

# Mickleover Meadows & Mackworth Fields Orienteering Course

You can start the course from one of three points. From Richmond Park Drive, Mackworth near Rykneld Sports Centre, from Greenwich Drive South DE22 4FY where there is parking or from the entrance to Murray Park School (limited parking on Murray Road)

## The Map

Study the map carefully before you start, particularly the colour scheme and the scale. On orienteering maps open land is shown in yellow, wooded areas as white where you can still run. Denser areas of woodland are shown as progressively darker shades of green. Private areas as well as gardens are shown with an olive green colour, do not enter these areas. You will find easier if you orientate the map so that the map is the same way round as the features on the ground. Keep doing this each time you change direction and identify the features as you go. If you have a compass you can orientate the map very simply by ensuring the red (north) end of the compass needle lines up with the Magnetic North on the map.

## The Controls

Each of the three start points is shown with a triangle. Also shown on the map as numbered purple circles are the positions of a number of controls. Ideally you will use the MapRun6 app (from Google Play or Appstore). Then your phone will ping as you approach each control point.

The aim is to visit all the control points in the shortest time, route choice and good navigation are key. You can visit them in any order. Note that at present the paths from 15 to 16 can be muddy especially in wet weather.

You can time yourself and view the map on your Smartphone using the free MapRun app. The link to download the app is at <http://maprunners.weebly.com/>. Within the app go to Event List, choose (MR) UK, then Derbyshire/Derwent Valley, then Mickleover and choose either Murray Road, Rykneld or Greenwich Drive depending on which start you are using. Once you approach the start the timing starts. As you approach within a few metres of each control site the phone will record a "punch". Timing stops when you approach the finish which is at the same location as whichever start you have used. Whether you use the map on the phone or the printed map is your choice. You may upload your time to the MapRun server if you wish and compare your time with others. More information on the Derwent Valley Orienteers web site [www.dvo.org.uk](http://www.dvo.org.uk). Comments are welcome to [permanentcourses@derwentvalleyorienteers.org.uk](mailto:permanentcourses@derwentvalleyorienteers.org.uk)

Orienteering is a competitive sport which combines navigation with running. Careful navigation and route choice can be more important than speed. The map symbols are internationally agreed so that it is possible to compete worldwide on an equal basis.

For more information about the sport of orienteering see [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk). This map has been produced by Derwent Valley Orienteers (DVO) on behalf of Derby City Council. DVO hold frequent events with most being suitable for beginners. For more information about local events and other permanent courses like this see [www.dvo.org.uk](http://www.dvo.org.uk). If you have enjoyed this course there are other courses at Markeaton Park and Darley Park in Derby and elsewhere in Derbyshire.

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|-----------------------|-------------------|
| 1 Wood, N edge        | 11 Path Junction  |
| 2 Fence corner        | 12 Wood, W. edge  |
| 3 Fence corner        | 13 Wood S.W. edge |
| 4 Signpost            | 14 Wood S.W. edge |
| 5 Wood, S.W. edge     | 15 Path Junction  |
| 6 Fence Corner        | 16 Path Junction  |
| 7 Path Junction       | 17 Fence Corner   |
| 8 Path/Ditch crossing | 18 Trees          |
| 9 Path Junction       | 19 Steps          |
| 10 Wood, N. edge      |                   |