

MAPRUN CHEPSTOW 2018 DETAILS

Checkpoint Descriptions

MR Chepstow 2018 600 points		
No		Points
Start	Path and paved area junction	
10	Path junction	10
11	Bend in path	10
12	W end of path	10
13	Path crossing	10
14	Fire hydrant	10
15	Traffic light	10
16	Path crossing	10
17	NW end of path	10
18	Foot of stairway	10
19	Lamp post or telegraph pole	10
20	Top of stairway	20
21	S end of path	20
22	Lamp post or telegraph pole	20
23	Lamp post or telegraph pole	20
24	Path junction	20
25	Path junction	20
26	Path junction	20
27	Monument	20
28	Lamp post or telegraph pole	20
29	NW end of path	20
30	Lamp post or telegraph pole	30
31	Top of stairway	30
32	SW end of path	30
33	Bend in path	30
34	Bend in path	30
35	Lamp post or telegraph pole	30
36	Lamp post or telegraph pole	30
37	SW end of path	30
38	E end of path	30
39	Path and paved area junction	30

Course Details

You have 60 minutes to collect as many points as you can. Checkpoints have differing points values. The rule is that the points value of each checkpoint is the first digit of the checkpoint number multiplied by 10, so checkpoints 10-19 are worth 10 points, and so on. These values are shown in the third column in the table on the left of this page.

If you run over the 60 minutes you lose points fast – at a rate of 30 points for any minute or part minute over 60!

Getting Started

If you have not yet downloaded the app, go to the Apple App Store or Google Play, search for it and download it to your phone. Start the app, and you will be asked to provide some basic registration details. Once done, you are ready to go:

1. Select a course, shown as event in the app, and wait for the two parts of the course – maps and checkpoints - to download. You'll need to navigate to the MR UK folder to find our courses.
2. Position yourself near to but not at the start, and tap Go to Start.
3. Tap **Start the GPS**. This gives your GPS time to locate the GPS satellites before you go through the Start. When the app is ready, go through the start location to start the course timer. You now have 60 minutes!
4. Make sure you go through the Finish at the end of your run to stop the timer.

Map Symbols

	Main Road
	Minor Road
	Footpath
	Open ground
	Out of Bounds

Take care running on or across all roads, but particularly major roads.

More Information

Visit www.ngocweb.com/maprun

