

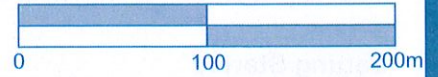


Gnarojin Park

Orienteering map

Scale 1:4000

Contour interval 2m



WESTERN AUSTRALIA
EXPERIENCE
EXTRAORDINARY

Map: Tony Simpkins

Orienteering Western Australia

MapRun Score Course
Time Limit: 30 minutes

Gnarojin Park MapRun		
MapRun	500 points	
		Start: W outside corner of shelter
1	10	NW end of fence
2	10	E inside corner of paved area
3	10	N end of stone wall
4	20	S side of bridge
5	20	Native tree or shrub
6	20	Bend in path
7	30	S side of watercourse
8	30	Boulder
9	30	Monument
10	40	NE side of watercourse and path crossing
11	40	Bridge junction
12	40	Sign
13	50	N end of path
14	50	Native tree or shrub
15	50	exotic tree
16	50	Boulder

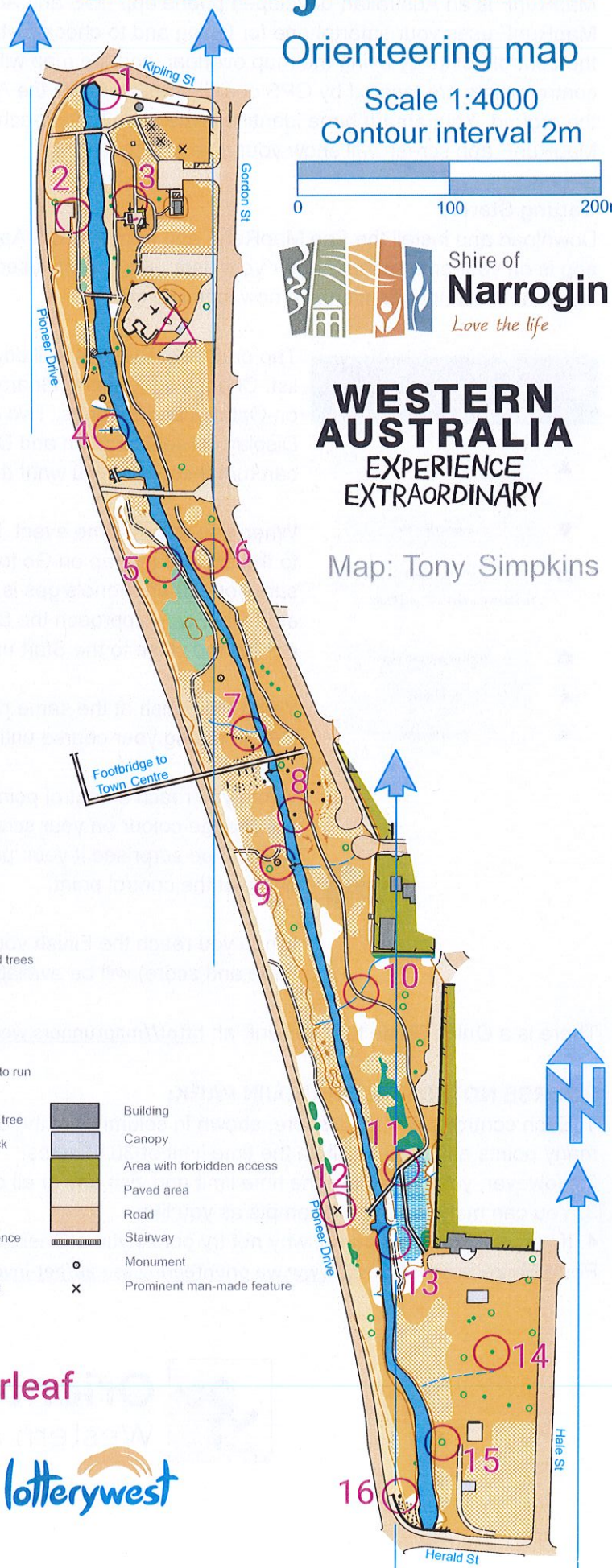
LEGEND

	Contour		Open land		Building
	Form line		Open land with scattered trees		Canopy
	Earth bank		Rough open land		Area with forbidden access
	Small earth wall		Forest: slow running		Paved area
	Small knoll		Forest: difficult to run		Road
	Small elongated knoll		Vegetation: very difficult to run		Stairway
	Small depression		Prominent large tree		Monument
	Broken ground		Prominent bush or small tree		Prominent man-made feature
	Boulder		Unpaved footpath or track		
	Stony ground		Paved footpath or track		
	Sandy ground		Bridge		
	Impassable body of water		Passable stone wall		
	Bank line, impassable waterbody		Short passable wall or fence		
	Watercourse		Impassable wall		
	Minor watercourse		Passable fence or railing		
	Seasonal marsh		Impassable fence		

Instructions overleaf



Department of
**Local Government, Sport
and Cultural Industries**

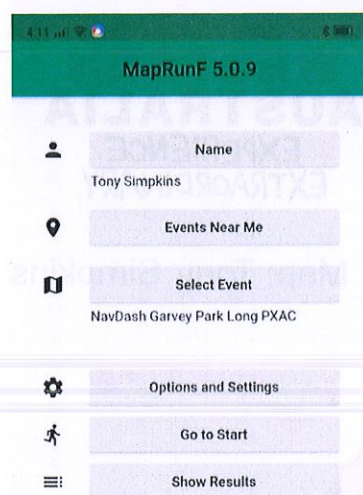


Introduction to MapRunF

MapRunF is an Australian-developed phone app (iOS and Android) for Orienteering, and is free to use. MapRunF uses your smartphone for timing and to check that you have visited the control points. You find the control points by using the map overleaf, and the map will also be displayed on your smartphone. The control points are located by GPS coordinates stored in the App – there are no markers or timing devices on the ground. Your smartphone identifies when you have reached a control point with a loud beep, and the MapRunF app screen will show your time and progress.

Getting Started

Download and install the free MapRunF app from the iOS App Store or Google Play for Android. When the app is on your smartphone, enter your user details (only used for emergency contacts) and accept the user agreement. Your screen should now look like this:



Tap on Select Event, scroll down to Western Australia and bring up the event list. Choose your event (Gnarojin Park), then choose the Score course. Tap on Options and Settings. Two options that you might want to check are Display present location and Display track – they are on by default but you can turn them off if you want the additional challenge.

When you arrive at the event, but before you reach the Start (the shelter next to the skate park) tap on Go to Start and the course map will appear. Make sure your smartphone's gps is on, and has picked up satellites. Timing will start when you approach the Start, and your phone beeps. For this reason, do not get too close to the Start until you are ready to go.

You must Finish at the same place, but do not approach within 15m of the shelter during your course until you are ready to finish.

When you reach a control point, your phone will beep, and the control circle will change colour on your screen. NB Controls are set to a tolerance of 15m, so don't be surprised if your 'punch' happens slightly before you actually arrive at the control point.

When you reach the Finish your phone should beep again and your result (time and score) will be available.

There is a Quick Guide to MapRunF at: <http://maprunners.weebly.com/quick-guide.html>

COURSE NOTES FOR GNAROJIN PARK:

1. Each control point has a score, shown in column 2 of the description box. The objective is to score as many points as possible within the time limit of 30 minutes.
2. However, you can ignore the time limit and visit any or all of the control points – it's up to you!
3. You can make as many attempts as you like.
4. If you enjoyed this course, why not try our Anytime Orienteering courses at Foxes Lair, Albany or the Perth Metro area? <https://www.wa.orienteering.asn.au/get-involved/anytime-orienteering>



Orienteering
Western Australia