

After the success of our recent Summer and Autumn MapRun Leagues, we thought we would give you a new MapRun challenge for the winter months whilst we hopefully get traditional orienteering fully back up and running in due course. Our Winter MapRun League will run from November to February using 15 areas, including some new areas we have not previously used.

To keep things simple, the rules will mirror the previous MapRun leagues. Every week including the Christmas/New Year period we will nominate a MapRun course for the competition. The courses and pertinent dates are detailed below. All the courses selected are a 60 min score format unless otherwise stated. Please ensure you load the correct course detailed below as some areas potentially have a number of different MapRun courses. Please also read any pertinent courses notes re car parking, missing control features etc that can be found on the WIM MapRun page where you download and print out your maps. Please see WIM website for guidance on MapRun if you have not yet used it. Also, on the WIM MapRun page are links to helpful advice and guidance on all things MapRun including recommended phone settings etc. We have also added guidance based on experience from the previous league at the end of this note.

Apart from the Christmas/New Year special, you will have 9 days from Saturday morning until the following week Sunday night to run the course. The duration and introducing an overlap between weeks are to help full-time workers have two full weekends to complete any course and enable competitors to run two different courses on the same weekend.

The highest score for the week will be awarded 50 points, the second highest score 49 points etc with equal scores being ranked on time taken. Your result will be as recorded by the MapRun App. We will publish results on a weekly basis including a cumulative league table. Your highest 5 scores out of the 15 events will count towards your final league position. The 5 from 15 format recognises that many people might struggle to run each week with the short days and inclement weather but equally we wanted to ensure that there is a fresh offering each week for our keenest participants!

There will be a Christmas/New Year special that will count towards the league but with modified rules for that particular event – details to follow nearer the time, we don't want to spoil the surprise!

At all times, please respect social distancing and any other pertinent regulations/guidance for your safety and the safety of others. You may run the course more than once in the week but only your first run will count for the competition. Given that some of the maps and courses we will be using are already available on MapRun and some people will have run the courses already, please feel free to study the map and routes used previously via MapRun but to make it fair, please do not look at any routes used by other competitors during the competition week before you have undertaken your run. Please also refrain from running the courses ahead of the competition week if you have not done so already. Some of the new courses are PIN protected prior to the competition week but no PIN will be required once the competition week commences.