

EVENT DETAILS:

## Slaithwaite - Saturday 12th to Thursday 17th September

**IMPORTANT NOTE re MAP – Please use printable maps for all courses obtainable from the EPOC website.**

The “Purple Pen” printable map has additional footpaths and walls/fences added to aid navigation and route choice. The map scale is 1:7500.

The map appearing on your mobile phone will be the basic OOM map which has not got all those features, although the control locations will be the same on both.

**Please keep to mapped footpaths across farmland, as no access agreements have been sought. Use stiles and gates to cross walls and fences. Use bridges to cross over or under railways and over canals.**

- **Courses: Long 5.7km, 130m ascent; Medium 3.6km, 130m ascent; Short 1.7 km, 50m ascent**

*Additionally, each event in this next EPOC maprun series will have a Coaching/ Training Activity available to download.*

*At Slaithwaite this is a LINE EVENT. To get the most from this activity, follow the purple line on the map as closely as possible. You will activate some controls on your route if you are following the line accurately. It is fun to try to recall where these were at the finish and mark them on the map. There are two 1.5 km loops, A and B. Try one or both. The start and finish are the same as for the main courses. Please note, the map scale for the line event is 1:4000.*

*The main aim of a line event coaching activity is continuous, accurate map contact. To achieve this, you need to use your thumb to follow your progress on the map, keeping it orientated properly. You will need to constantly turn the map and try to imagine the line like a newsreader's or speaker's autocue that is constantly revealing itself in front of you. It requires full concentration. There is no dead running here! These are vital skills for an Orienteer.*

*We hope that you might try the coaching activity first and then try one of the main courses to practice the skills.*

*If you want to discuss the coaching element further, please contact Jonathan Emberton the Training Coordinator .... 07792900971 or [jonathanemberton@gmail.com](mailto:jonathanemberton@gmail.com). Use the Facebook or Instagram pages to start or join in a discussion on this also.*

Nearest Post Codes.

• **Start: Carr Lane, HD7 5AG, small car park to the north-east side of the Co-op mini supermarket.**  
<https://www.streetmap.co.uk/map.srf?x=408069&y=414130&z=106&sv=408069,414130&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=624&ax=408069&ay=414130&lm=0>

• **Parking:** On street parking in Slaithwaite centre is limited to one hour. Free car parks can be found at Aldi, off Britannia Road HD7 5HE(3 hour limit) and New Street HD7 5AF(opposite the fire station)  
<https://www.streetmap.co.uk/map.srf?x=407945&y=413927&z=106&sv=407945,413927&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=624&ax=407945&ay=413927&lm=0> and  
<https://www.streetmap.co.uk/map.srf?x=408183&y=414184&z=106&sv=408183,414184&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=624&ax=408183&ay=414184&lm=0>

- Runs anytime Saturday to Thursday to be included in the results
- This is an official BO activity and is included under their insurance policy. We strongly advise all children to be accompanied by an adult.
- PDF maps will be 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.
- Don't go near the finish until you have completed all your visits to your other controls.
- Risk assessment: respect social distancing rules, all other users of the area and other pedestrians; take care around the areas of open water. You take part at your own risk.
- Shoes with good grip are recommended as the long and medium course cross farmland
- To make a trip of it, Slaithwaite has many cafés and takeaways situated overlooking the canal between the finish and start.

*Keith Sykes*