

## HONLEY VILLAGE LOCKDOWN EVENT

Saturday 3<sup>rd</sup> - Thursday 8<sup>th</sup> October

Honley Village is mentioned in the Domesday Book. The old stocks can be found in St. Mary's Churchyard and all courses will visit the old water trough which dates back to the 1700s.

**PARKING:** There is a public car park at the junction of Westgate and Southgate in Honley and also much on-street parking nearby.

**START and FINISH:** In Honley Park. The nearest postcode is HD9 6BT

<https://www.streetmap.co.uk/map.srf?x=413771&y=411751&z=0&sv=HD9+6BT&st=2&pc=HD9+6BT&mapp=map.srf&searchp=ids.srf>

**MAP:** The event will use **XXXXXXXX** map. The scale is 1:7500. It is available on MapRunF. The course and Google Earth will appear on your mobile phones but please ensure that you print off a copy of the map before starting. Maps will be available for printing on Friday evening(02/10/20). Please check for legibility but do not plan your routes in advance.

*There is more information on MapRunF on the EPOC website.*

**COURSES.** There are three courses:

SHORT (2.1 km), MEDIUM (3.9 km), LONG (5.5 km),

TRAINING – Attack Points (2.2km)

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

*At Honley, this is an Attack Point activity. To get the most from this, follow the instructions on the downloaded map. The aim is to practice running fast to a simple, easily found point near to the real control and then make yourself slow down and read more detail as you navigate carefully to the control. Your phone will be activated by the Attack Point (AP- the odd number ones) and by the control at the end of each leg (the even numbered ones).*

*Please note, the map scale for the line event is 1:5000*

*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.*

**SAFETY:** Take care crossing the main road(Westgate) through the village. There are several zebra crossings.

Please observe social distancing and respect other members of the public at all times.

This is an official BOF activity and as such is included in the BOF insurance. Neither East Pennine Orienteering Club nor the Course Planner can be responsible for accidents. You take part entirely at your own risk.

Enjoy your run.

Jackie Page      Mob:07546162445