

# **SUFFOC MapRun League Pilot 2020**

**July – December 2020**

## **Guide for participants**

SUFFOC now have a MapRun League for the remainder of 2020.

The following courses are currently available and in order to score points you need to complete them before the end of September. You can choose whenever is most convenient to you during that period. If you have already completed them you do not need to repeat them.

- Woodbridge 60 minute score
- Ipswich Waterfront and East scatter
- Cedars Park 40 minute score (Stowmarket)
- Hardwick and Nowton 60 minute score (Bury St Edmunds)
- Brandon Long course (linear course approx 7km)

New league events will be launched on a monthly basis from August/September to December – venues and type of course to be arranged. Each new event will be available for scoring league points for 6 weeks.

At the end of eligibility period scores for each course will be awarded to each competitor; 50 points for the winner, 49 for 2<sup>nd</sup> place, 48 for third place, etc. At the end of the series the total number of points will be calculated from the best 5 (out of the 9 or 10 available). There will be points for participation, even if there is a misspunch or omitted control in linear and scatter courses.

All the courses will continue to be available after the eligibility period, but competitors will no longer score points. The first attempt at an event will be the one which counts for scoring, but competitors are free to complete the course as many times as they like subsequently.

If anyone wishes to create a MapRun course (for the league or otherwise), please get in touch with me.

If this pilot league is successful, we hope to run a year long league in 2021 alongside our conventional orienteering events, so any feedback is welcome.

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