Maprun League (Spring 2021) North Walsham



Parking:	Bank Loke, North Walsham, NR28 9JN (and others around the town)
Toilets:	Vicarage Street , NR28 9DQ / New Road, NR28 9DE
Start:	At the Town Sign (junction of Market Place / New Rd and Yarmouth Rd)
Post Code:	NR28 9DE
Course:	
Туре:	60 minute Score (get as many controls as you can in 60 min)
Distance:	~13km to get all 30 controls
Planners:	Karen & Paul Goldsworthy
Start Date:	Sunday, 20th June 2021 (for Maprun League)
End Date:	Saturday, 3rd July 2021 (for Maprun League)
Maprun	UK \rightarrow Norfolk \rightarrow NOR OC Fun League \rightarrow North Walsham
Notes:	Pubs - The Bluebell, The Orchard Gardens, The Hop Inn
	Cafes - Swallows Cafe, Café Kitale
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.