MapRun Training 2021
Soudley West

7-9 May 2021

This is a fairly compact but still interesting part of the overall Soudley map, consisting of the ridge between the Soudley Ponds valley and the more Westerly one occupied by the road from Soudley to Ruspidge, and on its Western side, Ruspidge itself.

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 in a limited area of forest gateway and track, just outside Soudley Village itself on the road towards Littledean, at Abbots Wood, Sutton Road, GL14 2TX What 3 words: gardens.premature.paths Map: Streetmap There is not much space to park here, but you should be able to find roadside parking nearby, or at worst down in Soudley itself. The Start for all courses is about 70m up the main forest track heading North West from the junction with the public road.
The Area	A mix of conifer and broadleaf woodland blocks on a ridge running North South between Soudley Ponds and Ruspidge. 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.
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 Soudley West [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. 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. You can download and print a course map using the links in the table below. The following courses are available:

Course	Length - Km	Climb - m	Controls	Suitable for
Blue Map	5.9	220	20	Experienced Orienteers
Green Map	4.1	175	16	Experienced Orienteers
Orange Map	3.8	125	12	Adult beginners and Improvers
Yellow Map	1.9	85	8	Children and Beginners

	If you can't get to Soudley over the weekend, the event will be set up such that you will be able to run it after that and results and tracks will be available on the MapRun website for some time. The MapRun service is straining under massively increased Covid related demand, so we propose to treat these training sessions as limited period 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. If you are very unsure of your mapreading skills, you may also choose to enable Runner location and track for these courses. This will show you where you are on the phone map at all times. To achieve this, before you tap Go to Start, you need to tap Options and Settings, and then enable Show Location and Show Track.
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.