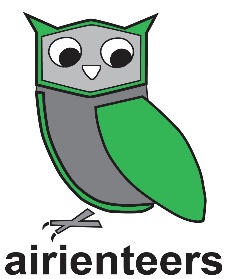
 **Garforth** 

**Directions and Parking:** Use Station Car Park which is free and never gets full at the moment. Postcode **LS25 1PY.** What three words /// *proudest.stuns.logo*

**Public Transport:**163 and 166 buses stop in Main Street which is 5 minutes from the station. The 19 to East Garforth stops at the bridge before the station. Trains to and from Leeds run approximately every half hour.

**Start:** The start and finish are co-located at the entrance to the station from Station Road.

**Important Notes:** Take great care if parked on the road near the start point as when you switch on the app it may register. We suggest you are 100% ready to run when you switch the app on so as not to utilise any of your precious time! If you do have a false start just end your run and start again.

Be particularly careful on this course not to run back through the start point at anytime before you want to finish as you would stop your timing prematurely - plan your route accordingly.

**Start Anywhere:** This course has Start Anywhere enabled. This means that you can start and finish at any control not just the designated start and finish. If doing this the designated start and finish become another checkpoint on the course worth the same points as the checkpoint at which you started. Eg You start at No 14, collect other checkpoints which can include the designated start and finish and to register your time you go back to end your run at No14.

This mode is great for local people who can start closer to home and for public transport users who can start closer to their arrival point.

**Course:** This is a Score course with a 60 minute time limit. There are 47 possible checkpoints. EVERY CHECKPOINT IS A LAMPOST.. Visit as many checkpoints as you can in the time. Each checkpoint is worth 20 points. There is a 10 point penalty for every minute or part therof that you exceed the 60 minute time limit.

**Map:** The map is an Open Orienteering map at a scale of 1:10000 ie 1cm = 100m with 10m contour interval. Download your map to take with you.

We recommend running with the paper map and stowing your phone.

**Where to find this course on the app:** Open the app🡪 Select Event 🡪UK Folder 🡪 Aire Valley Folder 🡪 Garforth Start Anywhere🡪 Download

Ready to run press “Go to Start” Ensure your GPS is on by waiting to see red dot. Go to the Start point your time starts with the beep as you pass.