

## **Frodsham Hill/Snidley Moor MapRun Event**

**Date** The download to your phone will be available from 29 March 2021  
You will need the MapRun6 app and not the earlier MapRunF app

### **Courses**

In order to avoid the use of the steep escarpment of Frodsham Hill the event will be confined to the more interesting but less extensive Snidley Moor and Woodhouse Hill parts of the area. As a result 2 separate courses have been planned. If you want a longer run therefore you will have to treat as 2 separate events from the same start/finish points. There are no shared controls.

Course A 2.9 Km

Course B 2.7 Km

### **Parking**

Parking on Manley Road at Shepherds Houses GR SJ 519756 (WA6 6HW)

There used to be parking along the track which runs from the main road at Shepherds Houses into the woodland. However a very recent sign (May 2021) has been erected stating that no cars can use this track as it is a bridleway. The police are known to have issued parking tickets so the advice is now to park using the grass verge on the main road as close to the track as is convenient.

### **Start/Finish**

Start and finish are close together and are close to the point where the track enters the woodland

### **Map**

The mapscale is 1:10,000 with a contour interval of 5m . It was resurveyed in 2020 utilising lidar data. However due to more extensive public use of the area during lockdown a number of new cycle paths have developed which are not mapped. 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***

