



Spring 2021 MapRun Series



MDOC is relaunching its series of MapRun courses on street maps for use in Spring 2021.

Club members have planned a number of courses to help you practise street orienteering using the free MapRun6 app available on your smart phone. Courses are suitable as a lone or family activity, either running or walking, and you can compare your route and results via the app.

Maps to print and details of the first of the Series will be published on the **NAVVIES** site at 6 am on Easter Sunday morning, 4th April 2021, and the others will be posted once a fortnight thereafter on a Saturday. Each course will then be available for four weeks.

Itinerary

Date launching	Where	Available until	Map	Type of course	Planner
Sun 4 th April 2021	Hadfield	Sun 2 nd May	Street	Scatter	Grahame Crawshaw
Sat 17 th April 2021	Sale East	Sun 16 th May	Street	Score	Mike Wharton
Sat 1 st May 2021	Bollington	Sun 30 th May	Street	Scatter	Dave Mawdsley
Sat 15 th May 2021	Chorlton	Sun 13 th June	Street	TBA	David Gray

How to download the App

Go to Google Play / the App Store on your smartphone, search for 'MapRun6' (developed by FNE Enterprises) and download the app. MapRunG is also available for use on smartwatches.

Try it

Go to the Navvies site (<https://navvies.org.uk>) for 'Getting Started' information on how to use the app and details of the courses available. In addition to this Spring Series, there are several other courses to try on the site – why not try a leg of the Manchester M60 O-Ringen, for example? Look at the location list to find one in your area, and give it a go. You can carry your smartphone in an armband or bum bag.

Safety matters

All participants should comply with the British Orienteering Federation's Covid-19 Code of Practice for Orienteers and respect the Government rules or advice in place for C-19 safety near other people.

Though the planner will have taken potential hazards into consideration, you take part in this activity at your own risk. Take care crossing busy roads. If you are running alone, tell someone where you have gone, and when you expect to be back. Dress for the weather and visibility, if necessary. And last but not least – have fun !