

EVENT DETAILS SOWERBY BRIDGE

Sunday 30th Aug to Friday Sept 4th

- Park down at the Moorings in the Canal Basin just off A58. If you would prefer you can park on Recreation Road for the Sprint race which has a separate start.
- Run anytime on the 6 days to be included in the results.
- 5 courses Long 5.8km, Medium 3.9km, Short 2.0km. Sprint 1.9km and Score 31 controls. If you intend running several of the courses I would advise for enjoyment purposes to run a main course before running the score as quite a few of the controls will be the same though your route will be different.
- Maps 1:2500 Sprint, 1:5000 All Others
- Score event – 45 minutes - 20 points a control – 10 points off for each minute or part minute over 45.
- PDF maps and descriptions available for printing off the night before – check legibility but try not to plan your route!
- Control description symbol **O** is lamp post (not on map!)
- We will be using MapRunF software for this event which will need to be uploaded to your Smartphone. On the day you will 'select an event' under Calderdale and key in the passcode displayed on your control description.
Your map will appear and when you are ready (if you are using a downloaded map you may decide to put the phone in your pocket or armband) run through the start and the phone will bleep and the triangle change from red to green. As you pass within say 5 to 15 metres of the control site the software registers again as with the start. When you have finished the software shows your route and you can see where you are positioned in the results.
If you choose not to use this software then send your time to the organiser.
- Risk Assessment Issues – Busy Roads. Respect social distances and look behind you for cars and bikes if moving out onto the road. There are cobblestones which can be very slippery in wet conditions. Neither the Planner nor the club can be held responsible for any accidents. You take part at your own risk.
- Any problems ring Richard Payne 07778 049414.