

## EVENT DETAILS

### Halifax South – Saturday 26<sup>th</sup> September – Thursday 1<sup>st</sup> October

Courses:

- Long 5.8km
- Medium 3.0km
- Short 2.2km
- Training/ Coaching :: Window and Corridor Activity 1.8km

Parking: There is plenty of roadside parking along Savile Park. Postcode HX3 OEG

<https://www.streetmap.co.uk/map.srf?x=408619&y=423686&z=110&sv=408619,423686&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=627&ax=408619&ay=423686&lm=0>

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

*At Halifax South, this is a WINDOW and CORRIDOR activity. To get the most from this, follow the instructions on the downloaded map. The aims are to practice simplification and relocation. You will use smaller amounts of map detail so that you can run faster and practice quick relocation when you come to the far side of a blanked out area. You will activate a control at the end of each leg.*

*Please note, the map scale for the line event is 1:2500.*

*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 of join in a discussion on this also.*

Run any time Saturday to Thursday to be included in results.

Maps will be available for printing off from the EPOC website from Friday evening. Please check for legibility but try not to plan your route!

As you will see from the map there are quite a lot of roads to be negotiated. They are generally reasonably quiet, with wide pavements and good visibility, pedestrian islands or traffic lights.

The start/finish is behind New Lodge Fisheries (the fish teacake is massive and very tasty) – so maybe do your run just before lunch!

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 other users of the area and other pedestrians. You take part at your own risk.

Gilly Markham