Glenrothes Postbox Challenge

How quickly can you navigate your way round the postboxes closest to your house? We have created orienteering courses in several areas around Glenrothes using the fantastic MapRunF App which will time you and will check that you have visited the correct locations.

We have created an orienteering course in each area that you are able to do at anytime and as many times as you wish – there are lots of different possible varieties of route and course. Explore your town with a great map and find new pathways and interesting bits of your local urban environment. You can compete remotely with others and see your name appear in the online results. To join in and enjoy doing some exercise in your local area all you need to do is download the free MapRunF app to your phone.

The App gives access to orienteering courses that exist without infrastructure – no physical controls have been placed around your town – your smartphone will beep when you are at the correct location on the map. You can navigate straight from a smartphone but you can download and perhaps print a paper copy of the map from the Scottish Orienteering website or from the links at the end of this document.
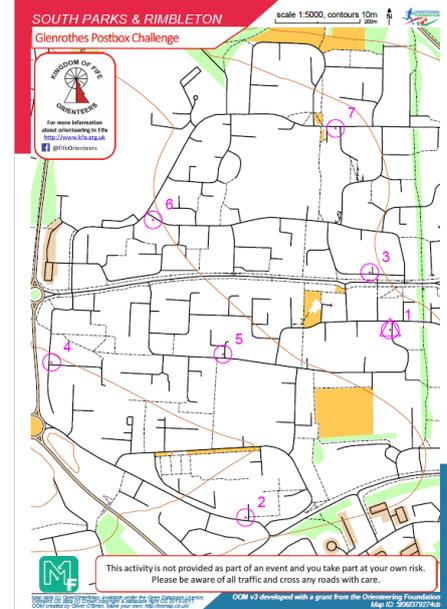
Sometimes you may notice that the phone beeps before you are exactly at the location of the control shown on the map – or you may need to go past the location. The accuracy of system is related to the accuracy of the GPS and the environment will affect this – for example in steep valleys, or beside tall buildings or with dense tree cover the satellite signal for the GPS may not work as well. The signal is also affected by external factors, such as the number of overhead satellites at that time and weather and atmospheric conditions.

Normally you should expect the phone to detect the control and beep if you are somewhere within the control circle drawn on the map (somewhere within a radius of about 10m from the location of the feature – in these maps that feature is a postbox)

These courses are fully accessible – if you can get to a postbox in your area you can have a go at a course. You are timed but just having a go is what is important. You may want to observe: all the different designs of postboxes; what is the most efficient way around the postboxes – is the quickest the shortest, what distance did you cover, how long did it take, what was your average speed?

Full details of how to download and install the app are available at https://www.scottish-orienteering.org/download/81/mapping/13830/maprunf-4-8-8-pictorial-guide.pdf

The map will show the locations of all the controls (Postboxes) each marked with a numbered purple circle. A start triangle is shown beside postbox 1 – but you can start at any of the marked locations. You do not need to visit them in any particular order – you can chose your own route round them all. The course will finish when you return to the first control where you started.

Maps:

- Auchmuty   https://www.scottish-orienteering.org/download/117/maprun-maps/15248/maprun-glenrothes-postbox-auchmuty.pdf

- Cadham   https://www.scottish-orienteering.org/download/117/maprun-maps/15250/maprun-glenrothes-postbox-cadham.pdf

- Collydean and Balgeddie   https://www.scottish-orienteering.org/download/117/maprun-maps/15249/maprun-glenrothes-postbox-collydean-and-balgeddie.pdf

- Leslie https://www.scottish-orienteering.org/download/117/maprun-maps/15243/maprun-glenrothes-postbox-leslie.pdf

- Macedonia, Tanshall & Caskieberran   https://www.scottish-orienteering.org/download/117/maprun-maps/15244/maprun-glenrothes-postbox-macedonia-tanshall-caskieberran.pdf

- Markinch   https://www.scottish-orienteering.org/download/117/maprun-maps/15246/maprun-glenrothes-postbox-markinch.pdf

- South Parks and Rimbleton   https://www.scottish-orienteering.org/download/117/maprun-maps/15245/maprun-glenrothes-postbox-s-parks-and-rimbleton.pdf

- Woodside   https://www.scottish-orienteering.org/download/117/maprun-maps/15247/maprun-glenrothes-postbox-woodside.pdf