

Avon Heath MapRun Instructions

Please note the following:

1. Parking is on Ringwood service road that runs parallel with the A31. At St Ives/Avon Heath roundabout on the A31, turn off towards St Ives (not Avon Heath!) and immediately take the first turning on the right. Access to the area is via a pedestrian footbridge over the A31 close to St Ives End Lane. There is an informal lay-by for two cars by the bus stop (what3words location is jumbo.bond.grass) otherwise use the other lay-bys on the service road or park in a safe location on the service road itself
2. You must access the area via the pedestrian footbridge – do not attempt to cross the A31 by any other means
3. The start & finish are located very close to the south side of the footbridge so you should stay by the base of the footbridge until you are ready to start to avoid the start registering
4. Avon Heath is well known to many but is our first attempt to use MapRun on a traditional orienteering area and map. We are very grateful to Dorset Council and in particular Avon Heath Rangers for their continued co-operation and support. Please be considerate to other users.
5. Whilst the area has an extensive path network, a significant number of the controls have been “placed” on technical features which are off the paths. There is also the opportunity to “run straight” with the area being generally very runnable if somewhat physical in nature. Given this, you should anticipate normal orienteering risks and hazards – full body cover and studded shoes is highly recommended. Given the terrain, please ensure you participate within your own capabilities, carry a whistle and if you are going out alone, please make sure someone knows where you are going
6. Permission to use the area for MapRun has been sought and gained for 17th-25th October 2020 only. Please do not use the MapRun course outside of these dates. The course is PIN protected on MapRun until the 17th but no PIN is required if you are running between 17th and 25th.