

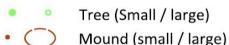
### Venue Location of start From S corner of park, near fence 22 July Wilton **Pyrland** Path by play area & tennis courts 29 July

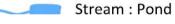
MapRun Summer series details

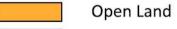
## Wall

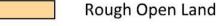
# High Wall Narrow Path (< 2m) Fence with Gate High Fence Earth Bank Earth Wall **Building with Overhang** Stairway, Kerb Play Equipment Picnic Table

Map symbols















Tarmac

Soft Surface Out of Bounds

# **Getting started**

Read the MapRun section on the QO website

Once you have the MapRun app installed:

Select the course, shown as event in the app. You'll need to navigate to the MR Quantock Orienteers folder within "MR UK" to find our courses.

Position yourself near to but not at the Start, and tap Go to Start.

Tap 'Start the GPS'. This gives your GPS time to locate the GPS satellites before you go through the Start.

When the app is ready, go through the Start location to start the course timer.

You now have 45 minutes!

Once started, **do not** pass through the Finish unless you are at the end of your run!

Remember to upload your **result** afterwards

5 Aug Galmington Lamp post by hedge by car park 12 Aug Blackbrook On path to E of shops

## **Controls**

The checkpoints are **not physically marked** on the ground - the control descriptions on the map help you identify the correct point as you get near.

You should hear a bleep from your phone when you get within 10m of the control.

If you don't, it may be that the GPS signal is weak you may need to pause to let it 'catch up' with your location.

## Safety

Take care running on or across all roads, but particularly major roads.

Plan for time spent waiting to cross safely.

You run at your own risk. Take care also when running round corners or along narrow paths and alleyways.

Be aware of and courteous towards other people on your route.