

Marsden :: Training Activity :: Relocation

Saturday 14th – Friday 20th November

Each event in this EPOC MapRun series will have a Coaching/ Training Activity available to download.

At Marsden, this is a relocation exercise.

2.0km

The start and finish are the same as for the main event.

To get the most from this, follow the instructions on the downloaded map. The aim is to practice relocation when you don't know where you are.

Ideally in pairs, one runs randomly to a point near the control then stops. The follower then orientates their map, uses all of the visible features as well as all of the major features they can remember passing while they were following to relocate. The follower then navigates to the control. The pair swaps roles so that by the end each has led three times and relocated three times.

If you try this solo, just run randomly towards the control without looking at your map. Then stop, relocate and navigate to the control as above.

Your phone will be activated by each control.

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.