



## Lancaster & Heysham SSN

### SROC Schools Orienteering MapRun Challenge 2020-21

#### Prizes from Cornvale Foods!

For schools or families to keep children active, having fun... and winning fantastic prizes!!! Our first courses are at Ryelands Park and Williamson Park, each one will take you between 10 and 25 minutes. If schools are unable to get enough devices teachers only may time their pupils and send in their times to [jamieson.sm@gmail.com](mailto:jamieson.sm@gmail.com).

For those entering **Round 1 – Deadline 13<sup>th</sup> December:**

- 1) **From the top 5 times on each course, or anyone completing all 6 courses, we will do a draw for a Cornvale Family Christmas Hamper which includes Turkey and all the trimmings for you and your family, delivered to your door!!! Draw will take place on 14<sup>th</sup> December.**
- 2) Top times per course at: Years 1-4, Years 5-6, Years 7-9, Years 10-13 will receive a prize from vouchers, medals, water bottles!
- 3) Teachers welcome to have a go with their own families- please pass onto colleagues!
- 4) Each entrant can download a certificate, maps, or more info from website [www.lhssn.co.uk](http://www.lhssn.co.uk) or Cornvale foods [www.cornvalefoods.co.uk](http://www.cornvalefoods.co.uk)
- 5) From 7<sup>th</sup> -13<sup>th</sup> December gifts from Santa will be left at random times at various control points. Keep your eyes peeled!
- 6) Schools with the most pupils taking part will win an Active Mile resource, an LHSSN top, and a voucher for Cornvale foods for a the teacher of one of the pupils involved!

Please continue after 14<sup>th</sup> December- there will be different prizes & courses for Round 2 which will run 14<sup>th</sup> December to 24<sup>th</sup> January!

#### Getting Started

- Download **MaprunF** app (not the old Maprun app)
- Register on the app for free- as follows:  
**School, Year, Name how many in your team-** even if you compete with your family eg; *Ourladys9 Steven Jamieson2*  
Also put your school name, in the **Club or Team** at the bottom of the **Name** section. If your school policy does not allow you to put names please put your school, year & class & initials to identify prize winners!  
**Families:** Ideally add all children involved and do separate times for each, format as above **School, Year, Name, number-** remember the school with the most entries will win a prize. Or alternatively just pick one of the children as your entrant and record the times as that child reaches the checkpoints (they hold your device).  
**18+ Individuals will need to be accompanied by a child** and input as above.
- Open app > **Select Event**, > **UK**, > **Lancashire**, > **Lancaster Schools** folder > then select one of the courses below (they get progressively harder). To go back at any point scroll up and click on **Up**. You can download both maps to your phone, one after the other. Courses available are:  
**Ryelands Park** 1) White Course 2) White Easy but Longer 3) Yellow Slightly Harder 4) Orange Harder and Longer  
**Williamson Park** 1) White shorter 2) Yellow longer
- Download files. You can do this prior on wifi or at the Park via your data.
- Suggest printing the maps that schools have been emailed or download from the **News** sections of [www.lhssn.co.uk](http://www.lhssn.co.uk) or at [www.cornvalefoods.co.uk](http://www.cornvalefoods.co.uk), one for each person in the group going round, so they can discuss the best routes. Pupils are welcome to work as individuals or teams- we realise this may be dictated by the number of phones and devices you have access to. They need to work as a team and get everyone to the finish together! Although maps can be on the phone, you are strongly advised to print the map - looking at a screen is much more difficult!
- To see the course and map (or when you are in the Park) tap **Go to Start**.
- Once within 25m of the start point (purple triangle on the map), phone will **beep** & your time will start automatically. It will then beep when you reach each control point. When you reach the finish (double purple circle) it will stop and upload your result. Make sure your GPS is on and you are not in power saving/aeroplane mode.
- If your phone does not beep at a control but you know you are there, just carry on - you can review your result using the app when you finish it can be validated anyway by the MaprunF administrator, who will see if your tracking looks ok. If you want to time on a watch as a backup please feel free.
- Please let your school know if you do it independently and please Tweet or Facebook @LHschoolsport @yourschoolgames
- **If schools are attending please email [williamsonpark@lancaster.gov.uk](mailto:williamsonpark@lancaster.gov.uk) (Williamson Park) or [PublicRealm@lancaster.gov.uk](mailto:PublicRealm@lancaster.gov.uk) (Ryelands Park) prior to ensure we don't have several groups there at one time. Families do not need to do so.**

#### How do You Orienteer?

As series of short videos can be viewed here: [https://www.youtube.com/playlist?list=PLdIRJAIDbbtxOoWjIA\\_Cktm6ou0xaEF\\_S](https://www.youtube.com/playlist?list=PLdIRJAIDbbtxOoWjIA_Cktm6ou0xaEF_S)

They illustrate using Permanent (fixed) Orienteering courses. A basic printable guide is also here: <https://betterorienteering.org/beginner/>

**Red Rose Orienteers:** [www.sroc.org](http://www.sroc.org) <https://www.facebook.com/SROC1964> [https://twitter.com/SROC\\_1964](https://twitter.com/SROC_1964)

Enquiries about orienteering: [Development@sroc.org](mailto:Development@sroc.org)

**Lancaster & Heysham School Sport Network** see: [www.lhssn.co.uk](http://www.lhssn.co.uk) @LHschoolsport on Facebook and Twitter

**Cornvale Foods:** <https://cornvalefoods.co.uk> @CornvaleFineFoods on Facebook and Twitter