

Tuesday = 0

Every Tuesday 6:30pm to
7:30pm





DayO (April to September) attracts between 10 and 20 athletes.

DarkO attracts between 5 and 10 athletes.

Almost dark at 6:30pm at the start of the month, fully dark by the end of October.

Exercises were like TD5 'on steroids'!

October, Loch Vaa



The plan for November

Aim to:

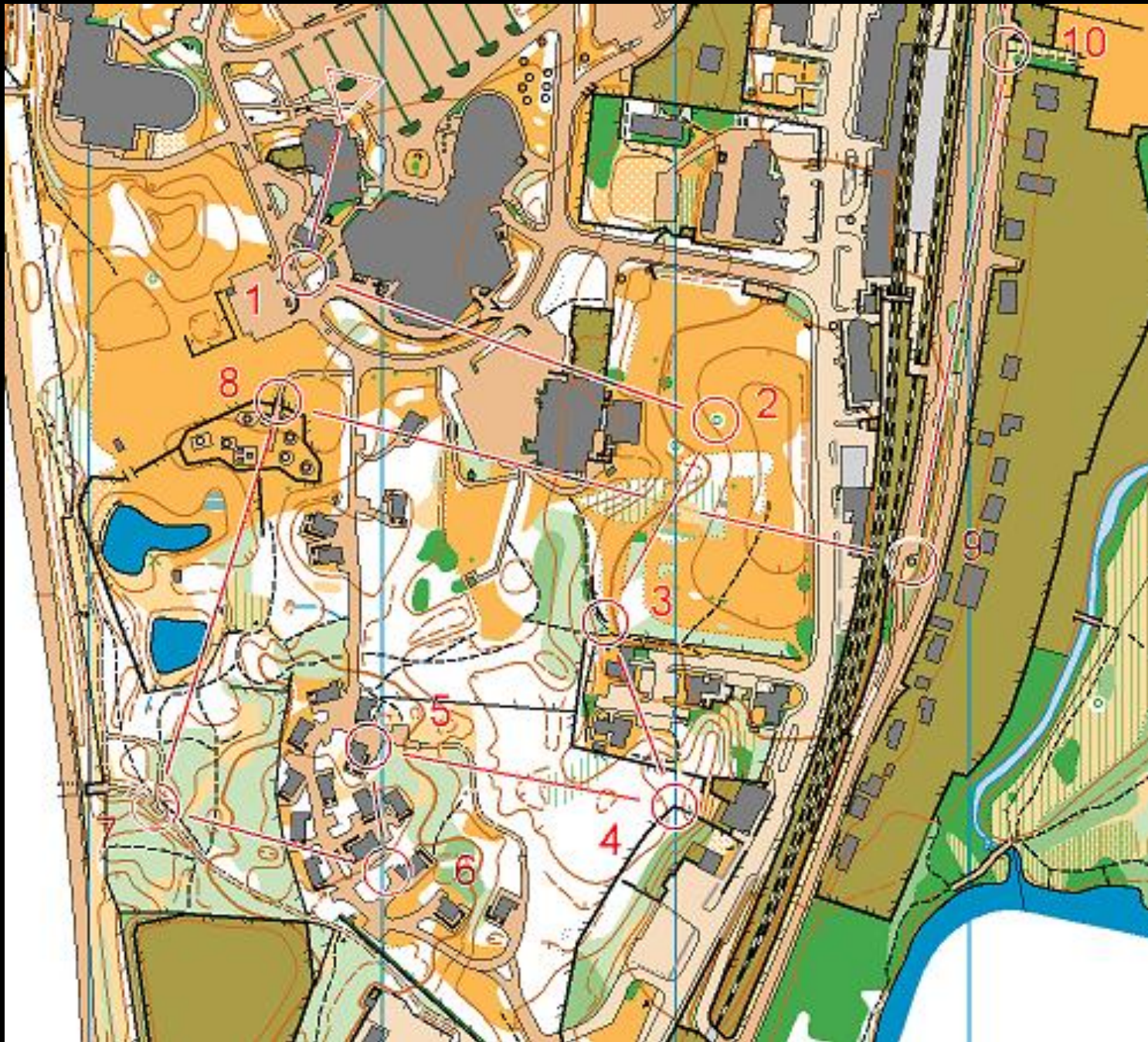
- Get athletes familiar with using MapRun.
- The athletes become confident at night when there are no markers out.

How? Progression

- Start in urban areas – a mixture of streets and parkland.
- Move to less well lit areas.
- Progress to open rough fields and eventually to woodlands.



Week 1 Aviemore S



Week 2 Aviemore N



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terval 5m

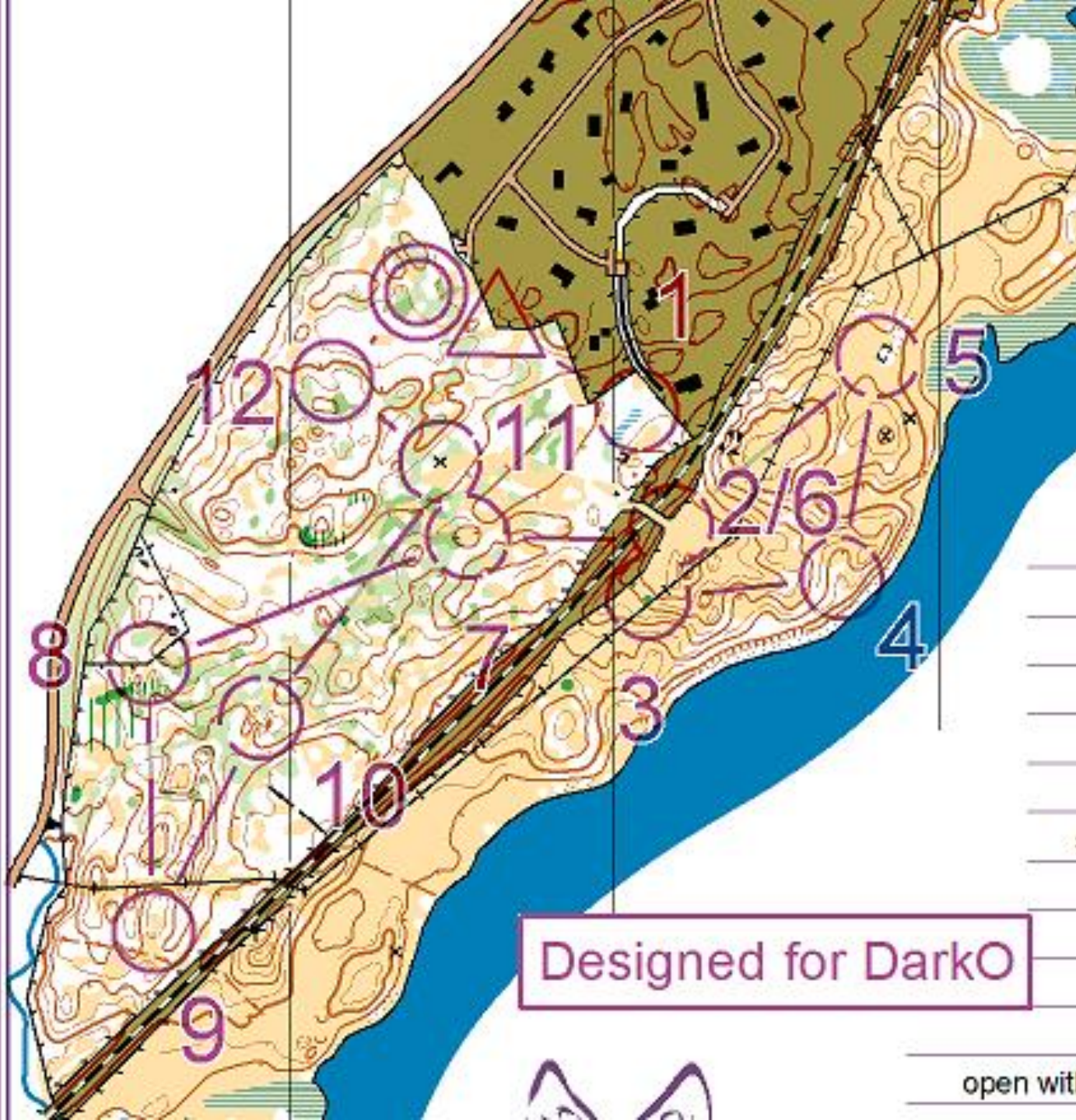
es 300 600
0mm on the map represents
100m on the ground



Week 3 Kincaig & Dunachton



Week 4 Dunachton



open wit

Positives:

- ✓ Some used MapRun for the first time and reported they would seek out MapRun courses.
- ✓ 😊 Big smile moments when they thought they were in the right place – and then they hear the bleep!
- ✓ The athletes became confident at night when there are no markers out.
- ✓ Athletes could chose to revisit courses in daylight.
- ✓ An M70 & W70 who find NightO difficult – they used the courses during the day, sent their track to me & we discussed over the phone.
- ✓ Street lighting helped briefing and debriefing.
- ✓ All returned in December to Forest O.
- ✓ Nothing to put out or collect afterwards!

Things which did not happen

- ✗ Low turn out numbers, between 3 and 7.
- ✗ Some club members dislike urban areas and so avoided weeks 1 & 2. Not sure about their reasons for not coming for weeks 3 & 4?

<https://www.scottish-orienteering.org/get-involved/pocs/#MapRun-jump>

Other points

All maps are well geo-referenced with public access.

