Eastham country Park 2021 MapRun Event

<u>Date</u> The download to your phone will be available from 19 April 2021

You will need the MapRun6 app

Courses

Two separate courses have been planned. If you want a longer run you will have to treat them as two separate events from the same start/finish points. There are no shared controls. The area is widely used by the public; in particular dog walkers. Please take care on the minor roads adjacent to the area.

Course A 2.9 Km

Course B 2.8 Km

Parking

GR SJ 365818. CH62 0BH. Signed from A41 N of M53 junc 5. Car Park at Eastham Ferry.

Note that there is a parking charge of 50p for 1 hour, £1 for 2 hours, or £2 all day. The machines take cash or card payment (including contactless).

Start/Finish

Start and finish are close to the car park

Map

The map scale is 1:5,000 with a contour interval of 5m. the map was updated in 2019. However, there are a few minor paths that have been made by the public; these should not affect the courses. There is an area of newly planted trees on the southern part of the open land (west side of map); this has been marked as out of bounds on the map pdf. There is also a new section of fencing alongside the track leading north west from the car park. This has been marked on the map.

The maps can be downloaded as a pdf for printing out from the DEE web site.

Punching

The default punch tolerance of 15 m has been set (as recommended by MapRun). This is quite a large tolerance so on occasions you may get a bleep whilst being this distance from the control. On the other hand there may be occasions when the GPS has not kept up with you, especially if you run quickly! All the controls are on distinct features so that if you get to a control site and you do not get a bleep then it is best to wait for the GPS to catch up with you rather than go wandering around. Control circles turn from red to green on your phone once you have correctly punched

You must adhere to the latest Government and British Orienteering Guidance which includes maintaining social distancing and respecting other users of the facilities and in urban areas. Slow down and give way to others where necessary to abide by these guidances.

This MapRun course is not an organised event or activity, so you are not covered by British Orienteering's insurance. You do the Challenge as an individual for personal training and you are responsible for both your own safety and the safety of others around you