/sun/uk/inverness</p>
Event Team	<p>Planner: Alison Matheson</p> <p>Organiser: Alison Matheson</p> <p>Safety sign off: Marsela MacLeod</p> <p>COVID-19 sign off: Gilly Kirkwood</p> <p>Committee sign off: Dave Summers</p>
Lock Codes	<p>Long: 3121</p> <p>Short: 1463</p>