

# MIRFIELD

Commence date 30<sup>th</sup> January

Parking: Knowl Road on the SW edge of Knowl Park where the start and finish of all courses are located. Also plenty of residential streets nearby if it's busy.

Nearest Postcode WF14 9RA

Map scale 1:7500. Contour Interval 10m

Please note the legend on the map showing uncrossable features.

Courses:

Long (Blue) 6.1km

Medium (Green) 4.0km

Short (Short Green) 2.9km

Easy (Yellow) 1.7km

The distances are relatively long but there are no steep hills!

A very residential area with lots of alleyways and a few paths. Mostly on hard surfaces, but some parts where the (Blue/Green) courses pass over grass or muddy terrain, so footwear with good grips might be appreciated, unless it's been especially dry.

The main road through the centre of Mirfield forms the southern boundary to the map and should not need be crossed. If used, please note there are shop frontages and potential for lots of pedestrians, so please be courteous.

All courses cross minor roads, some of which can have fast traffic (30mph limits throughout), so please **be careful crossing all roads**.

MapRun:

The activity will use the free MapRun F app to track and verify your run and register your time. It is recommended you print off a paper copy of the map from the EPOC website.

Safety:

This is a typical urban activity and the courses cross roads which may be busy. Please take care and respect social distancing. We strongly advise that all children under 16 be accompanied by an adult.

This is an official British Orienteering activity and as such included under the BO insurance. Neither EPOC or the course planner can be held responsible for accidents. You take part at your own risk.

Will Barraclough

This is not an official BO event and is not included under their insurance policy. All children should 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, pedestrians and tourists; take care on all roads; You take part at your own risk. Be aware that some paths/ginnels are quite narrow and social distancing may be difficult. Cover your mouth and nose when passing on these stretches.