Swansea Bay
Orienteering Club

MapRun #3

Gorseinon

Wednesday 15th January 2025

EVENT DETAILS

You have 60 minutes, and a map with 30 checkpoints to visit. Your goal is to score points by visiting checkpoints. Score as many points as you can, and get back to the start within the time limit.

You can choose which checkpoints to visit, in any order, via any route. Speed is an advantage, but the fastest runner won't necessarily come out on top. It'll take smart planning to find the shortest route worth the most points.

Download the MapRun app to your phone to use as your timing chip and record your checkpoint visits, load the event using the app. We will provide you with the specially prepared map at the start.

Registration from 6.00pm with a Mass start at 6.30pm, there will be a briefing from the organiser at 6.25pm however if you are new to MapRun, we recommend arriving early to ask any questions.

ENTRIES: Pre-entry online at https://pre-entries.app Very limited map availability on the night on a first come first serve basis.

BOF Seniors £5.00 / Non BOF £8, BOF Young Adults & Juniors - £3.00 / Non BOF £6, SBOC Juniors £1.50

BOF Senior Team £8 / Non BOF £14, BOF Young Adults & Juniors Team £4 / Non BOF £10

BOF Senior & YA/Junior Team - £6 / Non BOF £12

BRING – phone, torch, pen and hi viz to wear. Some paths may be muddy and slippery.

You will need a smartphone with the MapRun app installed, this is best done at home.

It is also easier to download the event onto your phone, and watch if it is compatible, at home too. All these events will be named SBOC MapRun and then the location. All you have to do on the night is identify yourself to the organiser or register if Entering On the Night, collect your map and start.

There is a guide to using MapRun here.

SAFETY- You take part at your own risk, you will be running/walking on public streets/paths with traffic. You MUST use crossing points where available to cross roads and stop, look and listen! Please be mindful of personal space/social distancing particularly at the start/finish of your run.

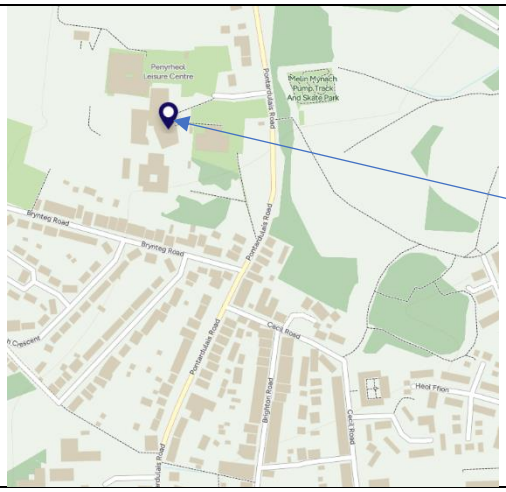
ACCESSIBILITY – We have previously had competitors enjoy these events using wheelchair/mobility scooter. Send us a message in advance and we can provide an annotated map with key obstacles (stairs/narrow gates) highlighted.

Prize Categories

Best 5 of 7 runs, Male & Female Categories, Using British Orienteering Age Classes as of April 2025
1st Junior 16-18, Senior 20-40, Vet 45-65, Super vet 70+
1st Senior & Junior (<16) Team, 1st Team

Upcoming MapRun Event Dates:

16th October – Clydach	13th November – Llanelli
11th December – Aberafon	15th January – Gorseinon
12th February – Neath/Cimla	12th March – Mumbles
9th April – Skewen	

<table>
<tr><td>MapRun #4</td><td colspan="2">Gorseinon</td></tr>
<tr><td>Location:</td><td colspan="2">NGR: SS590993, Post Code: SA4 4FG, W3W : /// wells.neutron.lawyer</td></tr>
<tr><td>Travel directions:</td><td colspan="2">

Gorseinon Penyrheol Leisure Centre Car Park

Parking and Event Registration</td></tr>
<tr><td>Terrain:</td><td colspan="2">Urban setting including parkland, housing estates and industrial areas.</td></tr>
<tr><td>Map:</td><td colspan="2">2024 Pre-printed at a scale of 1: 7500</td></tr>
<tr><td>Courses:</td><td>Course</td><td>Controls</td></tr>
<tr><td></td><td>1 Hr Score</td><td>30 controls with varying point values between 10 and 30</td></tr>
<tr><td>Registration and Start</td><td colspan="2">Gorseinon Penyrheol Leisure Centre Car Park. Registration from 18:00

Mass start at 18:30</td></tr>
<tr><td>Detailed instructions:</td><td colspan="2">You have 60 minutes, and a map with 30 checkpoints to visit.
Your goal: to score points by visiting checkpoints. Score as many points as you can, and get back to the start within the time limit.
You can choose which checkpoints to visit, in any order, via any route.
Checkpoints are mixture of road junctions and path junctions and have between 10 and 30 points awarded. Penalties for being late back are 10pts per minute !!!
The event is timed and checkpoint visits recorded using the MapRun app. Download the app and the event and read the detail user guide, but we can help you start.</td></tr>
<tr><td>Entry Fees:</td><td colspan="2">Please enter by mid-night the day before the event to guarantee a map.

BOF Seniors £5.00 / Non BOF £8

BOF Young Adults & Juniors - £3.00 / Non BOF £6, SBOC Juniors £1.50

BOF Senior Team £8 / Non BOF £14, BOF Young Adult & Junior Team £4 / Non BOF £10

BOF Senior & YA/Junior Team - £6 / Non BOF £12

Entries via http://pre-entries.app

Entry on the Day will be accepted provided there are enough maps – available on a first come first serve basis.</td></tr>
<tr><td>Post Event Social:</td><td colspan="2">The Old Inn

Swansea Road, Penllergaer, SA4 9AQ

///reactions.kings.vines</td></tr>
<tr><td>Officials:</td><td colspan="2">Organiser: Kerina Lake, 07811 419972, kerinalake@gmail.com
Planner: Mike Dobbs</td></tr>
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Safety Information:	A risk assessment has been completed but it should be noted that competitors take part at their own risk and are responsible for their own safety. You will need to bring a head torch and due to the urban nature of the event, we ask that you wear reflective or high visibility clothing. This is an urban setting, please take care when crossing roads and be aware of vehicles exiting driveways. Busy roads will be marked as Out Of Bounds, you must obey Cagoules may be compulsory if the weather is inclement. Competitors are reminded they are required to report to the finish once they have started a course, whether or not they have completed the course. Photographs might be taken to promote the sport. Please let the organiser know if you do not wish to be included.
Medical Information:	Any competitor with a high-risk medical condition is invited to contact the organiser beforehand and provide information in a sealed envelope at registration. Envelopes will only be opened if required for a medical emergency, and unopened envelopes can be collected from registration after your run or they will be destroyed immediately after the event.
Personal Information:	Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners, used in case of medical emergency and to trace missing SI cards.
Event cancellation or postponement	For the latest information check www.sboc.org.uk especially in case of forecasted weather warnings. In the case of cancellation or postponement a notice will be put on the website and through the SBOC Facebook group.