

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

Saturday 5th October 2019 at Williamson Park, Lancaster, with starts 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 course planned to suit you.

Please park at the main car park on Wyresdale Road, see [here](#). There is a small parking fee. The café, toilets and butterfly house are a 5-minute walk away. Registration and the start are at the eastern end of car park.

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 two courses:

Course	Suitability and comments	Straight Line Length (km)
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.	1.7
Green	For the more experienced. Includes substantial route choice and less-obvious, off-path control sites. Also involves steeper muddy slopes. Optimum route considerably longer than 3.0 km.	3.0

Note that paths in the Park, particularly under the trees, can be very slippery due to wet leaves, moss etc. – 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](#).