

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

**Saturday 23rd September at Happy Mount Park, Morecambe (LA4 5AQ) 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 Happy Mount Park. 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 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 the promenade, just north of the Park see [here](#) . There is a £1 parking fee for 4 hours.

The event will start at 12.00pm, when registration will open. **Free coaching and help will be provided.** Qualified coaches will be on hand to help you. 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 for a small additional fee of 50p to cover map cost.

### 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).

Extra maps can be purchased for 50p, depending on availability.

### 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>
White	Y3/4,Y5	10 mins
Yellow	Y6,Y7	15 mins
Orange	Y8,Y9	20 mins
Long Orange	Y10+ and all adults	25 mins
Two 2 km "Sprint Courses"	Experienced orienteers	15 mins each

## **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 events in the League are

Saturday 7<sup>th</sup> October - Williamson Park, Lancaster

Saturday 11<sup>th</sup> 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](mailto: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](http://www.sroc.org)

### Future Events

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