



Summer Lockdown Series

Ilkley 17th -23rd June 2020

Directions and Parking: Public Car Park (free) at Darwin Gardens, Wells Road, Ilkley **LS29 9TF**. Also on street parking on Wells Road.

Public Transport: Ilkley rail and bus station is 500m from the Start via Wells Road. Bus services to/ from Ilkley include X52,X84,X85,62,74,74A.

Courses: Urban Long 3.8km +100m, Urban Short 2.4km +75m. Terrain control pick 2.0km +105m.
Planner Tony Thornley

Map: Both the urban and the terrain maps are 1:5000 with 5m contour interval.

Download your map(s) with PIN to take with you. **Available on Website Events Details Page**

PIN's Long 1104 Short 1073 Control Pick 8226

Control Descriptions are on the maps.

Start: The start and finish for the urban event is in the SW corner of Darwin Gardens. Don't get too close to the start until you're ready to go! The S/F for the terrain race is across the road to the East of Darwin Gardens. Cross the road to the small car park East of DG. The start is by the gate in the SE corner of the parking.

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 which is also on the website. You will not be able to do either of these things at the venue.

Where to find the courses on the app: Open the app → Select Event → UK Folder → Aire Valley Folder → Lockdown Series 1 > Ilkley Long or Ilkley Short; and/or Ilkley Moor Control Pick → 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) > Ilkley Long etc

Each course has a unique PIN which is printed on the paper map. 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 that is on the map. 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 several times so that when you are at the control point on the paper map MapRunF should bleep.

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 (especially on a slope) and if the weather is bad. You may need to pause 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 bleep, just carry on as we will be verifying any missed/mispunched controls for the results. The first 3 controls in both urban courses were a little difficult

as they are under trees – don't waste time hunting around. 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 where you started. You must go to the finish to record a time. 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 23rd 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, utilise the marked crossing points on the main road. The Grove and, especially the A65 on the Long urban course are hazardous – take care. Be mindful of pedestrians, cyclists, dog walkers. Slow down for blind corners and take them wide.

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.