

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

Saturday 10th November 2018 at Williamson Park, Lancaster 12.30 to 13.30

You are invited to try orienteering in the delightful surroundings of Williamson Park (LA1 1UX). Advice will be available on the day, if you haven't tried orienteering before. Stay 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 main car park on Wyresdale Road, see [here](#). There is a small parking fee. From Wyresdale Road Car Park walk for about 5 minutes to Williamson Memorial, where the café, toilets and butterfly house are. Registration and the start are down the slope at the bottom of the memorial (look for our tall banner).

Arrive and register any time between 12.15 and 13.15 (starts 12.30 to 13.30). For your actual course, you will receive a map that shows the course and an electronic timing chip (dibber). Competitors on each course start at minute intervals when you are ready (it's not a mass start!)

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 (per dibber and map).

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

Courses

Orienteering courses are graded by colour, based on difficulty and length.

Course	Suitability	Straight Line Length (km)
White	Complete novices	1.0
Yellow	Complete novices (but a little trickier)	1.1
Orange	Adult Novices and youngsters who have completed white/yellow	1.5
Light Green	Those with some experience, and a good challenge for the more experienced! Includes substantial route choice and some less-obvious control sites. Also involves some steeper, possibly muddy slopes.	3.1

Note that paths in the Park, particularly under the trees, can be very slippery – do take reasonable care. The likelihood of slipping is obviously much greater if icy. If the ice cover is extensive the event may be cancelled, so check the website if icy.

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 essential.

Any Questions?

Please contact John Taylor at 01524 69641 and johnht49@gmail.com .

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