

What to take with you

You will need outdoor clothes and suitable footwear. There may be rough ground, and you may get a bit wet and muddy. Choose what to take according to whether you expect to walk, jog or run. For safety at some events you may have to carry a whistle and gaiters and wear full leg cover.

A compass is not essential for the easiest courses (you can manage by just reading the map), but if you have one and know how to use it, even at a basic level, take it. You might want to attach it to an elastic or string loop, to keep it comfortably on your wrist.

At an event – only applicable at future events post Covid-19.

When you arrive look for "Registration", where there will be a board describing the length and difficulty of the courses available. Choose your course carefully! The easiest courses will follow features like paths or streams. Harder courses will leave the tracks and go cross-country.

You will be asked to give your name and age group and pay an entry fee. You will then be directed to the start where you will collect a map and control description for the course you have chosen. Help will be at hand.

You will probably also have to hire an Si card (an electronic "dibber" used to record the time you visit each control point). Usually you will be given a map with your course already printed.

When you have registered, leave any spare clothing behind and go to the "Start". Remember your compass and "dibber".

When you finish, even if you don't complete your course it is essential that you go to "Download" so that everyone knows you are back safely. You will get a print out showing your time between each control and these may be published later on the Internet.

Permanent courses

You don't have to wait for an event; you can make use of the permanent courses at these venues when they are open:

Scammonden, Ogden Water, Beaumont Park

Greenhead Park, Nostell Priory, Newmillerdam

Crow Nest Park, Oakwell Hall,

Shibden Park updated map available shortly.

You can find out where to get maps for these courses on the East Pennine Orienteering club website (see below).

Some of our schools have also been mapped specifically for orienteering, and introductory sessions have been staged for both pupils and teachers.

More information

Our orienteering club's website
www.eastpennineoc.org.uk

The regional association of orienteering clubs website
www.yhoa.org.uk

The national governing body's website
www.britishorienteering.org.uk

Your local club contact is:

Juniors - Viv Barraclough

Adults - Jean Lochhead

www.eastpennineoc.org.uk

Link **Contacts**

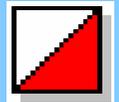
©Based on an original by Hillary Quick and used with permission.



East Pennine Orienteering Club



Getting started in Orienteering



a new adventure every time

About orienteering

Orienteering is a sport where you find your own route between control points shown on a detailed map. This can be across moorland, in woods, or town. You can walk, jog, run or at some events even cycle. There are a variety of events from small informal ones to large international meetings, and usually a number of courses, suitable for a range of fitness levels and ages, from young child, to family, athletic adult, to pensioner available for you to enjoy.

About us

Our Orienteering Club covers Kirklees, Calderdale and Wakefield districts. Our membership spans the full age range from toddler to senior citizen and all levels of energy and fitness. We have a core of active members, who compete both locally and all over the UK. Members organise orienteering events throughout the year.

Events

Our events are held at weekends or on weekday evenings and are advertised on our website. Usually you can come along anytime within the first hour or two of an event and get started straight away, on your own, with a friend, partner, your children or your family. If you like maps, walking, running or want a different way to find and explore some of the best parts of the area why not give it a go?

Why join our club?

You do not have to be a member of the club to take part in an event, but there are benefits if you join. As well as reduced entry fees, a regular club magazine (Epistle). You can be put in touch with more experienced members who can encourage and guide you so you can improve, take part in different aspects of the sport and get more from it as a result.

Orienteering, the sport for all ages.

