



DEVON ORIENTEERING CLUB

Exmouth Mail Trail



Meet Up Sunday 17th September 2023



MapRun & Social!



Hospiscare have decorated the post boxes in Exmouth with various knitted scenes which we thought would make a fun score course!

This will be an informal fun run activity, not a serious race!

The course will be set up on the MapRun app. We know that not everyone has tried MapRun, or finds it too technical, but you can still come along,

grab a map and have a run round the boxes! Or you can walk or cycle if you prefer.

The Meet Up will be at 9am on Sunday 17th September. Matt will be by the covered benches in the gardens opposite the Ocean Centre EX8 2AY.

what3words: [path.tricks.range](https://www.what3words.com/path.tricks.range)

I will have some maps but please print a map off from the website before you come if you can. I can also email a map to you if you prefer.

There is parking on the road or in nearby streets and car parks. Parking charges apply.

After everyone has had a run (or walk / cycle) we can grab a coffee / ice cream! We could even go for a swim if anyone is feeling brave!!

More information about the Mail Trail is available here:

<https://mailtrail.org.uk/>

Entry: This is a free activity but we would ask that you make a donation to Hospiscare if you are using the map:

<https://www.justgiving.com/campaign/exmouthmailtrail2023>

Queries: Email Matt Atkins at <mailto:maprun@devonorienteeing.co.uk>

Map: 1:10,000 scale OpenOrienteeringMap

Course information: Score event using the MapRun app. You have 60 minutes to go from the Start to the Finish via as many controls as you like. Visit our MapRun pages for info on getting and using the app:

<https://www.devonorienteeing.co.uk/info/maprun>

The course can be found in the Devon folder on MapRun: **Exmouth Mail Trail 2023 PXAS ScoreV60**

Course Opening Times: The course will be open until midnight on **Saturday 8th October 2023**. You can run the course at any time of your choosing during this period. The Mail Trail closes after this date.

Safety Info: Every effort will be made to ensure the activity is safe for competitors and the public. As always with urban events your biggest danger will be traffic! **You will cross several potentially busy roads so please take care at all times!**

You participate entirely at your own risk.

For safety and insurance reasons under 16's must be accompanied by an adult.

As this is a 'run in your own time' activity there will not be any First Aid cover including at the Meet Up.

Please be courteous to other people you come across in the area. Keep an eye out for cyclists, pedestrians, as well as cars etc. Oh, and other orienteers! Please be especially careful on narrow paths and lanes and round unsighted corners.

To minimise risk please choose a quiet time of day to run. This course is not suitable for running in the dark. Remember that safety is more important than results.

Check the weather before travelling and let your next of kin know where you are going.

Bright/fluorescent clothing is advisable.

A Risk Assessment has been completed for this event.