



# *Harlequins Orienteering Club*

## INFORMATION FOR NEWCOMERS

### British Camp (Malvern Hills)

### Sunday 16<sup>th</sup> December 2018

- What is Orienteering?** Using a map to navigate between a series of checkpoints known as 'controls'. You will be given an SI-card which is a timing device that you use at each control to record your progress around the course.
- Who can take part?** This event has a wide range of courses suitable for:  
- Elite runners wanting an intense physical and mental challenge  
- Joggers interested in adding a bit of variety to their runs  
- Families and others who enjoy the outdoors. The Malvern Hills are an Area of Outstanding Natural Beauty, with stunning views of 13 counties on a clear day.
- What will the course be like?** **We are offering adult newcomers a special course of approx 5km.** Orienteering courses are measured as the shortest distance between controls, but your choice of route will be longer than this. The official distance for this course is 4.3km, but we expect all runners to complete between 5 and 6km, or further depending on your choice of route.  
The adult newcomer course starts off following paths, allowing you to familiarise yourself with the map. After this, some off-path sections are added to find key features in the terrain, such as crags, ditches or embankments. The course includes approx 200m of uphill height gain overall.  
**Children and families (or adults wanting a shorter course) have a choice of very easy and easy routes that stick to paths, or a moderate route that includes a few off-path sections.** Advice will be available to help you choose the right course.
- What should I wear?** Full leg cover is compulsory. The route may be muddy, so running shoes with good grip are recommended. If speed is not your top priority, then walking shoes can be a good choice. In case of bad weather, please bring a waterproof jacket.
- Do I need to bring anything else?** You will need a compass and a safety whistle. These can be borrowed from the enquiries desk if you haven't got your own.
- How much does it cost?** **£3 per map, including all equipment hire.** (This is lower than usual HOC entry fees because the pay and display car park fee is £4.20 per vehicle)  
Adult newcomers and children/families may take part in pairs. (Please note- adults choosing to take part in one of the technical courses on offer for experienced orienteers will be charged the standard non-member fee of £9, including timing card hire).
- How do I take part?** Meet at the Malvern Hills Trust car park at British Camp just off the A449 south of WR13 6DW. You do not have to pre-book, but an email to [harlequinsmembership@gmail.com](mailto:harlequinsmembership@gmail.com) before 14<sup>th</sup> Dec will guarantee a map.  
**We are offering an introductory briefing to newcomers:**  
- 0945hrs for adult newcomers  
- 1030hrs for children and family groups  
If you are unable to attend the introductory briefing, you can still take part by registering before 12:00hrs. Please mention that you are a newcomer and someone will be on hand to explain everything and answer any questions you may have.

Full event information at [www.harlequins.org.uk/fixtures.html](http://www.harlequins.org.uk/fixtures.html)

*We look forward to welcoming you!*