Marsden Park, Nelson
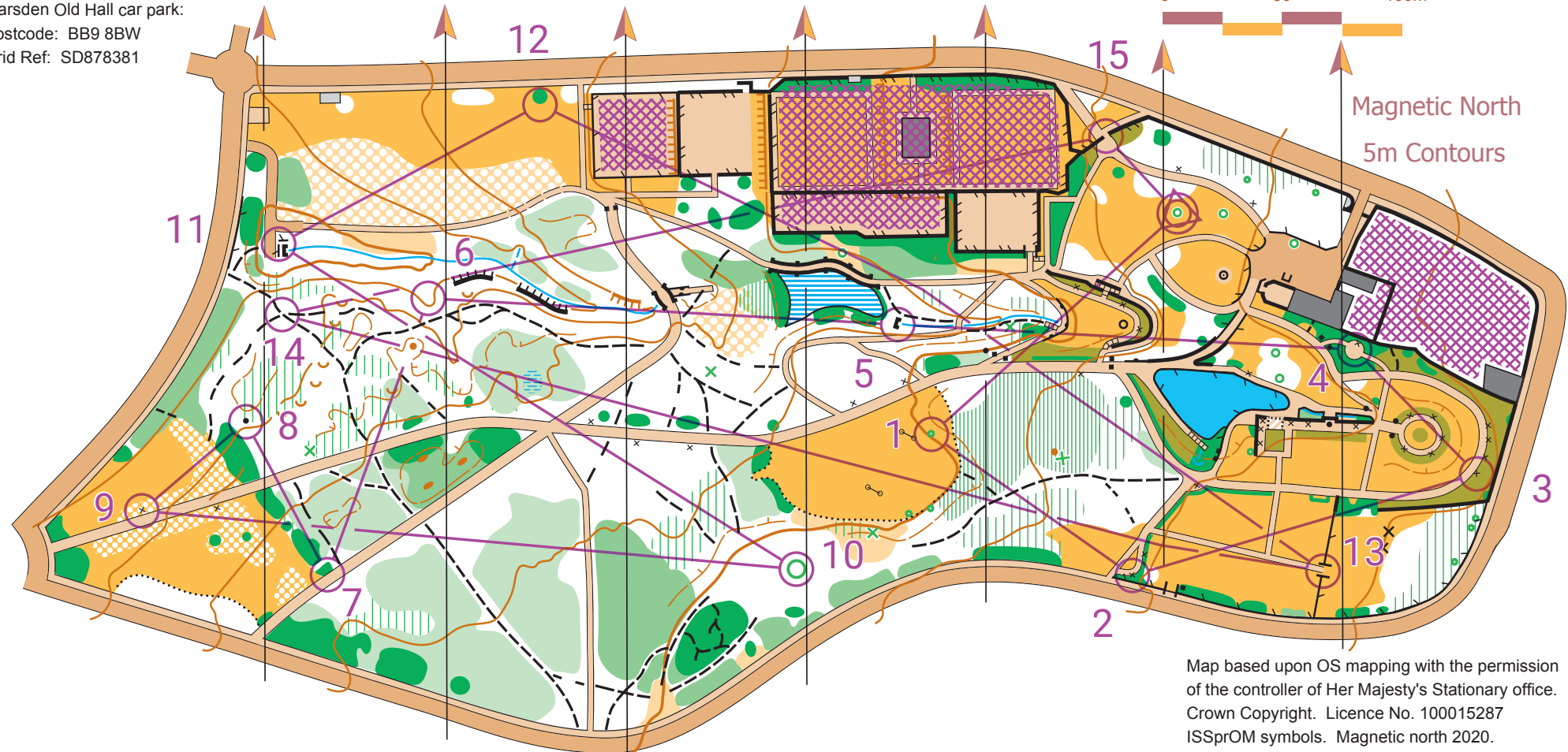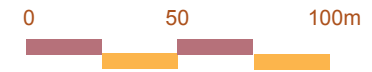
Marsden Old Hall car park:
Postcode: BB9 8BW
Grid Ref: SD878381

Scale = 1:2500

0   50   100m

Magnetic North

5m Contours

12
15
11
6
14
5
8
1
4
9
10
3
7
2
13

Map based upon OS mapping with the permission of the controller of Her Majesty's Stationary office.
Crown Copyright. Licence No. 100015287
ISSprOM symbols. Magnetic north 2020.
Original map by Jonathan Sutcliffe 2000
Updated 2009 to 2020 by
George Crawford-Smith PFO.

Event:

Marsden VOC

For further information on local orienteering visit

www.pfo.org.uk

Marsden Park 2020 VOC			
Long Harder		3.0 km	115 m
▷		⌂	
1	50	⌂	
2	35	✕	
3	32	✕	
4	31	▨	

5	36	〰		⊢
6	48	∩		
7	44	�֎		○.
8	52	▲		
9	43	✕		
10	49	○		

11	38	⤴		T
12	40	✖		○.
13	34	╫		
14	51	╱	╱	✕
15	47	╫		
⋈		**40 m**		⊗

Paved footpath, Road with traffic

Building, Canopy

Contour 5m, Index contour 25m

Form line, with downslope tag

Seat (Special symbol) ✕

Open land, w' scattered trees
Rough open land
 - with scattered trees
Woodland, easy running
Woodland - slow running
Vegetation - walk
Vegetation - impassable
Undergrowth - slow run, walk
Planted area (forbidden access)
Pedestrian or sports area
Multi-level structure
Vehicle movement area
Out of bounds area

Maprunf

What is Orienteering?
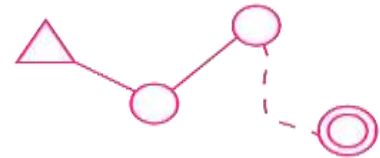
Orienteering is a sport that uses a map to follow a set course visiting controls (checkpoints) in order by running or walking. The aim is to plot the fastest route and you are free to choose your own route between the controls as long as you do not visit an out of bounds area. The fastest time from Start to Finish visiting all the controls wins!

The Map

Orienteering maps look different to ordnance survey maps so please use the map symbols legend (key) to help understand the map!

- o The purple triangle is the starting point.

- o The purple circles are the control points and should be visited in numerical order.

- o The line between the controls shows you the direction of the next control but you do not need to follow the line. You can plot your own way! They are numbered to show the sequence that you need to go around the course

- o Do not cross the out of bounds areas marked with purple hatching #####

- o Paths are dashed black lines - - - - Roads are thick black/brown depending on their size. You do not have to stick to paths as long as it is safe to do so!

- o The finish is marked by a double circle.

PDF versions of the maps are available for printing off the Pendle Forest Orienteers website www.pfo.org.uk/maps – these will help you to understand the map key and can be used on the day but try not to plan your route in advance!

More help on understanding an Orienteering Map can be found at
https://www.youtube.com/watch?v=LPw8rLTCiG4

…..or on the PFO website under 'Newcomers' where you can learn further about the sport.

****Please respect social distancing rules, be aware of other park users and watch for cars on roads and car parks that may cross the course****

Maprunf

With MaprunF you are trying to post the fastest time visiting all of the virtual controls (purple circles) on the course. They are numbered 1, 2, 3, etc to show the order that you need to go to them.

You will not see any physical evidence of a control on the ground but will hear a 'beep' if you have got to the right location.

Your time is shown top left, 'Punched' 0/14 means you have visited no controls out of 14 on the course. 'Last' – The number of thecontrol you visited last.

The screen is split between a Google Maps overview of your location and the Orienteering map of the location.

- Download the **MapRunF** app on your smartphone from Google Play or the App Store
- Start the App
- Add your details

At the venue - select 'Events near me' and look for the title of the event you wish to do. Select 'go to the start'

You phone will make a sound when you pass through the event start and start the course timer. It will 'beep' each time you pass through a control. When you pass the Finish control it will 'beep' and automatically stops the timer.

Helpful Tips

- It's much easier to navigate using a printed copy of the map.
- Make sure your phone is fully charged and turn up the volume so you can hear when you reach a control.
- Switch off other apps during your run.
- Make sure your **'Location Services' are turned on**. For an **iPhone** go to 'Settings' then 'Privacy' - 'Location Services'// **Android** - 'Settings' – Tap Location – At top turn 'Use Location' on.
- **Switch off 'Auto-lock'** for your screen. For iPhone - 'Settings' -'Display & Brightness' then switch 'Auto-Lock' to 'Never' // Android – 'Settings' – 'Security' – ' Screen Lock' – None.
- **You need to visit all the controls in the correct sequence.** If you miss one, go back to get it then carry on with the course from there, it may mean you need to go back to a control you've already visited.
- **If you run past a different control on route to your next number and hear a beep simply carry on and visit the number you're heading to, the app will correct itself when there.**
- **Make sure you don't run past the Finish control before you have been to all other controls on the course.**

****Please respect social distancing rules, be aware of other park users and watch for cars on roads and car parks that may cross the course****