

HALO Saturday Event – Saturday April 23rd 2016

First Event?

If this is your first event, try the White course if you are a junior or the Orange course if you are an adult. Ask for help at the start or from anyone in a yellow bib.

**All courses use electronic timing (dibbers will be provided for this purpose)
All controls must be visited in the order shown on the map.**

If you enjoyed the experience, why not try a harder/longer course. Before attempting a second course, the information from your “dibber” must be downloaded into the computer. Tell the operator which number course you have just done, as follows:-

1 - White	3 - Orange
2 - Yellow	4 - Technical

Fees

Adults £3, Juniors £1.50 (includes dibber hire, if required).

If you run together as a group, then only one fee is payable (but you only get one map and one dibber).

Once you have paid you may attempt as many courses as you wish, time permitting.

Last start will be 3pm and controls will be collected in from 3:30pm.

Registration

Complete the details on the registration form. You will be asked to include a contact number (which will only be used if you fail to return the dibber)

All courses

Remember there are other users on the Country Park, please give way to them.

The paths, steps and slopes can be very slippery – please take care.

The water levels are higher than normal and all ponds are clearly marked on the map – keep away from the edges.

Finally

If this is your first event, we hope you enjoy yourself today and if you do, please leave an email address and you will be sent further information on Orienteering events in the area.

Results will be on the club web-site

www.halo-orienteeing.org.uk



Course information

Map

The map is drawn to a 1:4000 scale, so 1cm represents 40metres.

The map has a legend on it detailing the symbols used.

Control descriptions are also printed on the front of the map.

(There will not be any loose control descriptions apart from the Technical Course)

For the uninitiated the red line on the map between controls indicates where the next control is, it is not necessarily the direction you have to run. One of the skills of orienteering is choosing the best route to the next control.

White 0.7km

This course follows surfaced paths. There will be a control at every decision point.

It is suitable for pushchairs and wheel chairs as it can be completed without going up or down any steps.

Yellow 1.7km

This course follows mainly surfaced paths.

The controls are more spread out than in the White course and you will be required to sometimes make your decision as when to turn left or right, etc.

There are no sets of steps on this course so will be suitable for push-chairs, etc.

Orange 2.3km

Although some of the controls for this course will be on paths, many won't. You will be required to navigate away from the paths, usually to a fairly obvious feature near a path. Steps will be involved on this course but there will not be a need to climb any steep slopes. *Some of the red lines and controls are close together so please study the map and make sure you are heading to the correct control.*

Technical 3.8 km

This course will require some running (or walking!) up, down and along slopes and should not be attempted unless suitable footwear is being worn. *Some of the red lines and controls are close together so please study the map and make sure you are heading to the correct control.* In particular note that control number 59 has to be visited twice, as the 8th and 16th control on the course.

All participants.

You must report back to the download/registration tent even if you did not finish your course. We don't want to mount unnecessary searches.

Please don't forget to hand your dibber in when you have finished.

Last start will be at 3pm.

Controls will be collected from 3:30pm onwards.