

Ainsdale - Natural England Nature Reserve.

Event Date

The download to your phone will be available from Monday April 12th 2021. You will need the MapRun6 app and not the earlier MapRunF app.

Parking

There is no parking on site – please do not drive to the Natural England Centre.

The nearest parking places are:-

1. In the layby outside Shoresides Primary School, Westminster Rd, Ainsdale.

[Google Maps](#) **What3Words ///bagels.openly.dialect OS SD306118**

Streetmap - [Streetmap.co.uk - Map of 330680,411850](#)

Please avoid times at the start and end of a school day as it is extremely busy with parental drop offs and pickups.

2. A small parking area for about eight cars off Easedale Drive in the Woodvale Housing estate.

[Google Maps](#) **What3Words ///briskly.livid.gently OS SD307116**

Streetmap - [Streetmap.co.uk - Map of 330770,411650](#)

Route to the Start

1. From the School layby – walking distance is just under 1km. Go SW down Westminster Rd, turn left after 150m approx onto a pavement path between the houses. Carry straight on this path into the dunes, turn right at the path junction opposite the railway pedestrian bridge. Continue bearing left at path junctions following the railway line until passing under the road bridge. Bear right off the main path across the open grassed area on a feint path to meet the access road to the Natural England Centre. The Start point is on the path directly opposite on the other side of the road. [Google Maps](#)
2. From Easedale Drive – walking distance is 650m approx. Cross over the railway line via the pedestrian bridge, turn left onto the path. Follow the path from this point as for the instructions from the School layby.

Terrain

The National Nature Reserve run by Natural England in the south combines grassed, vegetated dunes with a large area of wooded dunes. These pinewoods are a stark contrast to the open dune vistas, providing shelter from the sea breezes and shade from the sun. The woodlands are dominated by Corsican pine, interspersed with areas of wet woodland, alder and scrub.

At the time of control checking the area was very wet, with flooded low areas and depressions that are not marked as wet areas on the map. Makes navigation interesting.

Courses

Two courses have been planned, a 5.3km Long and a 2.9km Short. The short course is set entirely in the pine forest, the Long, while mainly in the forest, wanders out onto the open grassed dunes for a bit of variety.

There is livestock (sheep and cattle) grazing in the fenced paddocks, no dogs are allowed in these paddocks whether on a lead or not.

Routes into and out of the paddocks are by designated fence crossing points, marked on the PDF maps with the purple crossing point symbol, most are stiles others may be open or locked gates to be climbed. Please do not cross/climb over any fences except at the marked points.

Map

The map has not been updated since 2016, **there are many paths in both the open dunes and wooded areas that are not mapped.**

In places there have been some large paths created that I have added to the map print outs. These are not present on the phone map.

I have provided PDF's of the two courses to be printed out at two scales, the whole area at 1:10,000 for the purists and the course areas at 1:7500 for those of us of elder years with less sharpened eyesight. The 7500 map does not have the full symbol key.

The maps with courses can be downloaded as PDFs for printing out from the DEE web site.

MapRun app

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 or are in woodland! 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.

Safety

At the time of writing there is localised standing water in random low areas, depressions and paths, some are quite deep.

Rabbit holes can also be encountered on the open dunes.

The area is well used by local walkers/dog walkers, dogs not on a leash may be encountered.

COVID - You must adhere to the latest Government and British Orienteering Guidance which includes maintaining social distancing and respecting other users of the facilities. Slow down and give way to others where necessary to abide by this guidance.

Courses are on open dunes and woodland with plenty of space to maintain social distancing rules and avoid people coming into close contact.

Competitors are requested to tell someone when/where they are running, expected return time and to phone when they are back.

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.