Winter MapRun Series 2026/27 & SWOC AGM – Event Details

Heath – Wednesday 21st October 2026

Location	Registration and assembly is at Three Arches, Heathwood Road What 3 Words: ///clip.stamp.damp Google Maps: https://maps.app.goo.gl/HmcHJYkkNNKi1raM6 Postcode: CF14 4HS
Getting There	By bus, Cardiff Bus No. 28/29 Rhydypenau Library or 101/102 Rhydypenau Crossroads By Train, start is about 300m from both Heath Low Level and Heath High Level If you are driving, there is a small car park.
Entries	Entries online via Fabian4. Entries only available on the day if there are spare maps. https://www.fabian4.co.uk/
Starts	7pm Mass Start (Pre Race Briefing 6:50pm) If you are new to the sport and want some initial coaching, please arrive early and someone will be there to show you the basics.
Courses	1 Hour Score Event – 30 Controls, worth 10, 20 or 30 points, try and collect as many as possible in the hour, -10 penalty minutes for every minute over.
What to Wear	Most of you will want to wear normal running gear. If you intend to walk then stout shoes will do. You will mostly be running/walking on tarmac, graded paths, gravel and grass, but it could be muddy, so come prepared. Bring a waterproof if it looks like being wet.
Cost of Running	SWOC/BO members: Senior £ 5.00 Accompanied under 16s £2 Non-Member Supplement +£2 Senior / £1 under 16s If you want to join SWOC follow the link below stating SWOC as the club you wish to join. https://www.britishorienteering.org.uk/join_online
Results	Results and league positions will be posted on the SWOC website. http://www.SWOC.org.uk
For anyone who has not tried the sport before	The event uses the MapRun App, which you need to download onto your Smartphone or is also available on some smartwatches. MapRun orienteering is a form of virtual orienteering that uses a smartphone app or compatible smartwatch to track your progress and time instead of physical flags and electronic punching units on the course. **How It Works** • **Virtual Controls:** There are no physical posts or markers on the ground. Your device uses its built-in GPS to detect when you reach a control point. • **Audio Alerts:** The app or watch will beep or vibrate to let you know when you have successfully "punched" a control location.

	• **Instant Results:** Once you finish, your track and split times upload automatically, allowing you to see your results and compare them with others.
Post Race Social	Three Arches Pub. We also have our club annual AGM with a small buffet upstairs in the Three Arches Function Room. All Welcome.
Photography Policy	You are welcome to take photographs or record video at this event, but please respect people's privacy. Photographs may be posted on the internet. If there are particular reasons why an individual should not be photographed, please discuss the issue with the organiser in advance of the event. Report any concerns about inappropriate photography to the event organiser.
Organiser:	Andrew Firth 07816902281