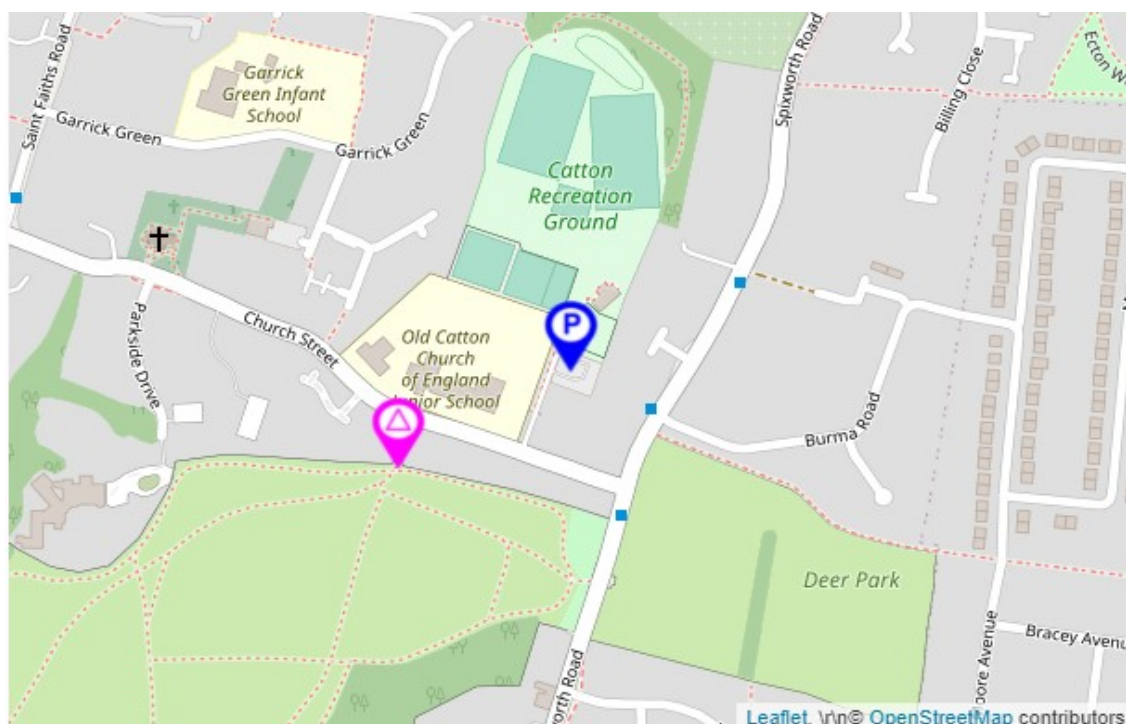


# Maprun League (Mar 2022)

## Old Catton and Sprowston



**Parking:** Old Catton Recreation Ground  
**Toilets:** Not Known  
**Start:** Catton Park  
**Post Code:** NR6 7DS

**Course:**  
**Type:** 60 minute Score (get as many controls as you can in 60 min)  
**Distance:** ~14.5km to get all 32 controls  
**Planner:** Karen Goldsworthy  
**Start Date:** Sunday, 13th March 2022 (for league)  
**End Date:** Saturday, 10th April 2022 (for league)

**Notes:** N/A

**Safety:** Choose a time when the area won't be too busy and follow the [official social distancing & hygiene guidance](#) and the [British Orienteering Code of Conduct](#) at all times.  
Use only public roads, paths & open spaces.  
Be aware of residents, walkers & cyclists.  
Be aware of traffic in urban areas & take care at road crossings.  
Anyone under the age of 16 should be accompanied by an adult in urban areas because of the traffic risk.  
Follow instructions as to out-of-bounds areas/paths and compulsory road/rail crossings. The situation you face on the ground may differ from when the course was planned.  
You are responsible for your own safety, i.e. you take part at your own risk. British Orienteering insurance only covers organised events, not individuals taking part on these courses.  
Let someone know where you're going, particularly for the courses which visit more isolated / off-road locations. Consider using an app like [what3words](#) so you can give your precise location in case of accident.

