







Summer MapRun Series



MapRun is a free Smartphone app that is perfect for socially distanced exercise! During lockdown, club members have been creating fun challenges throughout Derbyshire. Every fortnight through the summer, we will focus on a new MapRun course:

- 5 Aug  Alvaston Park Short (2.5km) or Medium (5.2km)*
 Long Eaton Score – 1 hr to find as many controls as you can
- 19 Aug  Matlock Long (6.2km + 170m) & Medium (3.3km + 85m)* /Sun 23rd
 Darley Park Score – 1 hr 40 controls + linear junior course/Sun 30th

Subsequent courses revealed every alternate Wednesday and League Scores published on DVO website.

** Distances for 'linear' courses are straight line; expect to run a bit further!*

Download the MapRunF app, entering your details. Print the map from the **MapRun page of the DVO website**, and check parking details and any restrictions. Now, on MapRunF, tap:

Select Event > UK > Derbyshire > Derwent Valley > [course name]

Select **Go to Start**. The course is now loaded and you can travel to the Start. Your location is shown as a dot, but when you pass through the Start, the dot disappears and your phone will beep. The timer has started and you can go to the first control! Once you are within about 10 metres, the phone will beep. Proceed round the course, then go to the Finish. Your result should now upload automatically to the MapRun server, and you can see your GPS trace and time.

Results for individual courses at: <http://derwentvalleyorienteers.org.uk/maprun-results/> and link to League results on this page. **Points will count towards the League if the course is done before the promoted fortnight, but not after the end of the fortnight** (although courses are still open).

Important

1. You **MUST** comply with the **Participant Code of Conduct** on the MapRun page of the DVO website.
2. British Orienteering insurance cover does not apply in these events.
3. Under 16s **MUST** be accompanied by an adult on the urban courses.
4. Please drink plenty before and after your run, it's very humid at present.