

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

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, pay a small entry fee, and collect a map and control description for the course you have chosen.

You may also have to hire an e-card (an electronic punch used to record the time you visit each control point) and may have to copy down your course (although usually you will be given a map with the course printed on it).

When you have registered, leave any spare clothing behind and go to the "Start". Remember to take your map, control descriptions, compass and e-card if you need them.

When you finish, even if you don't complete your course, please go to "Download" so that everyone knows you are back safely. Often you can get a print out showing your time between each control and these may be published later on the internet too.

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:

Oakwell Hall	Jerusalem Farm
Hardcastle Craggs	Ogden Water
Wilton Park	Shibden Park
Beaumont Park	Nostell Priory
Greenhead Park	Newmillerdam

You can find out where to get maps for these courses on the 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

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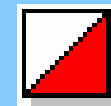
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East Pennine Orienteering Club



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 and also run a programme of training runs, walks, mountain biking and other social activities.

Events

Many of our events are informal and most 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 or partner, with your children or 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 and social aspects of club membership you will 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.

Enjoy orienteering

