



Harlequins Orienteering Club

INFORMATION FOR NEWCOMERS

Highgate Common

Sunday 14th October 2018

What is Orienteering? Using a map to navigate between a series of 'checkpoints'. You will be given an SI-card which is a timing device that you use at each control to record your progress around the course.

Who can take part? This event has a wide range of courses suitable for:

- Elite runners wanting an intense physical and mental challenge
- Joggers interested in adding a bit of variety to their runs
- Families and others who enjoy the outdoors. Highgate Common is a site of special scientific interest, with a mix of heathland and forest.

What will the course be like? **We are offering adult newcomers a special course of approx 5km.** Orienteering courses are measured as the shortest distance between controls, but your choice of route will usually be longer than this- exactly how far will depend on your choice of route.

The adult newcomer course consists of two loops:

- Loop one will follow paths, giving you the opportunity to familiarise yourself with the map
- Loop two will be longer and a little harder. It will include a few off-path sections to find key features in the terrain, such as large trees, thickets, ditches, or hills.

Children and families have a choice of very easy and easy routes that stick to paths, or a moderate route that includes a few off-path sections. Advice will be available to help you choose the right course.

What should I wear? Full leg cover is compulsory. The route may be muddy, so running shoes with good grip are recommended. If speed is not your top priority, then walking shoes can be a good choice. In case of bad weather, it's a good idea to bring a waterproof jacket.

Do I need to bring anything else? You will need a compass and a safety whistle. These can be borrowed from the enquiries desk if you haven't got your own.

How much does it cost? £6 per map, including all equipment hire.
Adult newcomers and children/families may take part in pairs, sharing a map. (Please note- adults choosing to take part in one of the technical courses on offer for experienced orienteers will be charged the standard non-member fee of £12, including timing card hire).

How do I take part? Meet at the Highgate Common Visitor Centre about 500m south of DY7 5BS. You can register any time between 1000hrs and 1200hrs.

We are offering an introductory briefing to newcomers:

- 0945hrs for adult newcomers
- 1015hrs for children and family groups

If you are unable to attend the introductory briefing, please mention that you are a newcomer and someone will be on hand to explain everything and answer any questions you may have.

Full event information at www.harlequins.org.uk/fixtures.html

We look forward to welcoming you!