



Welcome to Vizionteering – Monday 12th November 2018

Thanks to Run4It for hosting Vizionteering 2018 in conjunction with Inverness Orienteering Club.

The Challenge. Vizionteering is a 45-minute urban night navigation challenge. You start and finish at Run4It. There are a number of controls to find, each one worth 10, 20 or 30 points. You can find the controls in any order. You must be back by the time the course closes at 19:45pm and will have points deducted for each minute you are late.

Entry on the night. There will be a small nominal charge (~£2) and you are not required to pre-enter online. At registration, you will be issued with a SportIdent timing chip and your own waterproof map. The charge for a lost chip is £40 so take care of it!

Mandatory Equipment. Hi-vis top + headtorch are mandatory. We also recommend you wear additional hi-vis and running safety lights. A compass will help you keep the map the right way up. The race will take place in the city centre etc. Therefore, we recommend a light trail shoe with a small amount of additional grip. All equipment is available to purchase from Run4It who will be happy to advise you.

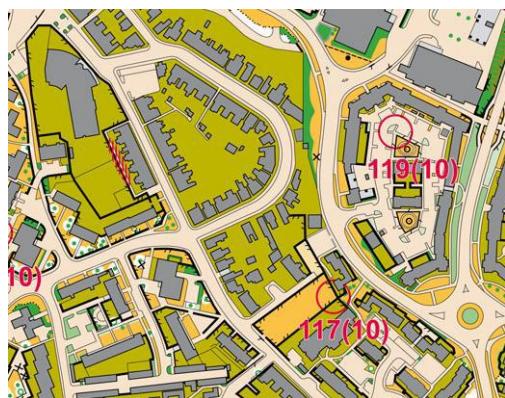
Juniors. This event is run to British Orienteering guidelines for urban orienteering. Unfortunately, anyone who has not turned 16 on the day of the event cannot run alone. Under 16s must be supervised at all times by a responsible adult over the age of 18 on the day of the event.

Pairs. You are welcome to run in a pair. You will be issued with one timing chip.

Safety. The Golden Rule – **you must report back to the finish**, even if you retire early. You will be racing through city streets – take care around traffic, and please be considerate to pedestrians.

Prize draw. There will be a random prize draw after the race – so even if you don't come in the top 3 you might still win something! Results will be available at www.invoc.org.uk shortly after the race.

Planner / Organiser. Colin Salisbury. Email colinsalisbury65@icloud.com with any questions.



Registration Opens	18:15
Mass Start	19:00
Course Closes	19:45
Prize Giving	20:00

Map Sample Above. E.g. 119 is the unique code of the control and will be present at the control when you arrive there. The number (10) is the points value of that control. Control descriptions including codes and point values will be present on the front of the supplied map and will be of a simple text format.

If you enjoy the Vizionteering challenge and would like more information on future local orienteering events, please visit the INVOC website at www.invoc.org.uk.