

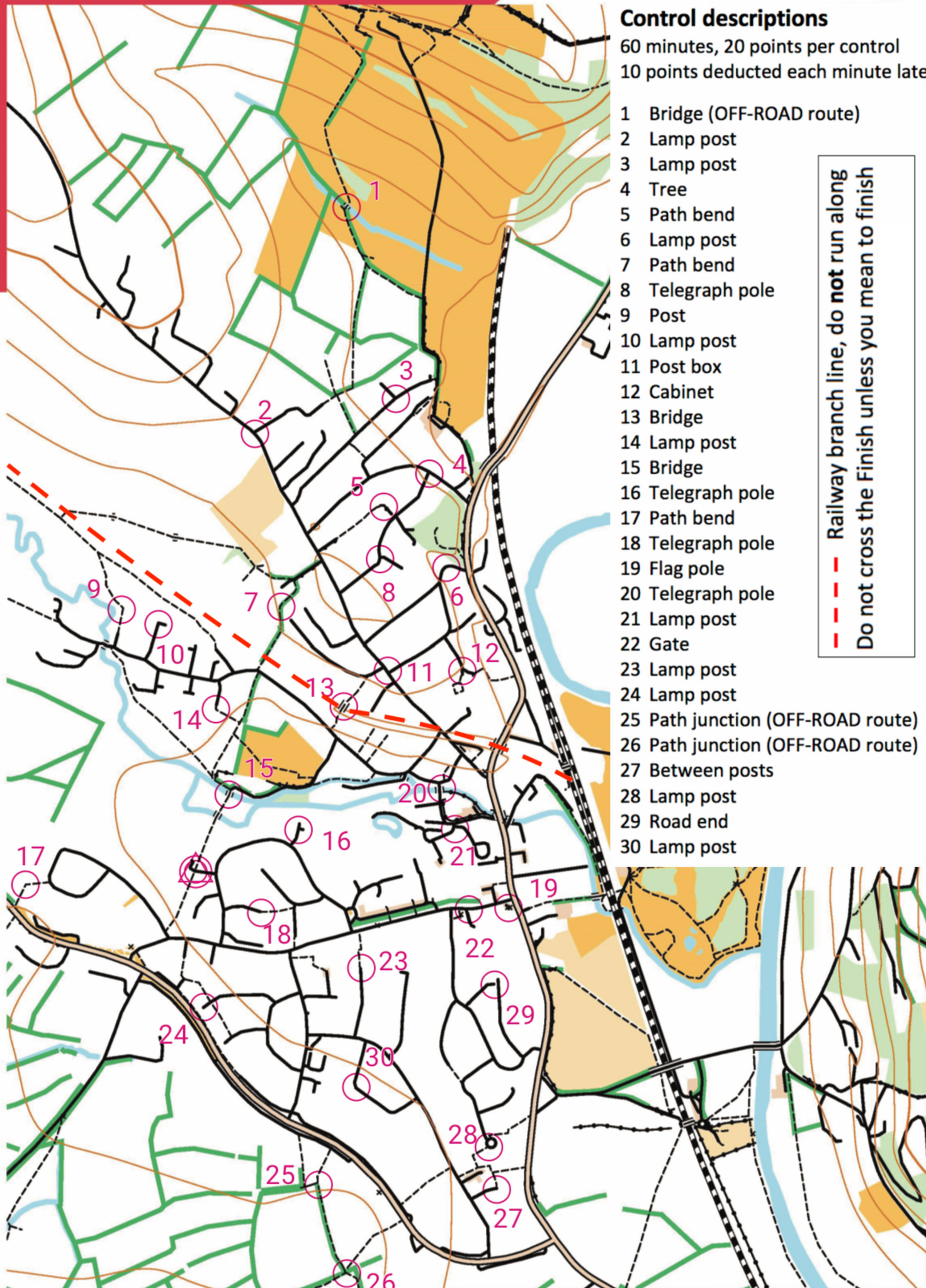


Control descriptions

60 minutes, 20 points per control
10 points deducted each minute late

- 1 Bridge (OFF-ROAD route)
- 2 Lamp post
- 3 Lamp post
- 4 Tree
- 5 Path bend
- 6 Lamp post
- 7 Path bend
- 8 Telegraph pole
- 9 Post
- 10 Lamp post
- 11 Post box
- 12 Cabinet
- 13 Bridge
- 14 Lamp post
- 15 Bridge
- 16 Telegraph pole
- 17 Path bend
- 18 Telegraph pole
- 19 Flag pole
- 20 Telegraph pole
- 21 Lamp post
- 22 Gate
- 23 Lamp post
- 24 Lamp post
- 25 Path junction (OFF-ROAD route)
- 26 Path junction (OFF-ROAD route)
- 27 Between posts
- 28 Lamp post
- 29 Road end
- 30 Lamp post

--- Railway branch line, do **not** run along
--- Do not cross the Finish unless you mean to finish



Duffield MapRun Permanent Course

Unlike most Permanent Orienteering Courses there are no markers on the ground. Instead you use the MapRun app in your smartphone to confirm that you have been to the correct place. Download and install the MapRun app from either:

<https://play.google.com/store/apps/details?id=au.com.fne.maprun>

Or

<https://apps.apple.com/au/app/maprun/id1131196832>

Parking is available outside the shops at Meadow Vale, DE56 4GU, . The Start and Finish are on the footpath going north from the eastern corner of the shops, at the entrance gate to Duffield Meadows Primary School.

Within the app, register if this is the first time you have used the app, then go to Event List, scroll down to UK/Derwent Valley/Duffield and choose the only course Duffield Map Run. When you are ready to run, press "Go to Start", then "Start the GPS". Your phone will show a blue dot at your current location until you approach the start. Your phone acts as your timing device, and 'pings' when you reach the start and each control site. You can use a print out of the map overleaf or just use the phone. When you approach the finish your timing will stop so make sure you don't go past the finish (which is at the same position as the start) until you are ready to finish. When you have finished you can upload your result if you wish and compare with all the other runners who have completed the course.

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This course is set up as a 1 hour score. In other words you may visit the controls in any order but you will lose points if you take longer than an hour.