



Harlequins Orienteering Club

INFORMATION FOR NEWCOMERS

Redditch- 6th/7th April 2019

Sat 6th April (Urban) & Sun 7th April (Arrow Valley Park)

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.

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>

Who can take part?

- These events have a wide range of courses suitable for:
- Families and others who enjoy the outdoors
 - Joggers interested in adding a bit of variety to their runs
 - Elite runners wanting an intense physical and mental challenge
 - The Saturday Urban event has a course accessible for wheelchair users.

What will the course be like?

We are offering adult novices a special course of approx 5km. The difficulty of the course will be suitable for those who have never orienteered before.

Orienteering courses are measured as the shortest distance between controls, but your choice of route will be longer than this. We expect runners on the newcomers course to complete around 5km, which will take around 45-60 minutes.

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. Junior courses for the Saturday event will be wholly within Morton Stanley Park. We recommend that under 12s who have not orienteered before are accompanied by an adult.

The easy access course (Saturday only) has been designed to be wheelchair accessible. The course is an 'urban' course around low-traffic streets. Under 16s **must** be accompanied by an adult. SI-controls require reaching over to record that you have visited a control. For anyone unable to do this, an alternative is to **download the MapRun app to a smart phone.** This will use GPS to track your progress around the course and confirm that you have visited each control. We will demonstrate how this works before you start.

All newcomers can take part in pairs or small groups. Advice will be available to help you choose the right course.

Briefing

There will be an introductory briefing for newcomers to explain what you need to know and demonstrate some key orienteering skills.

1015hrs each day for adult newcomers and juniors (aged 10+) who are accompanied by a responsible adult.

1100hrs for families with younger children. (Adults and older juniors may also attend, but the content of the briefing will be designed for younger children).

What should I wear?

Lightweight running kit, but please note that **full leg cover is compulsory on the Sunday.** We recommend wearing one extra layer than you would on a normal run.

The route may be muddy, so running shoes with good grip are recommended. 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?

£4 per map (adults) or £3 per map (juniors), including all equipment hire.

Adult newcomers and children/families may take part in pairs sharing a map. (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).

If you pre-enter both events before Wednesday 3rd April on <http://www.fabian4.co.uk/> then you will receive a multi-day discount (£2 for adults, £1 juniors)

Where is it?

Saturday: meet at Walkwood C of E Middle School, Feckenham Road, B97 5AQ

Sunday: meet at Stitch Meadow, Arrow Valley Park B98 0RT

For any queries, please email harlequinsmembership@gmail.com.

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