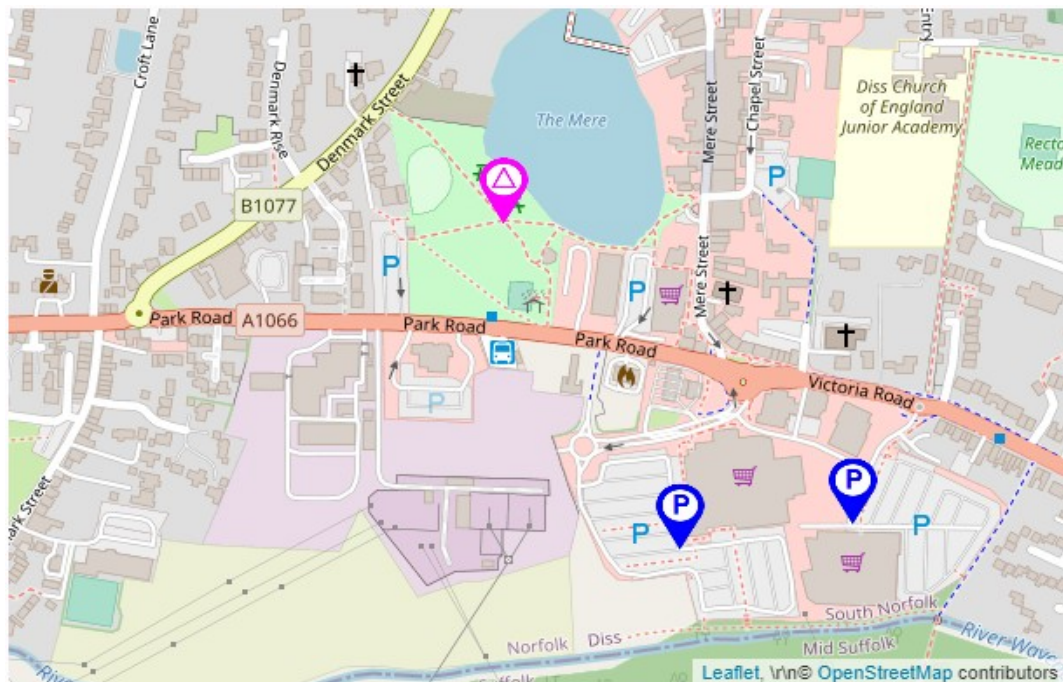


# Maprun League (Spring 2021)

## Diss



**Parking:** Tesco's or Morrison's south of Diss Mere  
**Toilets:** Tesco's or Morrison's Store (face mask required)  
**Start:** Path Junction on park land southwest of Diss Mere  
**Post Code:** IP22 4NJ

**Course:**  
**Type:** 60 minute Score (get as many controls as you can in 60 min)  
**Distance:** ~13.5km to get all 32 controls  
**Planner:** Kim Eden  
**Start Date:** Sunday, 23rd May 2021 (for Maprun League)  
**End Date:** Saturday, 5th June 2021 (for Maprun League)  
**Maprun:** UK → Norfolk → NOR OC Fun League → Diss

**Notes:** There is railway line on the east of the map, running north-southish. There are 3 crossing points marked – 2 underpasses and 1 footbridge at the station.  
The start is in sight of Diss Mere, but no controls are close to it.

**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.

