

Red Rose Orienteers invite everyone to Come and Try Orienteering - The Mind and Body Workout

Saturday 7th October at Williamson Park, Lancaster 12.00 to 13.30

Incorporating the Lancaster and District Schools Orienteering League Autumn 2017 (see below)

You are invited to try orienteering in the delightful surroundings of Williamson Park (LA1 1UX). Help and instruction will be given on the day, which will equip you for this event plus the many others that you can go to in the future! Stay awhile and enjoy the Park's café and Butterfly House afterwards.

Orienteering is an exciting and challenging outdoor sport that exercises both mind and body. The aim is to navigate between control points marked on an orienteering map; as a competitive sport the challenge is to complete the course in the quickest time choosing your own best route; as a recreational activity it does not matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you.

Please park at the car park on Wyresdale Road see [here](#) . There is a small parking fee. You will not be able to park at the car park close to the Memorial and buildings as this is reserved for a wedding. From Wyresdale Road Car Park follow the red and white streamers for about 3 minutes to the bottom of the Monument building, where the event is taking place.

There are toilets and a café a short walk from here.

The event will start at 12.00pm, when registration will open. **Free coaching and help will be provided.** For your actual course, you will receive a map that includes the course details and an electronic timing chip (dibber). Competitors on each course will start at 1 minute intervals.

You are welcome to take part as an individual, a pair or a small group. Having completed your course, you are encouraged to try another (more challenging) course.

Fees

£5 for an adult and groups including an adult (includes a dibber and a map).

£2 for a child and groups of children going round together (includes a dibber and a map).

Courses

Orienteering courses are graded by colour, based on difficulty and length. This table suggests the course that you should enter, but you are free to enter any course you wish.

<u>Course</u>	<u>Suggested Age</u>	<u>Likely time if a novice</u>	<u>Straight Line Length</u>
White	Y3/4,Y5	10 mins	0.3 Km
Yellow	Y6,Y7	15 mins	0.8 Km
Orange	Y8,Y9	25 mins	1.6 Km
Long Orange	Y10+ and all adults	35 mins	2.3 Km
Green	Experienced orienteers	40 mins for experienced	3.5 Km
	Only!	Not for Novices!	

Note that paths in the Park, particularly in the trees, can be slippery – do take reasonable care.

Wear clothes and shoes for the weather on the day, like anywhere there are muddy places after rain. A compass could be helpful, but is not needed.

The Lancaster and District Schools Orienteering League Autumn 2017

Primary and Secondary school pupils and their parents are invited to compete for their respective Trophies. Winners of the Challenge in the Spring were Slyne-with-Hest St. Luke's C of E Primary School and Lancaster Royal Grammar School.

The other event in the League is

Saturday 11th November – Eaves Wood, Silverdale

Scoring

At each of the 3 events, the total score for each school will consist of their best 4 pupil's scores plus the best 4 scores where a parent/adult is part of the entry (these scores will be reduced by 50%). Recommended courses by age are given above, but you may compete in and score in whatever course you wish.

Individual results will be available on the day, with the school league scores being posted on the Red Rose Orienteers website as soon as possible after the event.

Certificates will be available on the day for all those who complete their course!

Any Questions?

Please contact Martyn Roome at Development@sroc.org or phone 078661 19894

Red Rose Orienteers were founded in 1964 and hold many events throughout the year. We have been Orienteering Club of the Year and National Trophy winners. For further details see www.sroc.org

Future Events

There are frequent events that you can go to, see www.sroc.org fixtures tab and the British Orienteering list [here](#)