



Summer Lockdown Series

Miles Hill 22nd- 28th July 2020

Directions and Parking: On street parking at Beckhill Approach, Chapel Allerton, Leeds LS7 2SB.

Public Transport: Bus services. 7 & 91 serve stops close to the start. The 51 & 52 are also options with stops within 400m of start.

Courses: Long 5.0km 135m climb Short 3.0km 80m climb. Planner, Richard Foster
Potternewton Lane needs to be crossed twice on the long course traffic moves quickly on this road -take care. The short course does not cross this road staying in a more lightly trafficked area. Ground shown as "rough open" is generally slow run to walk.

Map: ISSOM Urban map 1:4000 with 2.5m contour interval. Updated 2020 by Chri Burden

Download your map(s) with PIN to take with you. **Available on the Event Webpage from 9 pm Tuesday 21st July. Long PIN 4824 Short PIN 7732**

Pictorial Description sheet will be available on the map. A separate sheets of Written and Pictorial descriptions are available for download on the event webpage.

Start: The start and finish are both located adjacent to the turnaround at the far end of Beckhill Approach.

Take great care if parked near the start point as when you switch on the app it may register. We suggest you are 100% ready to run when you switch the app on so as not to utilise any of your precious time! If you do have a false start just end your run and start again.

Important Note; Do not go near the finish area en route between any 2 controls. The app will likely finish your run - which would be very frustrating. The courses are designed to make going near the finish midway through the course a very poor route choice.

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.

Where to find the courses on the app: Open the app → Select Event → UK Folder → Aire Valley Folder → Lockdown Series 1 > Miles Hill Long or Miles Hill 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) > Miles Hill 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 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 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.. 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 close 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 28th 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 particularly Potternewton Lane where traffic moves swiftly. 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

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.