



SAXONS ORIENTEERING CLUB

invites you to the

KENT NIGHT CUP

STREET ORIENTEERING RACE

At

Paddock Wood

THURSDAY 20 NOVEMBER 2014



- What is it?** A 60 minute score orienteering race around the streets of Paddock Wood.
- Race Format** There will be 21 checkpoints (controls) spread around the streets of Paddock Wood. Find as many as you can in an hour using the map provided. Score 1 point for every control you find, lose one point for every minute or part minute you are late. You choose your route through the streets. You can run as an individual or as a team of 2 or 3.
- No experience is necessary as street orienteering is quite straightforward. The race format and timing equipment will be explained at the start.
- Map** You'll be given a waterproof map before the start. You do not need to be an experienced orienteer to understand the map as it is quite simple. A copy of the map (without the course marked on) will be on the Saxons website www.saxons-oc.org. If you've not done orienteering before it will help you to look at it. Go to the events link and look for the Paddock Wood event.
- Equipment** The race will use Sport Ident electronic timing. Each individual or team will have an SI unit (sometimes called a dibber) and will swipe the dibber at each control. You can hire one at the event. At the end of the race you will receive a printout of your split times. The equipment is very easy to use.
- You need to bring some kind of torch to read the map. High visibility clothing strongly recommended. Most of the alleyways in Paddock Wood are well lit, but a few, especially north of the railway, aren't. Remember you don't need to choose these routes or visit these controls.
- How far will you run?** You'll need to run 11-14km to visit all 21 controls. Most will have time to visit between 7 and 17.
- How to enter** No need to pre-enter. Enter on the night. However it would be helpful if you could email the organiser so we can print enough maps. We will print a few spare in any case. Seancronin1001@hotmail.com
- Start times** Paddock Wood AC runners are starting at 7.15. Everyone else is starting at 7.30.
- Registration/parking** At Paddock Wood Primary School, Old Kent Road, Paddock Wood, Kent. TN12 6JE. A short walk from Paddock Wood station. If you're travelling by train and need a lift to the pub afterwards, email the organiser.
- Cost** Seniors £4, Dibber hire £1. Paddock Wood AC runners £3 per team / individual (Paddock Wood AC are paying some of the event costs).

Juniors	British orienteering insurance rules require that under 16's are non-competitive for this race. Under 16's may take part in the race provided they are non-competitive and accompanied by an adult for the race.
Kent Night Cup	This race is number 10 in the Kent Night Cup. The Kent Night Cup league is for individuals only (best 13 events out of 26).
After the event	Everybody is welcome for food and post race chat in the Bookers Oast. Food is served until 10pm and we don't have to pre-order. Take the B2160 north for a couple of kilometres until the roundabout with the A228. The pub is next to the Hop Farm by the roundabout. Postcode TN12 6PY
Prizes and results	Prize giving will take place in the pub afterwards. Full results will be on the Saxons website a day or so later.
Organiser	Sean Cronin. Seancronin1001@hotmail.com

Updates and results on www.saxons-oc.org after the event.

**COMPETITORS TAKE PART AT THEIR OWN RISK. ENJOY
YOURSELVES!**