# FRODSHAM NIGHT OR DAY STREET ACTIVITY 5-15 November 2020

We are revisiting a course put together by Mike Smithard some years ago. Some control sites have been removed to avoid busy narrow roads and some new sites have been added. All control sites have been checked.

### **START & FINISH**

In the open area behind Frodsham Community Centre.

## **DIRECTIONS & PARKING**

Parking possible on the main road through Frodsham (best to avoid Thursday morning because of the market), or free in the car park at the Frodsham medical centre/library off Fountain Lane/Park Lane. You can look it up on google maps and navigate your way to the start using the map.

#### **FORMAT**

Usual DEE Street format - score event with choice of 40 or 60 or 75 minutes.

Most control points are marked by lamp posts and telegraph poles.

Remember to bring a pencil or waterproof pen to write down the answers and something waterproof to put your map and answer sheet in.

If you are new to this format, you might find the control description key below useful:

TP = Telegraph Pole

LP = Lamp post

IMPORTANT NOTE: lamp post controls may have no number on them – if so, write 0 on your answer sheet.

For those of you who have trouble reading small print, on your control description sheet, control 42 is Blue/white sign on building.

## **MAP**

Frodsham, map scale 1:10000, produced by Steve Ingleby.

## **SAFETY**

This is not an event. It will be registered as an activity with British Orienteering. The usual street event rules apply:

No unaccompanied under 16s.

16 & 17-year olds allowed to run only with Parents' written permission. High Viz top & light required if you choose to run at night. Back-up light advised. Please watch out for traffic which may include buses when crossing roads. Give way to others at all times.

Remember to bring a pen/pencil to write down answers on the clue sheet and a watch to time your run (write down your own start and finish time on your score sheet).

Scan or photograph your answer sheet and email to orienteeringj@gmail.com if you would like your answers checked.