


































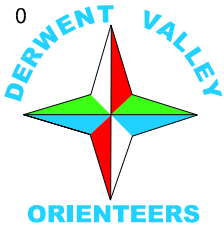


# Ashbourne Town Park

## Scale 1:2,500, Contours 5m.

Magnetic North  
2023

-  Roads & car parks
  -  Tarmac, gravel, astroturf
  -  Open
  -  Rough open
  -  Runnable woodland
  -  Open, scattered trees
  -  Slow run
  -  Walk
  -  Fight
  -  Water, lake & river
  -  OUT OF BOUNDS
  -  Building Work
  -  Gardens & other
  -  FORBIDDEN ACCESS
-  Building
  -  Canopy
  -  High or impassable wall
  -  High fence
  -  Low fence
  -  Ruined fence
  -  Low wall
  -  Play apparatus
  -  Trees, large, small
  -  Tree stump, boulders
  -  Hedge
  -  (not to be crossed) Statue & tables etc.
  -  Contour
  -  Steep slope
  -  Gravel path
  -  Indistinct path
  -  Path
  -  Ditch
  -  Marsh
  -  Goal
  -  Signpost



0 100

Ashbourne Town Park POC		POC 2023		18 controls	
Start:		1	SE end of fence	5	SW inside corner of paved area
2	SW side of crossing point	6	SW side of clearing	12	E outside corner of fence
3	NW side of clearing	7	N side of fence	13	NW outside corner of building
4	SW side of fence	8	W side of fence	14	W side of hedge
		9	NE side of stone wall	15	Root stock
		10	NE end of fence	16	N side of fence
		11	NE side of fence	17	SE tip of clearing
				18	NW end of fence

## Ashbourne Town Park Permanent Orienteering Course

Note that there are no markers for this course. If you want confirmation that you are at the correct point you will need to use smartphone with the Maprun app, see the details below.

The course starts at the gateway on the west side of the car park off Cockayne Avenue. If you go through the gateway you will see a sign, that is where the start triangle and finish double circle are shown on the map. If you are using the Maprun app (see below) as you get close to the sign the timing will start.

Study the map carefully before you start, particularly the colour scheme and the scale. On orienteering maps open land is shown in yellow, wooded areas as white where you can still run. Denser areas of woodland are shown as progressively darker shades of green. Private areas as well as gardens are shown with an olive green colour, do not enter these areas. You will find it easier if you orientate the map so that the map is the same way round as the features on the ground. Keep doing this each time you change direction and identify the features as you go. If you have a compass you can orientate the map very simply by ensuring the red (north) end of the compass needle lines up with the Magnetic North on the map.

Also shown on the map as numbered purple circles are the positions of a number of controls. At each of these points your phone will beep as you approach. You can visit the controls in any order. The triangle on the map marks the start at the sign. The course finish is marked with the double circle on the map at the same point.

**Orienteering** is a competitive sport which combines navigation with running. Careful navigation and route choice can be more important than speed. The map symbols are internationally agreed so that it is possible to compete worldwide on an equal basis.

For more information about the sport of orienteering see [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk). This map has been produced by Derwent Valley Orienteers (DVO). DVO hold frequent events throughout Derbyshire with most being suitable for beginners. For more information about local events and other permanent courses like this see [www.dvo.org.uk](http://www.dvo.org.uk).

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18		

You can time yourself and view the map on your Smartphone using the free MapRun app which is available in Play Store and iPhone. Within the app either look for a course nearby and choose Ashbourne Town Park or go to Event List, choose MR UK, then MR Derwent Valley, and choose Ashbourne Town Park. When you are ready to begin press “go to start” Your phone will now show the map of your course and your current location as a red dot (you may need to expand the map with two fingers to see that). The red triangle is the start. When you approach the start, your phone will ping indicating that you have begun and that the timing has started. The red triangle will turn green.

As you go round the course a red line will show your progress and a red dot will show you where you are.

As you approach within a few metres of each control site the phone will ping and the circle around the control will turn green”.

Timing stops when you approach the finish. Whether you use the map on the phone or the printed map is your choice. You may upload your time to the MapRun server if you wish and compare your time with others. More information on the Derwent Valley Orienteers web site [www.dvo.org.uk](http://www.dvo.org.uk). Comments are welcome to [permanentcourses@derwentvalleyorienteers.org.uk](mailto:permanentcourses@derwentvalleyorienteers.org.uk)