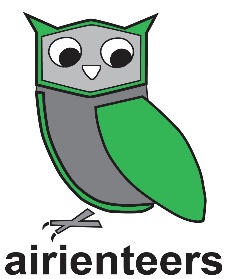
 **Wigton Moor,Leeds.** 

**Directions and Parking:** Parking is at High Ash Drive Co-op car park or on nearby streets LS17 8RD

**What three words giving.cooks.expect**

**Public Transport:** Bus service 48 goes to the Start Finish. The X7,7 have stops a short walk from the start /finish.

**The Area:**. Wigton Moor is a mainly Urban area with linking parcels of Parkland and some woodland also included in the course. A good urban challenge.

**Course:** A 45 minute score event with 28 controls

**Map:** Urban map at 1:4000 contour interval 5 m. Download your map to take with you.

We recommend running with the paper map and stowing your phone.

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 this course on the app:** **Open the app🡪 Select Event >UK>Aire Valley>Night Score League> Wigton Moor🡪 Download**

Ready to run press “Go to Start” Ensure your GPS is on by waiting to see red dot. Go to the Start point your time starts with the beep as you pass.