

For Course Planners: -

1. The Course

- 1.1. NiteNavs are 'Score' events with a maximum time of 2 hours.
- 1.2. Course to be based on a winning time of 1 hour, approx. i.e. all controls visited correctly.
- 1.3. For someone 75 years old this would equate to a maximum of 120 mins, 60 mins for 21 year old and 85 mins for 50 year old.
- 1.4. As a guide if the course is on the moor and includes climbing the distance should be around 6 miles maximum.

2. Penalties

- 2.1. For SUMMER score type events there will be a penalty of 5 points deduction per minute for anyone arriving after the 2 hour time limit. For WINTER events with a lower overall points score there will be a penalty of 1 point deduction per minute for anyone arriving after the 2 hour time limit, increased to 2 points per minute after 2 hours 5 minutes.
- 2.2. If anyone is more than 15 minutes over the time without good reason they may be suspended from entering future events.

3. Controls

- 3.1. Controls shall be distinctive features close to or on recognised paths. E.g. wall corner, lone tree.
- 3.2. Controls will be either
 - 3.2..1. Treasure Hunt style using existing features e.g. Numbers on GPO pole
 - 3.2..2. Bamboo canes with a clipper or code letters (e.g. AA, CF) and reflective "Scotchlite" material enabling them to be seen in the dark using a head torch. So as not to get stolen they should be placed "discretely" within 5 metres of a main feature e.g. fire pit; path junction.
 - 3.2..3. Bamboo canes with a description of the next control, if the event is Norwegian Style.
- 3.3. Control descriptions should include location of control in relation to Key Feature, e.g. 2 metres NE of path junction; SE corner of fire pit.
- 3.4. Dangerous features e.g. crag tops/steep drops, pits, large bogs, deep streams etc. must NOT be used.
- 3.5. Thought shall be given for the approach to the control, as people may approach from different directions.
- 3.6. The route shall be predominantly on recognised and distinct paths.
- 3.7. Inhabited areas such as isolated farms are to be avoided.

4. The Map

- 4.1. The course maybe a 'Treasure Hunt' style or score event with a sheet of clues accompanying the marked map.
- 4.2. Controls are clips or answers to be written on the clue sheet and marked at the end by the organiser.
- 4.3. If a score event, the points value of the clues are weighted according to distance and difficulty, to be decided by the organiser.
- 4.4. The organiser should mark his/her mobile phone number on the clue sheet.
- 4.5.

5. Safety

- 5.1. Do not be afraid to postpone the event if conditions are bad e.g. snow, fog or rain making ascents and descents slippery and dangerous.
- 5.2. At least 4 people including the Race Organiser shall remain at the finish until the last person is back.

For NiteNav Participants: -

1. Safety

- 1.1. NiteNav Participants take part at their own risk and must abide by the NiteNav rules.
- 1.2. You must carry the relevant map, compass and whistle plus depending on weather conditions you may be asked to carry waterproof top and leggings, head torch and spare torch or batteries & emergency food.
- 1.3. A mobile phone is to be carried preferably with the organiser's number stored in it. If taking part as a pair or more at least one person must have a mobile phone.
- 1.4. NiteNav participants shall be used to running or walking in the dark and have good map reading skills.
- 1.5. Participants are encouraged to pair up if they are not fully fit, recovering from injury or have other concerns.
- 1.6. In the event of an emergency, participants must return to the start if possible or contact the organiser before leaving the event.
- 1.7. The NiteNav Organiser has ultimate authority and
 - 1.7.1. Has the final say as to who can take part e.g. a novice or someone unfamiliar to the organiser.
 - 1.7.2. May decide that the person may start but must be accompanied at ALL times while out on the course.
 - 1.7.3. Any failure to comply with any request from the organiser may result in disqualification & that person may be banned from entering future events.

2. Points

- 2.1 Positions are based on the highest total points, after penalties, then the quickest time taken.

3. Penalties

- 3.1. For summer score type events there will be a penalty of 5 points deduction per minute for anyone arriving after the 2 hour time limit. For winter events with a lower overall points score there will be a penalty of 1 point deduction per minute for anyone arriving after the 2 hour time limit, increased to 2 points per minute after 2 hours 5 minutes.
- 3.2. If anyone is more than 15 minutes over the time without good reason they may be suspended from entering future events.

4. The Course

- 4.1. NiteNavs are either
 - 4.1.1. 'Score' events with a maximum time of 2 hours.
 - 4.1.2. Treasure hunt style participants must return within 2 hours even if that means not visiting all the controls.
 - 4.1.3. Norwegian style and again participants are to return within 2 hours.
- 4.2. Controls will be either
 - 4.2.1. Treasure Hunt style using existing features e.g. Numbers on GPO pole
 - 4.2.2. Bamboo canes with a clipper or code letters (e.g. AA, CF) and reflective "Scotchlite" material enabling them to be seen in the dark using a head torch. So as not to get stolen they should be placed "discretely" within 5 metres of a main feature e.g. fire pit; path junction.

4.2.3. Bamboo canes with a description of the next control, if the event is Norwegian Style.

4.3. Control descriptions should include location of control in relation to Key Feature, e.g. 2 metres NE of path junction; SE corner of fire pit.

4.4. In the event of a control being stolen or placed incorrectly to the map position it will not count unless found by at least one person. Then it becomes active.

5. The Map

5.1. The paper map has the relevant controls circled and numbered. A clue sheet may be either attached separately or be on the reverse of the map. The map may not be to scale.

5.2. When choosing your route on a score event bear in mind controls may have different values.

5.3. Answers must be clearly written on the clue sheet.

5.4. A waterproof map bag will be provided. However, carrying a spare bag would be advisable.

5.5. Note the organiser's mobile phone number on the clue sheet.

6. General

6.1. You are welcome to respectfully give any constructive feedback to the NiteNav Organiser.

6.2. Having fun is an essential requirement.