



Harlequins Orienteering Club

INFORMATION FOR NEWCOMERS

Callow Hill North (Wyre Forest)

Sunday 10th February 2019

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 an electronic 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.

What will the course be like?

We are offering adult novices 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 3.8km, but we expect all runners to complete around 5km, possibly longer.

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 earth banks, fences and depressions. We anticipate that most participants will take 45-60 minutes to complete the course.

This new video featuring members of the GB Orienteering team gives a quick overview of what to expect: <https://www.youtube.com/watch?v=26Zc5AVkFis>

Juniors and families (or adults wanting a shorter course) can choose a very easy or easy route that stick to paths, or a moderate route that includes off-path sections. Advice will be available to help you choose the right course. (Please note: the start and finish are a 1.5km walk from the car park)

Briefing

There will be an introductory briefing for adult newcomers at 0945hrs. Juniors (aged 10+) are welcome to attend, but must be accompanied by a responsible adult.

The briefing will show you some key orienteering skills by completing a **1.5km guided group demonstration/ practice course** between registration and the start.

(If you have attended a previous briefing at Highgate Common or British Camp, you are welcome to take part in this more substantial practice course- but if you prefer you may simply register for the Long Orange course and go straight to the start. If you are a newcomer but are unable to attend the introductory briefing, you can still take part by registering before 12:00hrs. Experienced orienteers will be around to answer any questions.)

What should I wear?

Lightweight running kit, but please note that **full leg cover is compulsory**. The route may be muddy, so running shoes with good grip are recommended. In case of bad weather, please bring a waterproof jacket.

Due to the long walk to assembly from the finish, there will be an unsupervised clothing dump close to the start/finish to leave some warm/dry clothes for after your run.

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?

£4 per map, including all equipment hire. Please also note the car parking charges of £4 per vehicle for up to 4 hours (£5 all day)

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 £11, including SI- card hire).

How do I take part?

Meet by the Wyre Forest Visitor Centre just off the A456 (DY14 9XQ).

You can pre-book at www.fabian4.co.uk before midnight on 3rd February, or just turn up on the day. For any queries, please email harlequinsmembership@gmail.com.

Full event information at www.harlequins.org.uk/fixtures.html

We look forward to welcoming you!