	Heath & Cyncoed MapRun **14th January 2026**
Event type	60 Minute Night Urban Street Score The event uses the MapRun app on your smartphone (or Garmin watch) to track your location. You can download MapRun here: Google Play store iPhone App Store At the start you'll be given a paper map showing a number of 'controls' (check points) in the area, each with different points allocated. Your job is to visit these checkpoints to score as many points as you can within the hour. You'll be running in the dark, so it is recommended to bring a decent torch and wear something hi- vis.
Location	Meet at the west end of Wild Gardens Road (north end of Roath Park Lake) Google maps: https://maps.app.goo.gl/XVwDGHHtM4UZZjAZ9 What3words ///safe.rare.finest Nearest postcode CF23 5QX Start and Finish within 200 metres
Getting There	By train: 10 minutes walk from Heath High Level and Low Level stations By cycle: Bikes could be securely locked to railings on the lake side, or left with the organiser. By car: Ample free parking is available on Wild Gardens Road, Lake Road West and other nearby roads.

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Post Race Social	TBC (possibly the Three Arches on Heathwood Road, but open to other suggestions!)
Entries	Entries online only via Fabian4.
Start Times	7pm Mass Start (Pre Race Briefing 6:50pm)
Cost	SWOC/BO members: Junior (under 16) £1.50 Senior £ 4.00 Non-Member Supplement: Junior +£1 Senior +£2 Juniors under 16 must be accompanied by an Adult.
Organiser	Tom Foord tomfoord@gmail.com 07766605827