

MapRun Llanishen Park

Start/Finish: Park gates, Newborough Avenue, CF14 5BY

<https://goo.gl/maps/8VYHB9oLcyXqTpzq7>



What is MapRun?

MapRun is orienteering using a SmartPhone for timing, avoiding the need to put flags and timing units out on the course and allowing people to take part when they want.

What do you have to do?

Before you leave home:

Install the free MapRunf App (Apple App Store or Android PlayStore) on your smart phone.

Start the app and "register" by entering your details as requested.

Press "Select event" and scroll down to the "UK" -> "Wales" -> "South Wales" folder. Select the "Llanishenpark" file.

If you can, print the map out (on the next page) so it is easier to see.

At the park:

Open the MapRun app and switch on your phones GPS.

Press "Goto start" and the map with course will appear on your screen.

Using the map on your phone or a printed version of the map, visit the start, then as many checkpoints as you can in the time allowed (60 minutes).

There are no markers at control sites. As you reach a control (you have to be within -5m) the phone will beep and buzz and add to your score. Each control is worth 20 points. Make sure to come back to the Finish before the 60 mins is up or you will be penalised 10 points per minute (or part thereof). At the end of your run press "Upload Results" to be in the result list. This will allow you to compare your time with others or your own result from previous attempts and replay where you and others went.

Warning: Please obey social distancing and travel rules. You participate at your own risk and are responsible for your safety. You do not have right of access to the park. Children aged under 16 must be accompanied.

Control Descriptions (all 20 points)

Start/Finish: Park gates

1. Bench
2. Path junction
3. Path junction
4. Pond north side
5. Path bend
6. Path junction
7. Path junction
8. Path junction
9. Corner of paved area
10. Vegetation boundary, south side
11. Post
12. Ditch junction
13. Path/ditch junction
14. Depression
15. Path/earthwall junction
16. Tree
17. Fence end
18. Path junction
19. Depression
20. Bench

For hints and tips to get started orienteering or to find more events like this please visit the South Wales Orienteering Club website or like us on Facebook

www.swoc.org.uk

Orienteering map of

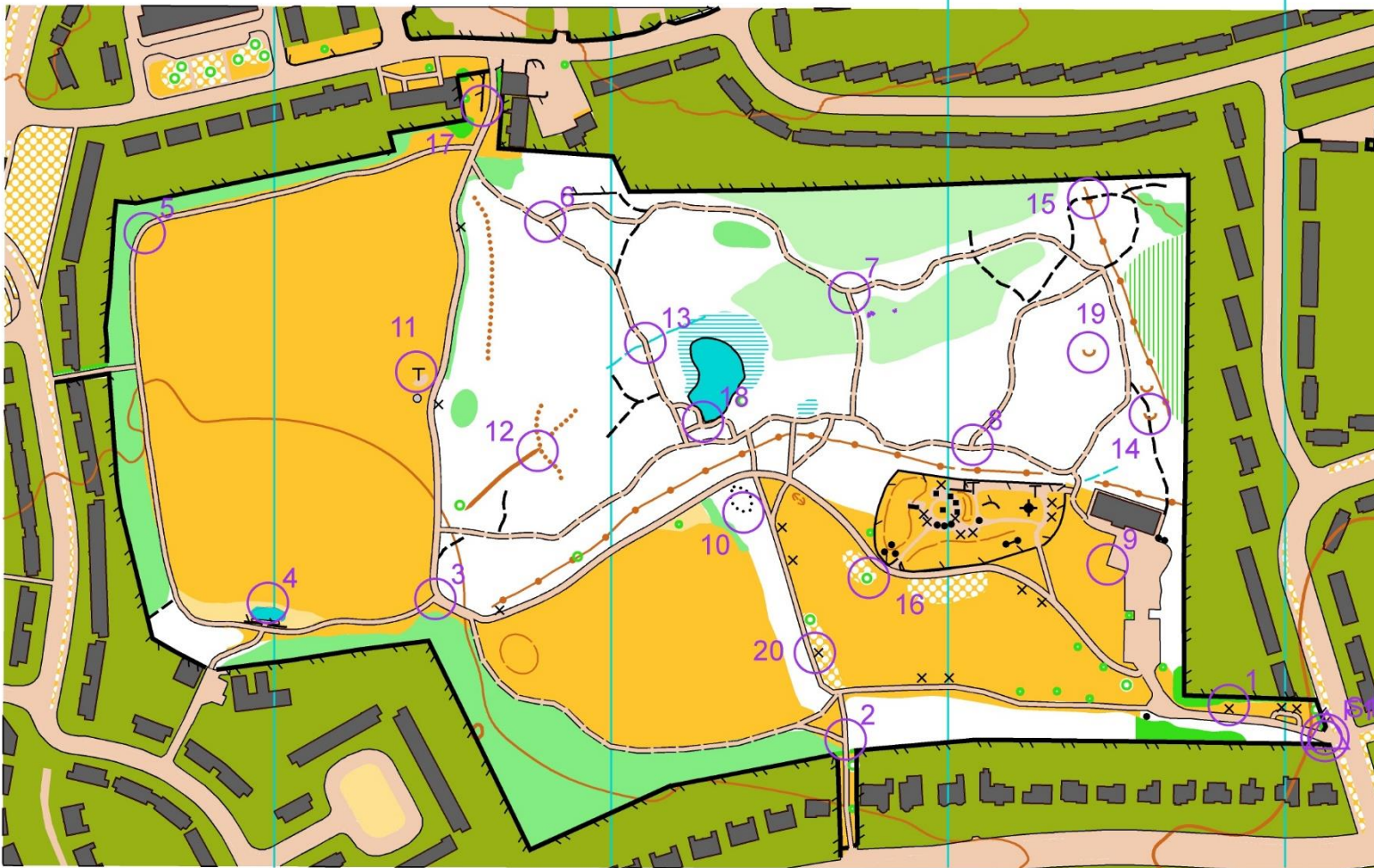
Llanishen Park

Scale 1:3,000



60 minute Maprun

0m 250 m



- Contour
- Form line
- Small earth wall
- Erosion gully
- Small erosion gully
- Small depression
- Boulder
- Pond
- Ditch
- Marsh
- Open land
- Scattered trees
- Rough open land
- Vegetation
- Vegetation boundary
- Large tree
- Small tree
- Paved area
- Paved footpath
- Unpaved footpath
- Small footpath
- Building
- Passable fence
- Impassable fence
- Forbidden area
- High tower
- Man-made feature
- Start/Finish
- 5 Control Point

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BO map registration number xxx

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