

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

Saturday 20th October 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). 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 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. From Wyresdale Road Car Park walk for about 5 minutes to the Memorial entrance, where the café, toilets and butterfly house are. Registration and the start etc is close by and will be obvious (look for our tall feather banner). There are toilets and a café a short walk from here.

Arrive and enter any time between 12.15 and 13.15 (starts 12.30 to 13.30). **Free coaching and help will be provided.** 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 (its 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 (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.

Course	Suitable for	Straight Line Length
White	Novices	0.6 Km
Yellow	Novices	1.0 Km
Orange	Adult Novices	1.8 Km
Light Green	Those with some experience and a very good challenge for the experienced! Lots of route choice.	3.8 Km

Note that paths in the Park, particularly under the trees, can be very 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.

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

The next event is also at Williamson Park, on Saturday 10 November. There will be different courses for you to try!

There are many frequent events that you can go to, see www.sroc.org fixtures tab and the British Orienteering fixture list.