

Christmas Cracker 2020 - Virtual Team Challenge



Organised by Norfolk Orienteering.

All courses must be run between 6am on December 25th 2020 and 10pm on December 28th

Course (stage)	Distance	Min. off-road	Notes
White	3km	No minimum	
Yellow	5km	No minimum	
Orange	5km	20%	
Red (night course)	5km	20%	Must be run between 9pm and 6am
Light Green	5km	40%	
Green	5km	60%	
Blue	8km	60%	
Short Brown	10km	60%	
Brown	12km	60%	
Black	15km	60%	
TOTAL	73km		

The competition is open to teams of ten from any setting (clubs/groups of friends/workplaces, etc.)

Clubs (or any setting) may enter more than one team, but a runner may only be part of one team from that setting.

A runner is allowed to run for multiple teams, so long as each team is from a different setting. There is no discount for runners who run in more than one team.

Each course (stage) must be run by a different runner. A runner who competes with more than one team MUST run a different course (stage) for each team.

Each team must consist of at least three women and three men - an under 16 is also encouraged.

Each team must have a Team Leader who will be responsible for registration, administration, and results. Each team must also have a team name.

Runners choose their own route, but must plan it in advance to ensure the correct distance and off-road percentage are attained.

Off-road is determined as being unsurfaced and generally impassable to a wheelchair or buggy.

Competitors must record their run using a GPS watch or phone and upload results via Strava, Garmin, or similar.

All runners undertaking their course in low light or darkness must wear a hi-viz and torch.

Social distancing must be maintained at all times.

All participants run at their own risk

Entries cost £30 per team. All team members will receive a commemorative medal. After costs, all remaining funds will be donated to Great Ormond Street Hospital.

Entries must be received by December 1st 2020.

Contact Ben Bethell at Norfolk Orienteering - christmascracker@norfolkoc.co.uk