

Skelmanthorpe Saturday 10 October – Thursday 16 October

Parking Open area adjacent to Skelmanthorpe F C's building on Thorpes Crescent Skelmanthorpe HD8 9DH What Three Words: soothing:scavenger.heeding

Streetmap

<https://www.streetmap.co.uk/map.srf?x=423428&y=410098&z=0&sv=HD8+9DH&st=2&pc=HD8+9DH&mapp=map.srf&searchp=ids.srf>

If full please park tidily on Thorpes Crescent making sure you do not block any resident's drive.

Map Open Orienteering Map 1:7500 Please note we are using the PseudoO version of the map. Olive green shows built up land and individual houses and buildings are shown. Yellow shows open land and dotted yellow is cultivated land. Roads are shown as double lines with a brown centre. Paths and tracks are shown in black.

Start/Finish – The start/finish 'beep' is on the grassy area to the NE of the building, just below the road junction of Cross Lane and Thorpes Crescent

There are 3 linear courses to choose from:

Long – 5.4km, Medium – 3.8km and Short – 2.2km

Training Activity – Map Memory Line Event – 2 km (Map Scale 1 :: 4000)

Maps: Scale 1:7500 PDF maps will be available for printing off the night before the event. Please check for legibility but try not to plan your route in advance. Maprun: The event will use the free Maprun F app to track and verify your run and register your time.

At each event in this this EPOC maprun series will have a Coaching/ Training Activity available to download.

At Skelmanthorpe, this is a Map Memory Line activity. To get the most from this, follow the instructions on the downloaded map. The aim is to practice simplification by memorizing key big detail on sections of a course. This should enable you to run faster without needing to focus on too much fine map detail. Your phone will be activated by the control along the line. Please note, the map scale for the line event is 1:4000

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. Use the Facebook or Instagram pages to start or join in a discussion.

Read James Williams' article and other information on the EPOC website. Using the app will give confirmation of reaching the control and act as a results mechanism. If you don't have a smart phone send your time to the EPOC email address to be included in the results.

eastpennineorienteeringclub@gmail.com

You need to download the course whilst you have internet access (eg at home). And you need to print yourself a copy of the paper map which is also on the website. Where to find the courses on the app: Open the app → Select Event → UK Folder → West Yorkshire – Kirklees - Skelmanthorpe The course has been set to allow you to 'Display Current Location'. You may wish to do this in case you find yourself convinced that you are in the right place, but the phone won't beep. If you do want to see where the phone thinks you are, you need to enable this feature in the Settings and Options screen before you tap 'Go to Start'; you can't enable it once you have done that. Finish: is adjacent to where you started. You must go to the finish to record a time.

Safety: This is a typical urban event and the course crosses roads which may be busy, especially the main road –. Please take care crossing all roads. This course also enters housing estates with narrow footpaths, steps and blind corners. Please be careful on steps, especially if wet, and be mindful of locals who will not be expecting enthusiastic orienteers to come flying at them out of nowhere.

We strongly advise that all children under 16 be accompanied by an adult.

Please respect social distancing and other members of the public in all areas. This is an official BOF activity and as such is included in the BOF insurance

Neither EPOC nor the course planner can be held responsible for accidents. You take part entirely at your own risk.

Planner Guy Goodair 07970 551648