

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

Saturday 2nd November 2019 at Eaves Wood, Silverdale

Starts 12.30 to 13.30



You are invited to try orienteering in the delightful surroundings of Eaves Wood. Advice will be available on the day, if you haven't tried orienteering before.

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 course planned to suit you.

Directions

Parking is at the Silver Sapling campsite, on Park Road, 500m East of Silverdale.

LA5 0UJ SD471759 <https://what3words.com/demand.wobbling.pans>

Please do *not* park in the National Trust car park which is adjacent to Silver Sapling. The entrance to the field we are using is 50m to the West of the entrance to the National Trust car park.

Parking is £1 per car. No vehicles larger than a car or SUV please.

Registration

Registration is in the parking field. Arrive and register any time between 12.15 and 13.15. 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.

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. Today there are three courses:

Course	Suitability and comments	Straight Line Length (km)	Climb (m)
Yellow	Complete novices and less experienced. Can be completed entirely on main path network. Alternatively some fairly obvious cross country short cuts may be incorporated into your route.	2.2	60
Green	For the more experienced. Includes substantial route choice and the need to navigate away from paths to less-obvious control sites. Optimum route considerably longer than 3.4 km	3.4	95
Blue	For experienced orienteers looking for more physical challenge than the Green	4.8	145

Note that the paths and ground in the woods can be very slippery due to mud and bare limestone. Please take care and proceed at a pace appropriate for your ability and footwear.

Eaves Wood is divided by numerous fences and dry stone walls. These must not be climbed, and should be crossed only at existing gaps, gates and stiles.

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 for the yellow course.

Inclement Weather

If there is a lot of rain in the days leading up to the event, it could make the parking field unusable. If there is lying snow or ice on the limestone in the woods it could make conditions underfoot too difficult. If these happen, we will cancel the event and put a notice on www.sroc.org. Please check the website before travelling.

Any Questions?

Please contact Roy McGregor at 07736 810455 or rmc.jcb (at) gmail.com.

About Us

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](#).