

Our twilight series got off to a good start, with a taxing course to get you thinking, The weather wasn't great, but the rain stayed away for most of the start window. Just three races in the series this year, so it will be important to run in all three to stand a chance of series honours.

When we put the series in the calendar we had hoped that by putting an event so far south it might attract some DFOK, and even some SAX. Unfortunately, subsequent to us choosing the date DFOK then put on an event of their own last night in Woolwich which meant that their runners went there instead! With the tube strikes, and the proximity to the Compass Sport Cup Final on Sunday, we were always going to be up against it for entries. However, we had a great entry from HAVOC, and also got runners from BOF, SOS, MEC and SLOW.

Seb Parris was our planner and organiser for this first race. He used all the tricky little bits of the village, and tempted us into some of the parks and off road areas with the higher points. There were roads, paths, parks, woods, railway crossings and even a wind turbine to keep you thinking, keep the route planning skills front and centre and help you prepare for the winter series score events starting at the end of October.

We went with a straightforward score format for this event, with two time limits to cater for those who wanted a shorter run. Scores for the short course are factored up by 150%, to level the playing field for the overall table. The 60/40 min selection is based on the average finishing times for the line courses over previous series - slightly longer than the fastest finishers, but significantly shorter than the longest times recorded. The penalties for being over time are the MapRun default, and maybe look a little harsh, but as these events are taking place in the twilight/dark, it is good to encourage everyone to make it back in time.

For this series we combine the two time limits into one table, and subject all times to age and sex handicaps to try to level the playing field a little. The mixture of Short and Long course runners throughout the table is good to see, and reflects well on the spread of control values throughout the map by Seb.

Chris Prince got the top score, visiting 30 of the controls, and just finishing within a minute of the time limit. Best score on the Short course was from Marc Owen.

The score format encourages a large number of different routes of course. As I did last year, I have done an efficiency table based on the MapRun distance run against the points scored. This is meant to show how well you planned your run, weighing up control values against distance to get them, and minimising dead running time. I think my high amounts of score events (last year I did 43!) finally has paid off, as I head that efficiency table! Both the short and the long courses had a spread of around 25 points per Km from the most efficient runners to the least.

Details of the scoring can be found at this [link](#).

Details of the all the results and future fixtures in the series can be found on the series [homepage](#).

If you missed the event tonight, but want to run it on Anytime catchup, details are on the series webpage, including maps and instructions. You will still score points for the league (if you run in the next 2 weeks), subject to an Anytime penalty of 7 mins (long) or 5 mins (short).

The next race details are [here](#). This will be a Snooker O in South Woodham Ferres, on Wednesday 24<sup>th</sup> September. For those that don't know, a Snooker O is just a different way of scoring a score course. Each control is a colour or a red. You need to "pot" (visit!) a red, then a colour, then a different red, then a colour, and so on until you have 3 reds and colours (short) or 5 reds and colours (long). Colours can be re-visited, reds can't. Once you have finished the reds, then take the colours in order – yellow, green, brown, blue, pink, black, and return to the finish! You don't have to finish the sequence of course, you can give up at any time and return to the finish to avoid going over the time limit and accruing penalties. The colours are worth the points they are in snooker, so the higher colour you go for the more points you will get.

Entries for the race are [here](#).