

Helsby 2021 MapRun Event

Date The download to your phone will be available from 3 May 2021.

Courses

Two courses have been planned:

- a 3km course that uses woodland paths in Helsby Quarry and around the top of Helsby Hill, plus a small amount of street running
- a 5.8km course that uses all the controls on the short course and also offers plenty of opportunity for street running.

You should encounter very little mud, and will not need to stagger around on steep wooded slopes looking for vague vegetation features. The courses do offer an excellent opportunity for hill training.

Parking

Parking at the Helsby Quarry car park on Alvanley Road GR SJ 490750.

Start/Finish

Start and finish are at exactly the same place, very close to the car park.

Map

The map scale is 1:5,000 with a contour interval of 5m.

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

Punching

The default punch tolerance of 15m 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.

Safety

Take care when crossing roads.

Take care when running on footpaths that are near unfenced cliffs.

It is recommended that under-16s are accompanied by an adult.

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 this guidance.

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