

POCNAV. Permanent Orienteering Course Navigation.

What? Running, short courses 2-3 Kilometres each, perfect for lunchtimes or whenever suits you.

Where? 7 local parks and 1 forest.

When? Between 01 June and 31 October with a break for August holidays. Fortnight focus each area.

Why? A unique set of mini-challenges. At your leisure, in your area, close to workplaces, self managed, shared results using social media for prizewinning. FREE.

1. Each Fortnight, there will a focus on one of the local permanent, Orienteering courses. (POC) These maps are available at <http://www.wessex-oc.org/> from the Permanent Courses tab.
2. The idea is that runners visit all controls in any order and record their time.
3. Runners must physically touch each post.
4. Runners need to complete the POCNAV in that 2 week period, record their times and ages and send it to Becca Ellis c/o Wimborne Orienteers or Jason Falconer c/o Wessex Orienteers. You will be entered onto an age category Spreadsheet kept up to date by us.
5. Runners should start and finish at the 'start' and 'finish' point.
6. Runners may look at, print the map beforehand, and attempt to work out the optimum route choice (unlike in 'normal' Orienteering events)
7. We will be relying on honesty for runners to accurately record their time however the use of a GPS device (Strava or Garmin) is encouraged, but we do not want to exclude runners who do not have ready access to a GPS.
8. Scores will be worked out as follows.500 Points for fastest time, 490 for second and so on.
9. The runners 6 best scores out of a possible 8 will count in a league table updated after each fortnight, take part in as many as you like.
10. There will be a prize for the fastest runner in the following categories: women, men, women 45+, men 45+, women, men who do not belong to an Orienteering club, girls 16 and under, boys 16 and under.

