

## EVENT DETAILS: Greenhead Park Wednesday 17<sup>th</sup> June 2020

- **Parking:** Park on Gledholt Road (HD1 4HR) or Park Drive South (HD1 4HT). Use the entrance to the park near the War Memorial (on Park Drive South close to the junction with Gledholt Road).
- Run **anytime** on Wednesday 17<sup>th</sup> June to be included in the results
- **Courses:** Long 4.5km Medium 3.7km Short 1.7km
- Long and Medium courses include public roads with traffic. Long course uses some potentially slippery paths.
- Short course entirely within the park.
- Please keep clear of the finish after you have completed your run.
- This is **not** an official BO event and is not included under their insurance policy. We strongly advise all children to be accompanied by an adult.
- PDF maps available for printing off the night before the event. Please check for legibility but try not to plan your route!
- Read James Williams' article and other information on the EPOC website about using MapRunF software. Using the app will give confirmation of reaching the control and act as a results mechanism. If you don't have a smartphone, send your time to the organiser.
- **Risk assessment:** respect social distancing rules, all other users of the park and other pedestrians; take care on all roads but take extra care when crossing the A640 (Trinity Road) on Long and Medium courses; take care around the areas of open water in the park; there are flights of steps on all courses which can be slippery in wet weather. Neither EPOC nor the course planner can be responsible for any accidents – you take part at your own risk.
- Any problems ring Dick Spendlove (07550002632) – 20 minutes away.