



THE NOWER WORLD CUP 2026

MONDAY 22 JUNE 2026 · EVENING SCORE & YELLOW LINEAR · MAPRUN

WHEN

Mon 22 June

Starts **18:30–19:30**

Courses close **20:40**

WHERE

The Falkland Arms

60 Falkland Rd, Dorking RH4 3AD. Registration, bag drop & Après-O; **Start is a ~5-min walk — see map.**

GETTING THERE

~30-min walk from Dorking Main / Deepdene stations. Street parking nearby. Stay for food & drinks at the pub after — our Après-O.

THE COURSES



YELLOW

BEGINNERS' LINEAR

~2.2 km, 10 controls. A simple set course with **no road crossings** — ideal for newcomers and juniors.



SCORE

1-HOUR WORLD CUP SCORE

No set course — **~31 controls** in 60 minutes, your choice. World Cup progression scoring — **full rules overleaf.**

ON THE MAPRUN APP

- 1 App only — no physical controls or dibbers.** Use MapRun 7 (smartphone) or MapRunG (compatible Garmin) — it **beeps** at each control.
- 2 Download the course before you arrive:** Select Event → **UK ▶ Mole Valley ▶ 2026 Summer Series**
- 3 The course unlocks with the PIN given at the Start;** upload your result when you finish.

GETTING TO THE START

~5 MIN WALK FROM THE PUB



- 1 From The Falkland Arms,** head **west** along Hampstead Road.
- 2 Turn south** down **Coldharbour Lane** and follow it until you reach **Harrow Road West.**
- 3 The Nower entrance is opposite the end of Harrow Road West** — go through onto the open grass.
- 4 Follow the path** to the **Start / Finish.**

~5 MIN · ~200 M WALK

YOUR MAP & THE TERRAIN

YOUR MAP

A4, 1:5,000, waterproof — updated 2026 by Ian Roberts, with **control descriptions printed on the map** (no separate sheet). A blank example is on display at registration, and we're happy to talk newcomers through the colours & symbols before they start.

THE TERRAIN

The Nower is a compact, fast mix of **open grassland and runnable woodland** on a steep-sided ridge. An intricate path network and pockets of technical contour & vegetation detail will keep you honest — read carefully and the route choice rewards you.

SAFETY & WELLBEING

PLEASE READ BEFORE YOU RUN

- ▲ Lane crossing:** the Score courses cross a small lane — **stop, look both ways and cross with care.** The Yellow course crosses no roads.
- ▲ Hilly & wooded throughout:** uneven ground, tree roots and steep slopes. Take care, especially on descents.
- ▲ Cover your legs:** bracken, **brambles** and rough undergrowth are present — long socks and leg covering are advisable.
- ▲ Ticks are present:** check yourself after your run. If a bull's-eye rash or flu-like symptoms appear in the following days, seek medical advice.
- ▲ Share the trails:** walkers, dog walkers and horse riders use the area — be considerate, especially passing from behind on narrow paths.
- ▲ Warm weather:** arrive well hydrated and consider carrying water.



SAFETY BEARING — if you become disorientated, head **EAST** until you reach the open grass area, where a member of the team is stationed at the Start / Finish.

REPORT BACK: everyone must report to Download, even if retiring. If injury prevents your return, phone the emergency number on your map before course close. **HOSPITALS:** Epsom Hospital, Dorking Rd, Epsom KT18 7EG · East Surrey Hospital, Canada Ave, Redhill RH1 5RH.



THE 1-HOUR SCORE · HOW YOUR POINTS ARE SCORED

THE WORLD CUP FORMAT



THE FORMAT HOW IT WORKS

A 60-minute score event — no set course.

The map shows **31 controls**; you choose which and how many to visit, in any order. They're organised like the World Cup — a **group stage**, then **knockout rounds** (quarter-finals, semi-finals, a Final). Knockout controls score far more, but only once you have **qualified** for them. Route choice is about more than distance.

HOW TO WIN

A balanced route beats a deep dive: you need **5-of-6 from all four groups**, **all four quarter-finals**, **both semi-finals** and **the Final** — a tour of every corner of the map.

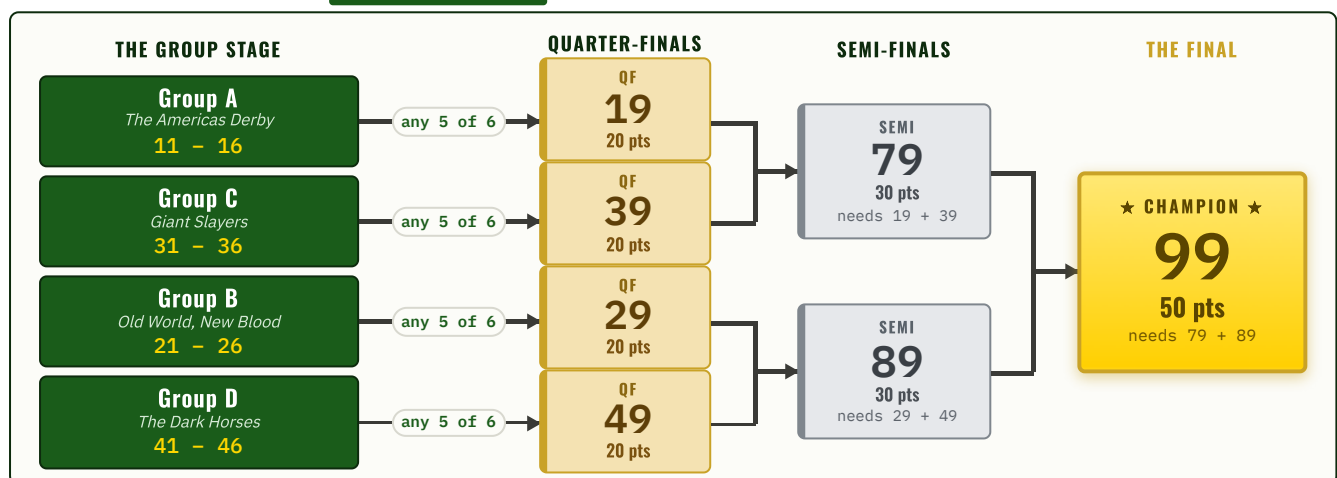
430

POINTS IS THE MAXIMUM
240 GROUPS · 80 QF · 60 SF · 50 FINAL

CONTROLS & POINTS

STAGE	CONTROLS	POINTS
GROUP A · THE AMERICAS DERBY	11 12 13 14 15 16	10
GROUP B · OLD WORLD, NEW BLOOD	21 22 23 24 25 26	10
GROUP C · GIANT SLAYERS	31 32 33 34 35 36	10
GROUP D · THE DARK HORSES	41 42 43 44 45 46	10
QUARTER-FINALS	19 · 29 · 39 · 49	20
SEMI-FINALS	79 · 89	30
THE FINAL	99	50

THE ROAD TO THE FINAL WHAT UNLOCKS WHAT



THE RULES

- Qualify a quarter-final: visit at least **5 of the 6** controls in its group (QF 19 ← Group A, QF 29 ← B, QF 39 ← C, QF 49 ← D).
- Qualify a semi-final: score **BOTH** of its quarter-finals. SF 79 ← QF 19 + 39 (the A+C half); SF 89 ← QF 29 + 49 (the B+D half).
- Qualify the Final: score **both** semi-finals. Final 99 ← SF 79 + 89.
- "Scored" = punched **AND** unlocked. A **locked** quarter-final does not count towards a semi-final, and locked controls score **zero**.
- Order matters — **qualify first**. Punch a knockout too early and it scores nothing, but you may return once qualified and it will then count.
- Checked after the event. Qualification is applied automatically afterwards, so the raw MapRun score on the day may differ from the official result.

HOW IT PLAYS OUT WORKED EXAMPLES

1 THE COMPLETE RUN

Visit all 6 in every group ($24 \times 10 = 240$), qualifying all four QFs; punch all four QFs (+80), both semis (+60) and the Final (+50). Finish inside the hour.

430 pts MAXIMUM

3 ONE SHORT = LOCKED

All of Group A (qualified) but **only 4 of Group C**. QF 19 scores; QF 39 stays **locked (0)**. Semi 79 needs both 19 and 39 — so it's locked too, even if you punch it.

One missing control can cost half the bracket.

2 FIVE IS ENOUGH

Visit **5 of Group A** (50 pts) — enough to unlock QF 19; punch it for **+20**. The 6th control adds 10 more but isn't needed to qualify.

70 pts FROM THAT CORNER

4 RIGHT CONTROL, WRONG TIME

Reach QF 19 after only **4 Group-A controls** — it beeps but scores **0**. Collect your 5th (now qualified) and return to 19, which this time scores **+20**.

Qualify first, or come back.



THE STOPPAGE-TIME PENALTY

You have 60 minutes from **your own start**. Finishing late costs **1 point for every 2 seconds** over the limit — a late finish can wipe out an entire knockout round, so leave yourself time to get back.

-1 / 2s
OVER 60 MIN



RESULTS

Scan for live & final results. Final results & series league at mvoc.org.

MOLE VALLEY ORIENTEERING CLUB

Results are **not on MapRun** (it can't do the World Cup scoring) — provisional and final results go on the club website, so **scan the QR code**. Placings count towards your Summer Series league. **Good luck — the world is watching.**

