

# Trail Challenge Series

By Walton Chasers Orienteering Club

## What is it?

The Trail Challenge is a series of running events, designed to get you finding your own way between a sequence of points, while following the trails and paths around Cannock Chase. Competitors run against the clock with the fastest time winning. You set off at time intervals so not everyone is running at the same time, but it is likely that you will see others on your course. It is a simplified form of orienteering.

You can run on your own, you can run in pairs or as a group – it's entirely up to you.

## Who can run?

Anyone! The Trail Challenge series is suitable for people of all ages. It is advisable that younger runners are accompanied by an adult.

## Where is it?

The start will be located adjacent to the Marquis Drive visitor centre. We will aim to set up in the car park immediately adjacent to the visitor centre and close to where the Park Run finish is located.

Look out for the yellow pin flag.





### When is it & what does it cost?

The events will be held on Saturday mornings, with start times between 09:30 and 10:30. Dates below:

November 2021:	Sat 13th *	Sat 27th *
December 2021:	Sat 11th *	
January 2022:	Sat 8th	Sat 22nd


\* Entry to these events is FREE. Thereafter, each event costs £3 per adult, juniors (20 and under) FREE.

Course close at 11:30. You must be back by this time.

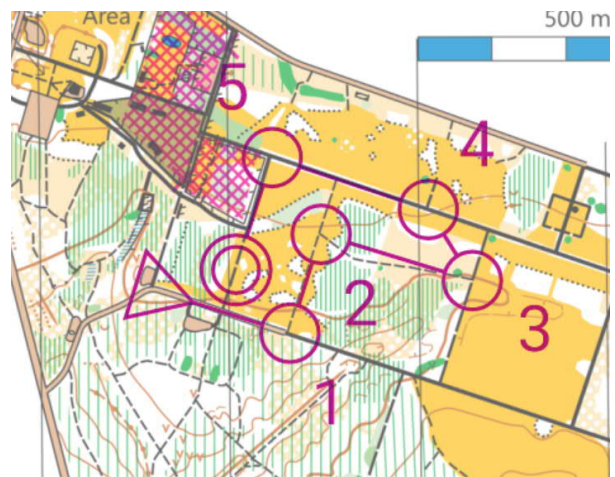
### How hard is the navigation?

Each event aims to make the navigation easy so you don't need any prior experience of reading maps. You will take a generally circular route, starting and finishing at the same place.

You will be given a map marked with the start (a red triangle), the control points (red circles), and the finish (two concentric red circles). The start and the finish will always be in the same place for the Trail Challenge events.

The map looks like this. 

Note that the course marked on this page is just a short example. Each course you can run will be different.





In the centre of each control circle, you will find an orange / white kite.

The kites look like this:



There is an electronic punch at each control that proves you've been there and records your split times between controls. Explanation of how this works is at the start (but it's really easy!).

There will be experienced people at the event to give you some help and advice before you start. You can look at the map before you start.

**What courses are available?**

Each event has new and different courses planned, but the below provides a bit of guidance of what to expect:

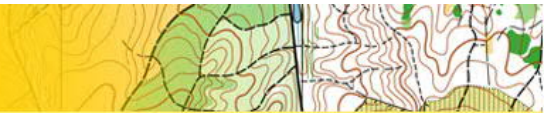
Course	Length	Navigation
Short Easy	Approx. 2km	Designed to be super easy. Nearly every time you need to take a turn (at a junction on the paths) there will be a control kite to help you be certain of where you are.
Long Easy	Approx. 2.5km – 3km	As per “short easy” but there will be a few more controls on your course to make it a bit longer.
Short Difficult	Approx. 2.5km – 3km	It's not really 'difficult', but you may have to navigate a few path junctions in between control sites.
Long Difficult	Approx. 3km – 4km	As per “short difficult” but there will be a few more controls on your course to make it a bit longer.

**What do I need to bring?**

Normal running gear, suitable for the conditions on the day. Please note that as you're reading the map, you may go a bit more slowly than when normally running so please take account of this in your choice of clothing.

Any trainers will be fine for your feet, but trail running shoes with additional grip would be advised.





If you have one, a compass can be useful, but it is not necessary.

### **How long will it take to do?**

This obviously depends on how fast you run and what length of course you choose, but we think most runners will take 20-40 minutes to complete their course.

### **Safety**

While every effort has been taken in the planning and risk assessment of the Trail Challenge series to reduce risk, this is an outdoor sporting activity and therefore it is not risk free.

Every runner **MUST** report back to the finish after their run – whether you have found all of the controls or not. This is our primary safety measure – to make sure that everyone who starts gets back safely and we don't need to go searching for people.

Those taking part will be running on unsurfaced paths and trails in conditions to be expected at the time of year – it may be wet, muddy and slippery in places. There may be roots, rocks and other rough stuff underfoot. Slips, trips and falls are the main risk with this activity.

Please be considerate of other users of the area – walkers, bike riders, dog walkers, horse riders etc. There are no marshals and Trail Challenge runners do not have right of way over others.

The courses are not planned to cross any roads, but the areas we will use do have small car parks in them. If you cross a car park, please be careful of any moving vehicles as they may not always expect runners.

If you cannot find your next control, please make your way back to the start / finish. Anyone who starts **MUST** report back to the finish so that we know you are back safely. None of the courses will take runners a long way from the start / finish.

All runners take part in these events at their own risk.

In the unlikely event that you need it, the nearest hospital is: Stafford Hospital, 151 Weston Rd, Stafford ST16 3SA

**Any further questions?** Please email Mike at: [mikebarnby@hotmail.com](mailto:mikebarnby@hotmail.com)

