Canton Maprun
Wednesday 15th April, 2026

Heading	Detail
Organiser	Ellie Clemence Any queries: swoc.contact@gmail.com
Location	Harvey Street Car Park, Canton, Cardiff (Opposite Co-Op, close to Chapter Arts Centre) What 3 Words: ///rinse.socket.foods Postcode: CF5 1QS
Event type / Area description	-Maprun street event, 1 hour 'Score Event'- You choose which checkpoints you visit within an hour. There are 30 checkpoints in total with 10 having a value of 10 points, 10 worth 20 points & 10 worth 30 points. See how many points you can accumulate within the hour! -Checkpoints will be spread out around Canton, Pontcanna, Leckwith & Riverside with virtually all running on pavements.
COVID regulation	Please make sure that you have read the following covid regulations before you run. COVID Safe Orienteering
Dogs	Dogs on a short lead only
Entries	-Entries online only via Fabian4. Online entries close 6.55pm on the day of the event but please enter sooner rather than later so we don't waste printing too many maps -Important: Please also note that as from 1 January 2026 Non-members of British Orienteering are not insured under British Orienteering's public liability policy. By entering this event, if a non-member, you acknowledge that you are participating at your own risk
Courses	1 hour score. Time penalties of 10 points for each minute/part of minute late for finishing beyond 1 hour
Starts	-Registration, Start & Finish all in Harvey Street Car Park, Canton. -There will be a pre-race briefing at 6:50pm with a Mass Start at 7pm -If you're new to Maprun, please arrive from 6:30pm so we can give you a quick run through things -Please do not forget to report to the finish so we know that you're all back -Also, upload your run after you've finished and look at the Race Leaderboard to see how everyone's done
Cost	SWOC/BO members: Juniors £1:50, Under 16s much be accompanied by an adult who must also enter. Senior £4. Non member £2 supplement
Toilets	Nearest toilets in Chapter Arts Centre
Other	-Please wear High-Vis kit, be careful crossing roads and give space to pedestrians -Nearest Rail Stations: Ninian Park (0.6 mile), Cardiff Central (1.3 miles) -Frequent Cardiff Bus services along Cowbridge Road with nearby Bus Stop (Eg,1,13, 17,18) -Parking is free in Harvey Street Car Park after 6pm -Pub of the night: Chapter Arts Centre- Bar & Café. (Pizza service available until 8:30pm). Why not enjoy a post-race 'debrief'? Share your experiences in good company in a great venue