



Winter MapRun Series



MDOC is publishing a series of new MapRun courses on street maps for the Winter months.

Keep yourself O fit

Missing your orienteering practice during Covid restrictions? MDOC members have planned a number of linear and score courses to help you keep fit independently on urban streets using the free MapRunF app available on your smart phone. It is suitable as a lone or family activity, either running or walking. After each course, your route and results are available online via the app.

Coming very soon

The first of the Series will be published on the **navvies** site (<https://navvies.org.uk>) just before Saturday 19th December, and the others will be posted once a fortnight thereafter. Each course will then be available until the end of March 2021. The maps will be available as PDFs for you to print.

Itinerary

Date launching	Where	Tier	Map	Type of course	Planner
19 th December 2020	Bramhall	3	Street	Linear: Short, Medium, Long, Very Long	Marie Roberts
2 nd January 2021	Bollington	2	Street	Score	Dave Mawdsley
16 th January 2021	Sale East	3	Street	Score	Mike Wharton
30 th January 2021	Hadfield	3	Street	Scatter	Grahame Crawshaw
TBA	TBA (South Manchester)	3	Street	TBA	David Gray

How to download the App

Go to Google Play / the App Store on your smartphone, search for 'MapRunF' (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 Winter Series, there are several other courses to try on the site. 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 other users of the area. At the time of writing, most of the courses are in areas subject to Tier 3 (very high) Covid restrictions, so please respect the rules for your area, including travel advice, as well as the hands - face (where appropriate) - space rules.

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 !