



MapRun Training 2021

Soudley Ponds

23-25 April 2021



These courses take advantage of the admittedly steep but delightfully runnable woods to the East of Soudley Ponds. They are based on the course planned for the 2020 Chairman's Challenge, which succumbed to Covid lockdowns, and will give you both a technical and a physical challenge, though generally with very good going underfoot.

New version of MapRun available: We strongly recommend that you uninstall *MapRunF* and all previous versions of the app, and download and install **MapRun6** from your app store. Generally earlier versions will work; they just won't be able to take advantage of some of the new features which we may use.

Queries?	Tom Mills or maprun@ngoc.org.uk
Directions and Parking	<p>Parking is in the public car park at the top end of Soudley Ponds, and the minor road from Soudley village towards Littledean, at GL14 2TU What 3 words: snapped.moth.loitering Map: Streetmap</p> <p>This car park is very popular with dog walkers, so you may find it a challenge to find a spot, but there are various places on the passing road where you can get off the road, without too much of a walk to get back into the car park. The road is narrow, so make sure you don't cause any obstructions for passing traffic.</p> <p>The Start for all courses is up a fairly steep path which leaves the car park directly opposite the entrance. Note that the Yellow courses carries on up the hill to the next big forest track, so may be a bit of a challenge for very small children; just take your time.</p>
The Area	<p>A mix of conifer and broadleaf woodland blocks on a ridge running North South above the string of ponds running down to Soudley Village and Dean Heritage Centre. Courses are planned to avoid too much climb, though you can expect a physical challenge. There has been quite a bit of forestry work over the last few months, so there may be new extraction lanes in places, and some brashings, though once again the courses avoid the worst of this destruction.</p> <p>[Late news] Since planning, further forestry work has created brashings to the side of tracks and roads. This has not affected the plantations with the exception of one control site, number 25. This is now a slow run.</p>
Event details	<p>Entry is free. You just need to download the course you want to run onto phone or Garmin, and a map using the links below. DO NOT assume there is a phone signal in the parking area, so make sure you download before coming to the event.</p> <p>You will find the courses in the UK/Gloucestershire/Training folder, called Soudley Ponds [Colour] PXAC. Links to download the course maps will appear here a couple of days before the event weekend, and on the MapRun Gloucestershire website.</p> <p>Please make sure you've installed MapRun6 before the event. If you haven't used MapRun before, don't worry – it's easy to use, and we have full details on getting started.</p> <p>You can download and print a course map using the links in the table below.</p>

The following courses are available:

Course	Length - Km	Climb - m	Controls	Suitable for
Blue Map	6.7	210	19	Experienced Orienteers
Green Map	5.2	125	14	Experienced Orienteers
Orange Map	3.2	110	9	Adult beginners and Improvers
Yellow Map	2.2	70	7	Children and Beginners

If you can't get to Soudley Ponds over the weekend, the event will be set up such that you will be able to run it up to Thursday 29 April, and results and tracks will be available on the MapRun website for a further week after that. The MapRun service is straining under massively increased Covid related demand, so we propose to treat these training sessions as week long events, and will not retain them as pseudo permanent courses, though we may change this policy if there is enough interest in our retaining them.

Event options

As these are training runs the courses are set up with a few aids, for the less experienced.

- All controls except those on Yellow will be discretely tagged for the weekend, with small red and white streamers, to give you confirmation that you have found a control. Typically your phone may well beep before you spot the tag, however.
- The Orange and Yellow courses will be set up with location hints enabled. Whilst you wont normally be see your track and location on your phone, if you are truly lost, you can tap a 'Show Me' button on the screen, and the phone will display your location for 20 seconds. You will have 5 such 'lives' after which you are on your own again.

Safety

The courses are generally confined to runnable open woodland with few hazards other than the usual trips, scratches and so on.

Phone signal is probably poor throughout the area, so if in difficulty you may not be able to call for help. If travelling and running alone, make sure someone knows where you are going, what you'll be doing, and when you'll be back.

These training events are not registered British Orienteering events. The are provided for informal use as training activities, and you run at your own risk.

[Clearly, you need to abide by all Covid constraints throughout your vist.](#)