



Brisbane Night Nav

Night Nav is a street orienteering series on Tuesday evenings around the suburbs of Brisbane. Events start around 6:00pm. You have 40 minutes to navigate to checkpoints in local streets, using the MapRun smartphone app and a paper map.

What do I need to participate?

Shoes for running/walking, a light (headlamp or torch), and \$5 to cover your entry fee. And you'll need to download the MapRun6 app on your phone.

Who can participate?

All ages and fitness levels are catered for. You can run, walk or push a pram. Compete individually or participate in a group. Children under 14 must be accompanied by an adult.

What does an event look like?

Unlike a traditional running race where all runners run exactly the same course, in the Urban Night Nav series you are given a map and you have to work out your own course! That means that the fastest runner doesn't always win and you are having to constantly think while you run which can be a bit trickier than it sounds. Small decisions like avoiding a hill or cutting through a park can make all the difference.

On your map, there are 20-25 controls (checkpoints), each of which corresponds to a streetlamp in the area. Each control is worth a certain number of points (from 20 to 120 points). How many controls can you visit in 40 minutes? You plan your route to gain the maximum number of points in the time allowed. But if you are back late, you start to lose points (30 points per minute!).

Start your run

Make sure your phone beeps at the Start. Then, as you pass each checkpoint, your phone will beep again. When you return to the Finish (same place as the Start), your phone beeps again and your result is uploaded. You can compare all results and all routes on your phone. In addition, you will receive a results summary by email after the event has finished.

More information:

Calendar: <https://oq.orienteering.asn.au/event-calendar>

Email: nighnav@oq.asn.au

Facebook: <https://www.facebook.com/brisbanenighnav>



**BRISBANE
NIGHT NAV**

