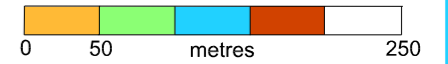


# Oakwood

Scale 1:5,000, Contours 5m.



To take part in a MapRun activity you first need to download the MapRun6 App from either the App Store (Apple) or the Play Store (Android)  
 A paper copy of the map of this course is available as a download from the Maprun page on [www.dvo.org.uk](http://www.dvo.org.uk).  
 Though you can run with just the map on your phone if you wish.

**Before you run.**

1. Start the App
2. If you have not used it before, Enter your name - to be used with your results
3. Tap Select Event
4. Browse to UK/Derbyshire/Derwent Valley/Oakwood and choose Long or Short
5. Tap Goto Start to see the map and course, your current position is shown by red dot.

**When you are ready to run:**

1. The start of the course is shown by a triangle on the map. It is at the South East corner of the mini basketball court.
2. As you approach your phone will beep and the timer has started.
3. As you follow the route on your phone (and/or the paper map) the red dot will indicate where you are and a track will plot your progress
4. When you approach the finish shown by a double circle on the map the timer stops and you will have the chance to upload your result

Orienteering is a sport that combines the challenge of navigation with running.  
 Derwent Valley Orienteers is the club for Derbyshire. See [www.dvo.org.uk](http://www.dvo.org.uk)

Oakwood	
Short	3.0 km
	Start: SE side of paved area
1	Path junction
2	SW end of path
3	Path junction
4	E outside corner of fence
5	W edge of open land
6	SW side of road
7	Path
8	Lone tree
9	E side of path
10	Lone tree
11	Path junction
12	E end of path
13	NE end of road
14	Top of hill
15	Path junction

Navigate 120 m to finish

Symbols to ISSOM 2007

YOU MAY NOT ENTER OR CROSS:

- Private Land or Gardens
- High Walls
- Hedges
- High Fences
- Out of bounds
- Building work



DERWENT VALLEY  
 ORIENTEERS  
[www.dvo.org.uk](http://www.dvo.org.uk)