



Summer Lockdown Series



Bingley 15th – 21st July 2020 (Event 5 of 6)

Directions and Parking: Utilise town centre car parks in vicinity of Bingley Station (**BD16 2NA**) be aware of time restrictions and charges in some of the parking areas. Free parking is available adjacent to Myrtle Park/Outside the closed swimming baths.

Public Transport: Bus services 60, 615, 616, 622, 662, B5, K19, K17 all serve Bingley town centre.

Bingley rail station is the location of the start and finish

Courses: Long 5.1km 55m climb Short 3.7km 35m climb. Planner, Chris Burden

Map: ISSOM Urban map 1:5000 with 5m contour interval.

Download your map(s) and description sheet with PIN to take with you. **Available on the Event Webpage.**

The PINS are not on the map this week don't forget to a take note with you.

Long PIN 3492 Short Pin 3822

Control Descriptions are **not** on the maps. Separate Description sheet is available for download and printing

Start: The start and finish are both located adjacent to Bingley Rail Station.

Maprun: The event will use the free Maprun F app to track and verify your run and register your time. If you have not used the App before please see our full information on our website page <https://www.aire.org.uk/info/maprun>;

You need to download the course/s you want to run whilst you have internet access (eg at home). And you need to print yourself a copy of the paper map and description sheet which is also on the website.

Where to find the courses on the app: Open the app → Select Event → UK Folder → Aire Valley Folder → Lockdown Series 1 > Bingley Long or Bingley Short → Download

You can do more than one course by downloading all the courses you may want to do. The courses are available after initial download via Select Event > Access Local Events (Offline) > Bingley Long etc

Each course has a unique PIN which is given above and on the description sheet page. You need to enter this when you're ready to start to get the map and tracking software functioning for the course you are running.

Ready to run Press "Go to Start" > Enter the PIN. The map displays on your phone. Ensure your GPS is on and settled by waiting to see the red dot and that its in right location. We strongly recommend that you put your phone away and use the paper map for navigation. If you do use the map on the phone you will find that some of the controls are not quite located where the paper map says they are – this maybe because the map is not as accurate as it should be or because the GPS is erratic in the area of the control. The control coordinates have all been tested so that when you are at the control point on the paper map MapRunF should beep.

Go to the Start point; your time starts with the beep as you pass. The beep/buzz is often hard to detect, but the control on the phone screen goes green when you've found it. We've found either running with the phone on an upper arm holder or stowed away, but with headphones to hear the beep works ok.

Map Run Tips For the best experience we strongly advise using the paper map and switching on Maprun on your arrival but stowing/securing your phone so you aren't referring to the map on your phone screen but utilising the app to sound at correct location, track and time.

We have found that the GPS has more trouble tracking your position if you are under trees and if the weather is bad. You may need to pause slightly at any such controls for the GPS to 'find' you. If you know you're in the right place, don't bother waiting for a beep, just carry on as we will be verifying any missed/mispunched controls for the results. You can email David after finishing to let him know if there was an issue and he can confirm your route and amend result if necessary. Punch tolerance is set at 15 metres, but is variable in practice.

The courses have been set to allow you to 'Display Current Location'. You may wish to do this in case you find yourself convinced that you are in the right place, but the phone won't beep. If you do want to see where the phone thinks you are, you need to enable this feature in the Settings and Options screen before you tap 'Go to Start'; you can't enable it once you have done that.

Finish: is adjacent to where you started. You must go to the finish to record a time. **Remember avoid the finish area until you want to finish.** After finishing you can exit the App. To see your route/controls go to 'Show Results' and tap on the course. You can mail the route to yourself or let the series coordinator know if you had problems with the GPS via the menu lines in the top R corner of the screen.

Results: Will be finalised on Tuesday 21st at 9pm and will be posted on the website. Any issues contact series coordinator David Williams chair@aire.org.uk;

Safety: Please take care crossing roads. There are a number of major roads in the area please use the available pedestrian crossing points. Traffic moves quickly on the main roads. Only utilise the footbridges over the bypass which is marked Out of Bounds on map. Also the area has a lot of on street parking be careful when emerging from between vehicles. Be mindful of pedestrians, cyclists, dog walkers. Slow down for blind corners and take them wide. Steps and paving can be very slippery when wet, particularly York Stone paving. Also some steps have wooden sleepers which get very slippery when wet. Take extra care when close to the water edge of both the river and canal. Only use recognised footbridges to cross.

Important: This is **not** an official BOF event and not covered under their insurance policy. We strongly advise all children to be accompanied by an adult. British Orienteering does not currently sanction any events or group activities therefore participation is an individual activity at your own risk.