

# Peak Raid3 Autumn Series 2020

## Round 1 Win Hill and Lose Hill – Sunday 20 September

We're looking forward to welcoming you to the first event of the 2020 Peak Raid 3 Autumn Series next Sunday.

As you will be aware, we are living through very challenging times and to make this event as Covid 19 safe as possible, we must ask all competitors to fully comply with, and respect all social distancing regulations. Please bring a mask (to use in the toilet areas and when queueing) and a small bottle of hand sanitiser.

### You Must Not Come to the Event If:

- You have symptoms of COVID-19 or
- You are living in a household with someone who has a possible or confirmed COVID-19 infection or
- You have been asked to isolate by NHS Test and Trace or
- You have been in contact with anyone who has COVID-19 symptoms within the past 10 days

If you decide to not come to the event because of a COVID-19 restriction or because you feel it would be unwise to attend, please let us know by email as soon as you make the decision. [info@explorerevents.co.uk](mailto:info@explorerevents.co.uk)

Please read and abide by the Covid 19 Participant Statement which [can be found here](#).

### Event Centre and Parking:

The event will be based at the Bamford Recreation Ground. The address and postcode: Bamford Recreation Ground, Bamford, S33 0DA

Parking £3, please have the correct change ready.

Directions: Turn off the A6013 into Water Lane. (Next to Riverside Garage). Go over the narrow river bridge and turn first left into the recreation ground. Follow the directions of the car park marshals.

Car parking is always a challenge, so please car share if it is safe to do so.



## Changes from the Usual Format:

To minimise the Covid 19 risk and for the safety of competitors, the local community and the organising team we will be making the following changes to our usual format:

- The event will use MapRunF with orange and white kites marking control points on the course
- Competitors will need: [MapRunF](#), [MapRunG](#) or a Smart Watch (See below)
- No entry on the day
- Pre entry only with allocated start times – arrive promptly for your start block.
- Arrive 30-40 minutes before your start ready to run
- Masks must be worn in toilet areas
- Refreshments will not be provided

The use of MapRunF (Note: NOT MapRun) will mean that competitors can arrive ready to run and go directly to the start. For those who are new to MapRunF [more details can be found here](#).

There will be a mini test course set up so that anyone who is new to MapRunF can try a mini course before the main event. This will be located on the rough grassland adjacent to the parking area. If you wish to try the test course download the course before leaving home.

The test course can be found by opening the MapRunF app and selecting:

- Select Event
- UK > Derbyshire > Peak Raid > 2020 Peak Raid 3 Autumn Series > Test Course 1 PXAS ScoreV60

## Registration and Start Procedure:

There is no entry on the day. You must register via SI Entries and select your five-minute start block. Please arrive promptly for your start. It is vital that you are prepared to compete in the event in one of the following three ways.

1. Using MapRunF on your mobile
  - Download the latest version of MapRunF (Version 5.0.9)
  - **Make sure that your name is entered exactly the same as in SI Entries**
  - Switch off all battery saving options
  - Set location service to allow all of the time
  - Fully charge your phone
  - More details here: <http://maprunners.weebly.com/maprunf.html>
2. Using MapRunG on a Garmin watch
  - Download the latest version of MapRunF
  - Download the latest version of MapRunG from Garmin Connect IQ store
  - Fully charge your watch
  - More details here: <http://maprunners.weebly.com/maprung.html>
3. Using a GPS enabled watch and record a .gpx or .fit file and either [upload it yourself here](#), or send it **with your year of birth** to: [info@explorerevents.co.uk](mailto:info@explorerevents.co.uk).  
If you choose to upload yourself check out the [simple one-page guide here](#).

Please note; If you chose the third option your score will not be calculated immediately when you upload the .gpx file. All of the controls visited will be recorded but the points will appear as 0. Your result will be manually adjusted by Team EE as quickly as possible.

All competitors must record their run using one of the three methods - both competitors in a pair.

Please, please make sure that your name is entered correctly in MapRunF (surname first). Also enter your year of birth not date of birth. Note: You must not use any punctuation characters in User Details, no full-stops, commas, colons, semicolons, brackets, underscores or similar.

## Course Download

Download the course prior to the event when you have a good data connection. The course can be found by opening the MapRunF app and selecting:

- Select Event
- UK > Derbyshire > Peak Raid > 2020 Peak Raid 3 Autumn Series > PR3 Win Hill Lose Hill PZ1020092020 PXAS ScoreN180

Once downloaded, the name of the event, (PR3 Win Hill Lose Hill PZ1020092020 PXAS ScoreN180) will appear under **Select Event**. Select **Go to the Start** and you will be prompted for a four-digit pin code. This will indicate you have downloaded the course successfully.

The four-digit pin code will be given at the start.

## Start Procedure

The start is only 100m from the car parking and within the Bamford Recreation Ground. You must arrive promptly for your start time. You will receive the four-digit pin code shortly before starting.

MapRunF will start recording your time when you go to pick up your map. If you are using a GPS enabled watch to record your track start the device on the start line before proceeding to pick up your map.

## Toilets:

Please wear a face mask in the toilet areas, located at the pavilion, and also when queueing. Hand sanitiser will be provided outside of the toilets. Use the hand sanitiser on entry and on exit. Speak to a team member if you have any concern about the loos or if there is a shortage of hand sanitiser/toilet paper.

There will not be any access to indoor changing facilities. Change at your car and go directly to the start.

## Terrain:

The event visits Win Hill, Lose Hill and the surrounding area. There is a good network of tracks and paths and areas of open access around the summit of Win Hill and Lose Hill. Please remember the golden rules, you must not cross walls or fences and you must report to the finish official if you retire. Purple lines are used as a reminder that walls and fences must not be crossed.

## Equipment and Kit Requirements:

You **MUST** wear or carry the following FRA Mandatory Minimum Kit of;

- waterproof whole-body cover (with taped seams and integrated attached hood)
- hat and gloves
- map of the route (provided)
- compass, whistle and sufficient food for the event
- a survival bag (bag not blanket)
- boots or fell running shoes that in the organiser's opinion are fully suitable for the type of terrain
- a sufficient supply of liquid & food to see you through the event.

Please read the FRA leaflet: [Hypothermia, how to avoid it and what to do if you get it.](#)

## **Emergency Contact and Competitor Safety:**

We strongly encourage all competitors to carry a fully charged mobile phone and to register the phone for the Emergency SMS 999 text service. To register, simply text 'Register' to 999. You will then receive a reply. Respond with 'Yes', and you are set up to send messages to the emergency services from locations where there is little, or no mobile signal.

Pre-entering emergency phone numbers before the event is recommended. In the event that you find yourself likely to be back significantly late, or if you are injured, call the contact numbers below.

**Paul: 07854 067685**

**Andy: 077626 30755**

## **Kit Check:**

You will need to have your race kit checked before going to the start. Kit check will be open from 7:30am and will be sited close to the start.

## **GPS Watches:**

As per the FRA rules you cannot use a GPS enabled watch or device to assist navigation. However, wearing a watch or using a GPS enabled device for MapRunF or GPS tracking and post-race analysis is allowed.

## **Map:**

Ordnance Survey 1:25 000 Explorer Map with 10m contours. The maps will be printed on waterproof paper and clearly display control points with a purple circle. Competitors may choose to visit control points in any order.

The control numbers and the points values will be displayed in the format **11 (20)**, where **11** is the checkpoint number and **(20)** the points value.

## **Control Points:**

Control points are white and orange orienteering kites which will be placed on the ground. They are only provided to indicate the control position. Your visit will be recorded by MapRunF. The GPS punch tolerance is set to 20 metres, so you will hear a 'beep' once you are close to the control. It is advisable to turn off all notifications on your phone, otherwise you may receive a text message and think you have recorded a control!

## **Event Format and Penalty Points:**

There are 20 control points and the challenge is to visit as many points as you can within the three-hour time limit. The maximum possible score is 600 points. You choose your route and go as hard or as easy as you like.

Three hours maximum time limit, after which you lose points. So, don't be late!

The penalty for being late is 10 points per minute, or part of a minute.

Please remember the Golden Rules – do not climb fences or walls and you must report to an official if you retire.

## **Road Safety:**

Your route will cross roads and follow short sections of road. Please take great care.

**Dogs:** In line with FRA guidelines and land owners' requests dogs are not allowed on the course.

## **Late Entries:**

There may be limited late entries available. Contact: [info@explorerevents.co.uk](mailto:info@explorerevents.co.uk) or Paul Addison on: 07854 067685

There is no entry on the day.

For the latest news follow us on Facebook: <https://www.facebook.com/ExplorerEventsRaid12Raid6/>

Website: <https://www.explorerevents.co.uk>

Twitter: [https://twitter.com/Explorer\\_Events](https://twitter.com/Explorer_Events)

Instagram: <https://www.instagram.com/eepeakraid/>

Email: [info@explorerevents.co.uk](mailto:info@explorerevents.co.uk)

For the latest Peak District weather forecast: <http://www.mwis.org.uk/>

Results will be published on [www.explorerevents.co.uk](http://www.explorerevents.co.uk) shortly after the event. Looking forward to seeing you all on Sunday. Any questions, please get in touch.

Team EE

V2 Win Hill and Lose Hill 20.09.2020