MapRun Training 2021
Chestnuts Hill and Green Bottom

16-18 April 2021

Chestnuts Hill and Green Bottom is the Easternmost part of the Lightning Tree Hill map. The terrain is an absolute delight, almost all open broadleaf woodland, runnable throughout, but there are several minor and very minor roads which need to crossed at various times, so runners need to take care around these.

These courses are designed to take advantage of an absolutely delightful but fairly restricted part of the forest, and are middle distance in character – so lots of short legs to test fast flow through controls, accurate distance and compass work, and ability to change direction often and accurately from control to control.

Parking is off map, so pay close attention to the parking details and access to the start.

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	Parking is on the access track into Flaxley Woods, the entrance to which is opposite the much scaffolded Gunns Mill building at GL17 0EA What 3 words: single.mailers.textiles Map: Streetmap There isn't a great deal of parking space, but if you park nose or tail in, rather than along the edge of the track, we should fit a few cars in, and if this area is full, you can probably find somewhere nearby to park. To get to the Start, you need to walk back out to the road, turn left and walk down towards the triangle of roads, and then take the first track on the right as if going up to Gunn's Mill. The track bears left and runs up left of the Asha Centre towards the start. See this aerial picture The start is in the woods on the left after the house on the left of the track. There is a pair of old fence posts just beyond the cottage, so turn up left through those, and you'll find the start gully just up the slope. Your course map shows where parking is in relation to the courses, though it is off-map.
The Area	Open broadleaf woodland, but as noted above with various fairly minor roads which you need to navigate with care. The area is generally very runnable.
Event details	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. You will find the courses in the **UK/Gloucestershire/Training** folder, called Chestnuts [Colour] PXAC, and links to paper copies in the table below 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. The following courses are available:

Course	Length - Km	Climb - m	Controls	Suitable for
Blue Map	6.4	265	21	Experienced Orienteers
Green Map	4.4	190	14	Experienced Orienteers

	Orange [Map]	2.6	110	8	Adult beginners and Improvers
	If you can't get to Chestnuts over the weekend, the event will be set up such that you will be able to run it up to Thursday 22 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 wekk long events, and will not retain them as pseudo permanent courses.					
Event options	As these are training runs the courses are set up with a few aids, for the less experienced. • All controls 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 course 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. There are several minor roads, however, so care is needed around these. Under 16s should not run unaccompanied. 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 visit.					