FINAL DETAIL - PRE AGM ACTIVITIES

Come for as much or as little as you wish - there are some spare maps etc

09:30 PARKRUN

- Usual arrangements - see www.parkrun.co.uk for details. You should register to get a free barcode which is used for timing. If you've registered for other parkruns before you can use the same barcode.

FROM 10:30-12:00 SCORE MAPRUN

- Turn up any time and see Neil just ouside the Cottrell Building (may be hiding in white car if its too cold!). Get a map, get the code to access the maprun and have fun...   ...see Neil when you get back so we know you are safe.

Start anytime between 10:30 and 12:00 courses close 13:00   Details below

FROM 11:00-13:00 ACCESS TO SHOWERS

Holly has kindly arranged access to the sports centre for changing and showers. Details will be available at the finish of the Score.

FROM 13:00-14:00 LUNCH

Bring your own - or there is a cafe on site

FROM 14:00 AGM

Separate room available for juniors

About Maprun

Maprun is a mobile phone app that provides an alternative way to prove you have navigated round a course. It has been improved a lot over the years and now has too many options/features to list. Tomorrow's courses have been set up as Score events - I'm aware that may be new to some people so have included a brief explanation below. The "harder" score event has an extra "twist" to it to challenge even our best runners.

About Score orienteering

As you know most of our events follow set courses where you have to visit every control as fast as possible. Score orienteering turns that model on its head and gives you a set time to visit as many controls as possible. You pick the route. You probably can't visit all the controls in the time limit so you decide which controls to sacrifice. Controls will have a different number of points associated with them e.g. 10, 20, 30, 40, 50, 50 points for visiting that control. Coming back over the time limit will carry a points penalty. If two people score equal points - first back "wins".

Cotrell Building is no 6 on the above map
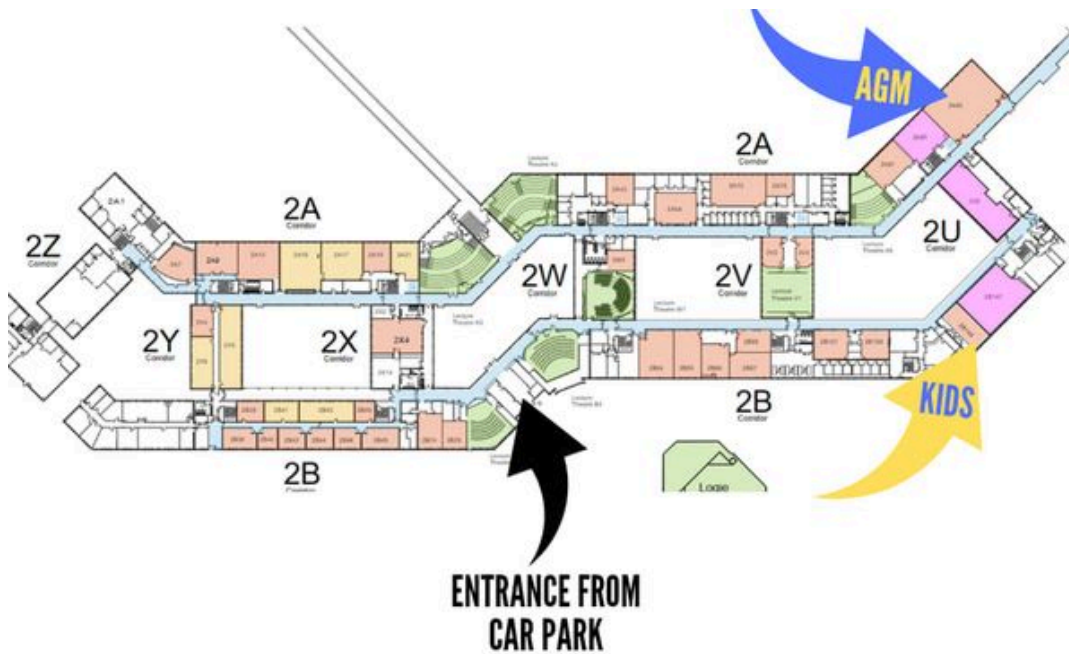
Score course S/F near Entrance from Car park

The courses

- **A4 printed maps @ 1:4000 will be provided for these courses - these are DIY printed on waterproof paper as Geoffrey is away**
- **There are no control kites/flags or SI units to punch - the app will confirm if you get to a correct "control site"**
- **The usual risks of pedestrians, cyclists, dogs (and walkers with leads) etc all exist and in the built environment sight lines may be restricted when you run round corners**
- **Control descriptions are printed pictorial only and smaller than usual to fit on the map.**

Warm up course - A mini course with just two controls near the S/F so you can check MapRun is working for you.

45 minutes score - course designed to avoid crossing roads, but route choices may go across car parks, service roads (used by university vehicles etc). Suggested for anyone under 14 and for any older people who want a shorter run. Parents should decide if juniors are appropriate to run unaccompanied bearing in mind that having to select your own route, and not having kites to find adds some difficulty for the inexperienced.

60 minutes score - some controls require crossing the "bigger" roads within the campus. Whilst these meet the BOF Insurance definition of low/slow traffic and Juniors are permitted to run on them - the 45 minute score should be challenging enough for at least most under 14's. This course will be on a double sided map with an added (optional) complication. Controls are grouped odd/even on different sides of the map. You can start on either side. You should complete as many controls as you wish on that side before swapping sides (There is no need to do any controls from the second side). The system is clever enough to know you've swapped sides - but you can't go back to controls from the first side once you swap to the second side. You can change side at any point - no need to go back to the S/F.

POINTS

Control codes are printed on the maps. Control codes 10-19 = 10 points, 20-29 = 20 points, 30-39 = 30 points and so on. Control description table lists the points in first column too.

Late back = 30 points deducted for each minute or part of a minute you are late.

RESULTS

You can see your results within the MapRun app. As this is a training activity rather than a race or formal event we will not be publishing your results.

TIPS

- install MapRun before you come (see below)
- make sure your phone is charged - they use a lot of power in the cold
- make sure phone not on silent, and app set to allow gps access etc (help available at start)
- test you are using MapRun right before you do the real course - see warm up course above
- avoid the finish until you actually want to finish. Best to stay 30m away at least.
- you don't need to have your phone "out", but it will work best with a good "view" of the sky - and arm holder holder for a phone if you have one could be ideal
- if you think you are in the right place but the control is not registering - your GPS signal may be affected by buildings or tree cover. at the bottom of the screen your position error is shown - if you have a good view of the satellites this will usually be <5m (about 1/3rd the radius of the control circle on the printed map) if its high, hold the phone with a good view of the sky and wait a second or two - if that doesn't work it is probably affecting everyone similarly - at least in score nobody gets disqualified for missing a control.

Installing Maprun

Recommended to install / update MapRun before you come. Latest version is v7.

APPLE: https://apps.apple.com/gb/app/maprun/id1634949963

ANDROID: https://play.google.com/store/search?q=maprun7&c=apps&hl=en&gl=US