

Runcorn Hill Maprun F event

Date: From April 5th

Location:

Esposito's Café Runcorn Hill Park:

<http://www.espositosicecream.co.uk/runcorn-hill-park/>

WA7 4PU / SJ 508 816

<https://goo.gl/maps/vvrJ1q7GLKwgdBe9A>

Free car park adjacent to café & toilets. The café is doing takeaways even during lockdown. There are benches around the small lake (visible from the café) to take a break between courses.

Start:

Path crossing about 50m north of the cafe

Terrain:

A delightful compact complex area, offering fine views. Open heath, woodland and quarry with highly detailed contour features.

New lidar based map: ISSprOM – 1:4000

Courses:

A – 2.7 km 80 m

B – 2.5 km 85 m

Controls & legs are not shared between courses, so we recommend you enjoy both courses while you are there!

Government and British Orienteering restrictions:

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