



Due to the increasing motivation and support of the format in orienteering, Nopesport are proud to launch **THE UK CITIES CUP - Urban Orienteering Series!**

Orienteering has traditionally been run in rural areas but over the last few years urban orienteering has increased in popularity. Orienteering is a running sport involving navigation with a specially produced map and compass. The traditional form involves cross-country running over a diverse range of terrain with the most recent being urban environments. The competition is a timed race in which individual participants navigate and visit, in sequence, control points that are indicated on the map. The course of control points is kept a secret from competitors before the start, when they are provided with a detailed topographic map on which the course is marked. Competitors start at staggered intervals, are individually timed, and are expected to perform all navigation skills on their own. Standings are determined first by successful completion of the course, then by shortest time on course. This is a great way to improve navigation and fitness in a competitive environment no matter what your ability. For 2007 an Elite Urban Orienteering series for the UK has been created to see who will be the king and queen of the urban jungle!

This Years series will take the form of 6 races:

RACE 1 - York Park Race, York - 28.05.07

RACE 2 - Glasgow - 08.07.07

RACE 3 - Scottish 6 Day Sprint Race, Kingussie - 08.08.07

RACE 4 -Lincoln Street Race - 02.09.07

RACE 5 – Warwick City Race - 06.10.07

RACE 6 – Oxford City Race – 10.11.07

To take part in the series you simply enter the Mens/Women open or 21E class for each particular race (this is the most technical race on offer) and you are automatically included. The top 3 in each race will win prizes with the top 10 gaining points that count for the overall series. It's a grand prix style points system with 1st=12, 2nd=10, 3rd=8, 4th=7points and a point less for every place below that, simple! The person with the most points...wins!

Thanks to generous support from Footwear manufacturers INOV8 we have some of the biggest prizes on offer in UK up for grabs in this series which is sure to entice the big names to take up the challenge of trying to become the UK Cities cup Champion.

The race days are not just open to the elites however, with open races being organised along side which are available for people of all age and ability making it a great day out all round. To find out more follow the event links via citiescup.nopesport.com

For this years series we have also teamed up with Rock and Run, EmitUK, and Oentries.com and British Orienteering has endorsed the series.

With some superb venues, hopefully some big-name athletes, exciting urban racing and some top prizes up for grabs, The UK Cities Cup promises to be a high-octane, high spectator-friendly race series! Don't miss out...**ENTER NOW!!**

For more details and to keep to date with results, news and overall standings visit the UK cities cup website: citiescup.nopesport.com

