

## Weekly MapRun Competition and League

Given we now have quite a number of MapRun courses up and running, we thought we would try to encourage participation by introducing a fun weekly competition and league open to all.

Every week, 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. Please ensure you load the correct course detailed below as some areas 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.

Apart from the first week, you will have 9 days (***note change from earlier guidance***) from Saturday morning until the following week Sunday night to run the course. We have modified the duration and introduced an overlap 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 6 scores out of the 12 events will count towards your final league position.

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 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.

Week 1: 8-14 June – Upton 60min Score

Week2: 13-21 June - Verwood North Short

Week 3: 20-28 June – Blandford Stour Meadows Short

Week 4: 27-5 July – Wimborne By the Way Short

Week 5: 4-12 July – Poole Town Score

Week 6: 11-19 July - Boscombe Short

Week 7: 18-26 July - Shillingstone Short

Week 8: 25-2 August - Gillingham Score

Week 9: 1-9 August - Canford Heath Short

Week 10: 8-16 August - Shaftesbury OOM Test

Week 11: 15-23 August - Sturminster Newton Short

Week 12: 22-30 August - Bridport MapRun Short

Hope this makes sense. All questions, queries or suggestions re the competition and league to myself at [robmills372@gmail.com](mailto:robmills372@gmail.com). Please see WIM website for guidance on MapRun if you have not yet used it. Good luck, stay safe and have fun!