**Northern Night Championships**

**Purpose**

The competition is to find Northern Champions is each of the following age groupings.

* Junior Men JM (16)
* Junior Women JW (16)
* Senior Men SM (M18/20/21/35)
* Senior Women SW (W18/20/21/35)
* Veteran Men VM (M40/45/50)
* Veteran Women VW (W40/45/50)
* Super Veteran Men SVM (M55/60)
* Super Veteran Women SVW (W55/W60)
* Ultra Veteran Men UVM (M65+)
* Ultra Veteran Women UVW (W65+)

**Eligibility**

The competition event may be open to anyone, but to be eligible for the Northern Night Championships, orienteers must be members of an orienteering club within YHOA, NEOA or NWOA and they must run the course assigned to their age class by the organiser.

### Courses

The age groupings above must be assigned by the organiser to the courses being offered at the event. Usually, the event will be combined with a Night League event in one of 3 associations and the same courses can be used.

Guidance is that only 3 courses are necessary for the Championships. Within these guidelines, organisers can vary arrangements by adding other courses if they feel it necessary.

A TD5 Long for SM, SW, VM and VW with a winning time of 35 minutes.

A TD4 Medium for other classes which should be about 0.7 of the length of the TD5 course.

A TD3 Short for W65+ which should be about 0.4 of the length of the TD5 course.

It is also recommended to provide a non-championship Very Short course at about 0.25 of the TD5 course.

If planners are in doubt, they should err on the side of caution and make the courses easier. Technical difficulty is roughly increased by one level for night events so planners should take account of this.

**General**

The competition should be held annually ideally towards the end of the night orienteering season in February. If possible, it should be a finale to association leagues and preparation for the British Night Championships. It should rotate between the 3 northern associations. The competition should be at least a Regional event and so should follow the BO Rules for an event at that level as well as the appropriate Night League rules if such an event is used for the competition.

**Trophies**

There will be champions trophies for the winners of the SM and SW classes. The trophies will be kept by individual champions for a year and then returned for following year’s champions. Clubs organising the event may provide prizes for others.

Updated by Paul Bradbury 080125