

## Marsden – Saturday 14th Nov – Thursday 19th Nov

Run at any time during the above period to be included in the results.

Parking is recommended at Carrs Rd, Marsden at the south side of the park. Nearest postcode HD7 6EP.

The start and finish are at the bandstand in the centre of Marsden Park.

Courses:

Short 1.9km

Medium 4.9km

Long 5.8km       .....Of course there's hills to add into these!

PDF maps will be available on the evening of Friday 13th November.

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.

**Safety:** This is an urban event and the courses cross roads which may be busy. Please take care crossing all roads. Take particular care when crossing the A62 Manchester Rd.

Also take care on cobbles and paths covered with wet fallen leaves which will be slippery.

These courses also enter a few housing estates with narrow footpaths, steps and blind corners. Please be mindful of locals who will not be expecting enthusiastic orienteers to come flying at them out of nowhere.

We strongly advise that all children under 16 be accompanied by an adult.

Please respect social distancing and other members of the public in all areas.

**This is not an official British Orienteering event and is not included in their insurance policy. Neither EPOC nor the course planner can be held responsible for accidents. You take part entirely at your own risk.**