



Upton MapRun 60min Score

Before you start

Install the “MapRunF” app onto your phone (links above).

You will need to enter your personal details and give the app permission to access your location

About the course

The course is a 60 minute “Score” course.

This means you have to collect as many points as possible in the time limit. Points are awarded for visiting controls in any order.

The value of each control is the number of the control, rounded down to the next 10. e.g. Control 26 is worth 20 points.

If you go over the time limit, points will be deducted at a rate of 30 points per minute (or part thereof).

Course Notes

The course is set on public paths and roads. Please respect other people and take care crossing roads.

Fences, hedges, walls and locked gates **are not to be crossed**.

The eastern end of Poole Road has a 60mph limit. **Do not cross, or run on the North side of this section of road.** You may run on the pavement on the South side of the road. The paths giving access to/from the North have been marked with an X to indicate no access. You may cross the road inside the 30mph limit, which starts around 100m East of Pony Drive.

The Map

While you can run using the map on your phone, we strongly recommend using a paper printout for ease of use.

The map is A4, 1:10000. 1cm on the map = 100m on the ground.

The map is derived from OpenStreetMap, and as such does not have the full detail of a dedicated orienteering map.

Note that white means any woodland, not necessarily runnable!

When you are ready to start

From the MapRunF main screen, tap “Select Event”, “UK”, “Dorset” then “Upton 60min Score” and wait while the course is downloaded.

Select “Go to Start” on the MapRunF main screen.

Remember to turn your volume up so you can hear the beeps from your pocket.

If you are using a paper map, you can now put your phone in a pocket, you do not need to interact with it until after finishing.

Make your way to the start (Large tree in SE corner of the Upton Country Park car park, △ on the map).

When you are at the start, your phone will beep and you have started!

While running

Run to the control sites (○ on the map). When you arrive at a control, your phone will beep and register the control as visited. If your phone does not beep immediately, wait a few (5-10) seconds and it should catch up to your location.

If it still doesn't beep, check you're in the right place! Control descriptions are provided below.

When you are ready to finish, return to the start (△), your phone will beep and you are done!

You can compare your results and routes with other runners via links on the results screen.

NOTE:- Keep clear of the start/finish until you are ready to finish! Running “through” the finish on your way to another control will end your run.

Have Fun!

Visit www.wessex-oc.org for more local MapRuns and information on upcoming Orienteering events

Control Descriptions

10	10	10	10	20	20	20	20	20	20	20	20	30	30	30	30	40	40	50	50
10	11	12	13	20	21	22	23	24	25	26	27	30	31	32	33	40	41	50	51
Bridge, E End	Road/Path Junction	Road Junction	N Tree	Fence, NW Corner	Path Junction	Path Bend	Path Corner	Path Junction	Bench	Bridge	Path Junction	Fence Corner	Path Junction	Tree	Gate	Bridge	Path Junction	Road Bend	Pond, N Side

UPTON MAPRUN 60MIN SCORE

scale 1:10000, contours 10m
500m

