

MAROC/GRAMP Night Series

Notes for planner/organisers and participants

Courses

Each event has 2 courses:

- Deeside Night Cup – 4-6km
- Mini Night Cup – 2.5-3.5km

Both should be as technically challenging as possible (no concessions to darkness!)

Format

- Format can be anything, but a 2 loop system keeps the area needed smaller (saving time in hanging/collecting controls!).
- Special bonus points are encouraged - eg water jumps (ponds), king-of-the mountains, sprint leg(s), control picking section etc.

Starts -1800 - 1900 (later at planner's discretion). Please try to arrive early as the planners may need to collect the controls after all the runners have finished and they want to get home before midnight!

Two notes for planners:

Numbers -Overprint 15 long course maps and 20 medium course maps.

Controls -Maroc & Gramp have 27 reflector controls. Numbers on next page.

Cost

£3.00 senior, £1.50 junior

Head torches for hire

There are 4 available for hire, £2.00 per run, contact Jon Musgrave (tel. 013398 84447

or e-mail jon@big-jon.demon.co.uk) asap to book one (they will be in his car or at the planner's car). First come first served.

And finally...

Planner should have a first aid kit, mobile phone (number printed on maps), sleeping bag, extra torches and warm clothing available in their car (never used in anger during 6 years of DNC). If weather is bad, the planner can insist that competitors carry a cagoule.

Participants please remember the sensible things like taking spare torch and/or batteries, whistle, adequate clothing...

Remember that orienteering – even in daylight – has inherent risks. At night these risks are increased. By entering these events you are accepting responsibility for your own safety.

JM Dec.2006 (updated Nov. 09)

Control numbers:

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(end of list!)

