

EVENT DETAILS:

Mytholmroyd: Sunday 5th July 2020

- **Parking:** Mytholmroyd Community Centre,

<https://www.google.co.uk/maps/place/Mytholmroyd+Community+%26+Leisure+Centre/@53.7307225,-1.9848131,17z/data=!4m5!3m4!1s0x487bea0fb7e93dcb:0x85c586477b39bf98!8m2!3d53.7302687!4d-1.9844108>

Just on the South side of the new bridge in Mytholmroyd, off the junction of the main Burnley Road A646 and Caldene Avenue, HX7 5AF.

The START is a short walk away. Over the Bridge, turn Left on the main road, then Right onto Westfield Terrace after ~200m. The start is on the bridge over the canal.

(<https://www.google.co.uk/maps/dir/53.7303698,-1.9845107/53.7322266,-1.9844215/@53.7313472,-1.9844557,18z/data=!4m2!4m1!3e2>)

- **Courses:**

Course	Length (straight line) (km)	Length (estimated optimum route) (km)	Climb (m)	Controls
Long	4.6	6.0 - 6.5	110	24
Medium	3.0	4.0 - 4.5	65	18
Short	1.7	2.5 – 3.0	35	12

- Runs anytime on Sunday 5th July to be included in the results.
- 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 residents and other pedestrians; take care on all roads; you take part at your own risk. In particular the main road A646 through Mytholmroyd can be busy. The courses all cross this once, close to a traffic light pedestrian crossing, so any Juniors should use this. All courses use various housing estates, if a resident is unhappy about you being too close to their front door or anything, just move on.

Road shoes are recommended, although there are a few grassy sections and off-road paths so if it is wet a cushioned trail shoe may be a good idea. Also be aware that some paths are quite narrow and social distancing may be difficult.