

## Williamson Park Orienteering 18th September, 12:00 to 13:00 – Course Details

You are invited to Williamson Park (LA1 1UX) for the first of SROC's Autumn orienteering events. If you are not familiar with orienteering, help and instruction will be provided on the day, which will enable you to successfully complete this event and others in the future. Why not combine the event with a visit to the Park's café or Butterfly House?

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. There is a small parking fee. Registration and the start are located at the east of the car park. There are toilets and a café a short walk from here.

Arrive and enter any time between 11.45 and 12.45 (starts 12.00 to 13.00). **Free help will be provided to any who require it.** 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.

Wear clothes and shoes appropriate to the weather on the day. There may be muddy areas after rain. A compass could be helpful but is not essential.

### Courses

Two courses are available, one more suited to novices and the other for more experienced orienteers.

Course	Suitable for
Score	Novices
Odds and Evens	Experienced

- Score. Visit as many controls as you are able or wish to within the 60 minute time limit. This is the option to choose if you are new or quite new to orienteering.
- Odds & Evens. Visit as many controls as you are able to or wish within the 60 minute time limit, but you must choose to start either on odd numbered controls or even numbered controls. When you have either

visited all the controls of one type (odds or evens), or you decide you have done enough, change over to the other type. Once you have changed you can't change back, so be careful and check control codes before punching.

## **Scoring**

All controls are worth 10 points

Points can be taken in any order

60 minutes are allowed

Penalty of 5 points for each minute (or part) late back

Regardless of how you do, please ensure that you download your result at the end. (Please ask if unsure). This will stop us from needing to search for you.

## **Fees**

£5 for an adult and groups including an adult (includes map and dibber hire).

£2 for a child and groups of children going round together (includes map and dibber hire).

If you are entering as a pair or small group and would like extra maps (this will make it more enjoyable) please email [Development@sroc.org](mailto:Development@sroc.org) at least 4 days before the event.

## **Map Points to Note**

- 1) An uncrossable wall runs North-South between the main park and the Fenham Carr part. This may only be crossed using the gate which is approximately half-way along and marked on the map.
- 2) A number of special items are shown on the map. These are benches and map boards.
- 3) Weddings can occur at the Ashton Memorial (at the top of the hill). Please do not disturb any events.

## **Hazards**

Runners are responsible for their own safety but should note the following potential hazards:

- 1) There may be some slow-moving vehicles on the main path between Quernmore Road and the top car park. Care should be taken when running in this area.
- 2) The main route through the park is a cycle path. Runners should be aware of cyclists when on this path.

- 3) The Park contains several high crags. These are marked on the map and should not be descended or climbed under any circumstances as they are highly dangerous. Do not go near the edge of cliffs.
- 4) Some of the paths in the park can be very slippery, particularly some which are made of tarmac and appear to provide grip. Take care on all paths especially when they are wet and you are descending.
- 5) There is a shallow pond which should be avoided. There is also a deeper reservoir, but this is securely walled-off.

### **Results and Further Info**

Results will be posted at [www.sroc.org](http://www.sroc.org).

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)

**Next event** – Sunday 10<sup>th</sup> October, SROC Autumn Series 2 – Traitors Gill. See website for details.