

Brentwood North MapRun Details as at February 2021

What Is It? This is the third of our Score Street O events, hosted on the MapRunF App on your mobile phone/Garmin watch. All of these events are going to be of the same format – you have one hour to find as many controls as possible and get back to the start/finish.

When Can I Do It? The intention was that it would be part of a series of courses available for a fixed time period to score points as part of a league. However current covid-restrictions mean that it is available for local exercise only and therefore cannot at present form part of a league. Therefore the course will remain available throughout 2021 for individual exercise only. It is not an organised activity so you can do it individually whenever you like.

Who Can Do It? This activity is free and open to anyone, although all competitors take part at their own risk. This activity is not an organised event or activity, so you are not covered by British Orienteering's liability insurance. You do the activity as an individual for personal training only and you are responsible for both your own safety and the safety of others around you.

Regarding the Covid-19 pandemic, you must adhere to the latest [Government guidance](#) and the [British Orienteering guidance](#), which includes maintaining social distancing and respecting others. Slow down and give way to others where necessary to abide by the guidance.

Where Is It? The activity starts and finishes at Ongar Road, Brentwood. There is free on-street car parking available in the residential access street on the East side of Ongar Road. At the BP/M&S petrol station/shop, turn E into Windsor Road and then S into the Ongar Road residential access road also leading to Hurstwood Avenue. There is also a small free public car park at Larkin Playing Field on the west side of Ongar Road about 200m north of the Start/Finish. Start and Finish are at the Viking Way street nameplate on the N side of the Viking Way T-junction.

Location: Ongar Road (A128) east side; about 75m N of the A12 road bridge and 150m SE of a prominent BP petrol station/M&S shop (377 Ongar Road).

Address: Ongar Road leading to Hurstwood Avenue, Brentwood, Essex, CM15 9HZ

OS Grid Reference: TQ 585949

Latitude & Longitude: 51.631073699147024 N; 0.2902985135888263 E

Google Map: <https://www.google.co.uk/maps/@51.6305551,0.2888328,16.71z>

The course was designed by **Havering and South Essex Orienteering Club (HAVOC)**, the local orienteering club for the Brentwood area. In normal times we stage regular orienteering events in south Essex in local country parks and forests, as well as offering street-map based navigational challenges.

See our website for further details at: <https://www.orienteering-havoc.co.uk/>

How Does It Work?

1. **Download this map** to provide an A4 size paper map to use for navigation.
2. If you haven't already, install MapRunF software on your phone. Find the event under UK > Essex > Brentwood North. If you have a Garmin watch, you can take it on the run instead of your phone if [you install MapRunG](#).
3. When you are at the start location and ready to begin the activity, press 'Go To Start' and the App will automatically detect when you are at the start, "beep", and start your activity time. Each time you reach a control, the App will 'beep' to indicate successful passage if you have set it up to notify you that way. Otherwise, it will send you a silent text confirming the control number just visited, how many control sites you have visited so far, and how much time has elapsed since you started. The smart phone will display a digital version of the map which you could use for navigation as an alternative to the PDF paper map, but it is a bit small to read easily. Get as many points as you can within 60 minutes and return to base, where the App will automatically Finish and upload your score. Done!

Control Sites: All controls sites are fire hydrant display plates which are about A5 size portrait format (15cm x 10cm rectangles). They comprise a large black H on a yellow background. They are mostly at head height attached to a lamp post or other post. Some are lower, attached to walls or fences. A few are sited at 0.5m height on their own, yellow-painted concrete posts. The control descriptions provided on the map and separately as a PDF do not tell you the height of the yellow 'H' plate but do tell you precisely where it is in the circle relative to the mapped street and path network, e.g., southern road, SE side.

Scoring: Points will be awarded according to the first digit of each control number. Controls 11-18 are worth 10 points each, 21-28 are worth 20 points each, 31-38 are worth 30 points each and 41-46 are worth 40 points each. The higher scoring controls are harder to find or they are further from the start/finish. The activity is for 60 minutes and there is a time penalty of 10 points per minute for every minute late after 60 minutes. Test runs suggest that it would probably take you at least 90 minutes to visit all control sites, so you will need to choose to visit just some of the control sites if you wish to return in 60 minutes to avoid time penalties, or run very fast!

GPS accuracy: We have tested all the controls for GPS-worthiness (although you may have to wait a few seconds for your GPS track to catch up). If, despite being in the right place, a control refuses to register, there is a feature on the app called HITMO which you can use to record the visit after you have finished. These will be checked against the GPS track of your run.

Results: these are tabulated on the MapRunF software.

Questions: please email maprun@orienteering-havoc.co.uk

Problems identified: please also email maprun@orienteering-havoc.co.uk I do hope that you enjoy this activity. Any feedback would be welcome to the above email.

Enjoy your run!