



BRISBANE NIGHT NAV

Brisbane Night Nav Running Series 2016

**TUESDAYS
6:30pm**

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NIGHT NAV RUNNING SERIES 2016

AUTUMN SERIES

#	DATE	TYPE	SUBURB
1	09/02/16	Scatter	Taringa
2	16/02/16	Score	Rainworth
3	23/02/16	Score	Taringa North
4	01/03/16	Bush Trail	Banks Street
5	08/03/16	Scatter	Indooroopilly
6	15/03/16	Score	Ashgrove
7	22/03/16	Score	St Lucia
8	29/03/16	Score	Kenmore
9	05/04/16	Scatter	Ithaca
10	12/04/16	Bush Trail	Anzac Park
11	19/04/16	Scatter	Centenary
12	26/04/16	Score	Edenbrooke

SPRING SERIES

#	DATE	TYPE	SUBURB
1	11/10/16	Scatter	Rosalie
2	18/10/16	Score	Toowong
3	25/10/16	Score	St Lucia
4	01/11/16	Bush Trail	Rainbow Forest
5	08/11/16	Scatter	New Farm Park
6	15/11/16	Score	Grange
7	22/11/16	Scatter	Ashgrove

MASS START – 6.30pm
(registration from 6pm, late starts until 6.45pm)

For precise start location please visit oq.asn.au and check details on the events calendar nearer the event date.

Events continue regardless of rain and are only cancelled in the event of lightning.

COST

SINGLE EVENT ENTRY COSTS

Adult	\$6
Family/Group	\$12*
SI Timing	\$2**

* Family members can run separately but for large Groups to obtain the Group price they must run together or pay individually.

**Electronic timing SI hire if required is \$2 per person or \$4 per group (multiple sticks provided).

ORGANISERS BONUS
Organise an event and put your own style on the courses and as a thank you get **FREE** entry to four events!

CONTACT

BRISBANE NIGHT NAV PRINCIPAL CONTACT
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You Tube Want to see more?
youtu.be/Nm9shgxuWgo

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Do you enjoy exercise after work in Brisbane's mild climate?

Do you enjoy mixing and socialising with other runners?

Do you enjoy variety in your running and visiting many of Brisbane's classic parks and suburbs?

Do you enjoy friendly competition or a social walk?

Do you smile when you see the occasional hill?

If your answer to any of these questions is "YES", the Brisbane Night Nav Running Series is for you!

The Brisbane Night Nav series starts Tuesday 9th February!

- > Most events are within 10km of Brisbane CBD.
- > Different location every week.
- > Suitable for serious runners, joggers or social walkers including with prams – compete at your own level.
- > Professional electronic timing. Long (7km), Medium (5km) and Short (3km) courses each week.
- > Random spot prizes each week.

BUT I'M NOT A GOOD RUNNER?

No worries! Anyone can participate and beginners are welcome. Families, parents with prams and older people all participate and everyone runs or walks at their own pace.

WHAT DO I NEED TO BRING?

All you need to bring is the entry fee, some running shoes and a torch or headlamp.

HOW DO I DO IT?

You receive a map of the area showing the locations of checkpoints each of which has an electronic punch. You must visit a certain number of checkpoints or as many as the time permits. The route taken between checkpoints is entirely up to you.

SCATTER

In a "Scatter" format 20 checkpoints are spread across the map (see the sample map). Depending upon which course you choose, Long, Medium or Short, you have to visit the required number of checkpoints and return as quickly as possible.

SCORE

In a "Score" event each checkpoint has an allocated points value and your time on the course is limited to 40 minutes. Your aim is to get the most points in the time permitted. But don't be back late or your points disappear.

BUSH

"Bush" events use Brisbane's iconic local park and bush areas and will involve trail-running and small excursions into the bush. These can often be the most interesting and fun events.

A SAMPLE SCATTER COURSE

Can you find the shortest way to start and end at the triangle and visit 12 control circles to complete a medium length course?

THERE ARE THREE COURSES

1. LONG COURSE

The Long course is approximately 6-8km and the winner is expected to take 30-40 mins. Competitors must visit any 16 of the 20 checkpoints.

2. MEDIUM COURSE

The Medium course is about 5km and competitors visit any 12 of the 20 checkpoints.

3. SHORT COURSE

The Short course is around 3km. Any 8 of the 20 checkpoints must be visited.

