

Westcliff MapRun Details as at March 2021

What Is It? This is the fourth 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. We may re-instate the league format once the lockdown has ended. Therefore, at present, 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 the junction of North Road and Cliff Avenue.

Location: 133 North Road, Westcliff-on-sea, Southend on Sea, Essex. SS0 7AH. There is parking along the East side of North Road.

Latitude & Longitude: 51.543010, 0.702372

Google Map: <https://www.google.com/maps/@51.5432722,0.7020985,18z>

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 > Westcliff Score. 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 a successful visit. 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, so it is advised to print the PDF map and run using that. 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 Descriptions: [Link to control descriptions](#).

Scoring: Points will be awarded according to the first digit of each control number. Controls 11-16 are worth 10 points each, 21-26 are worth 20 points each, 31-36 are worth 30 points each, 41-46 are worth 40 points each, and 51-54 are worth 50 points each. The activity is for 60 minutes and there is a time penalty of 10 points per minute for every minute late after 60 minutes.

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!