

Mon O poly O

11th April 2026



The aim of the race is to collect as many controls as possible within your time limit. Either 45 or 60 minutes (note no "Under 16's" on the 60 minute race). Each control is marked by a mini marker and an SI box. In addition to the start and finish boxes you need to punch every control you visit.

Scoring

There 10 points per control except for Number 130 which is worth 20 points and may be punched again after you have punched another 5 controls (on the 60 min race) or 4 controls (on the 45 min race). On the 45 Minute Race ignore controls 116-120 (you must not cross Station Road or Front Street).

The Maximum Score is 300 points (on the 60 min race) or 230 points (on the 45 minute race).

The straight line distances to obtain the maximum scores are 4.6km (on the 60 min race) or 3.4km (on the 45 minute race).

Map is 1:4,000 scale with 2.5m contours. (A3). New map survey in 2026.