



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



# Orienteering



**This booklet** will give you some information on the structure of the sport and how to go about entering and competing in the events that KERNO & other clubs put on.

There is only one "O" club in Cornwall and as the membership is widely spread about the county we don't have a clubhouse or anything similar but the committee meet monthly at the Victoria Inn alongside the old A30 near Roche. Members are always welcome to come along, attend the meeting and meet the committee.

As of 1<sup>st</sup> January 2013 a new membership structure for British Orienteering will be implemented. There will be a single tier of membership with two categories. Senior will be any member aged 21 or older on 31<sup>st</sup> December of the membership year. Junior will be any member aged 20 or younger on 31<sup>st</sup> December of the membership year. The membership fees for 2013 will be available for new members from 1<sup>st</sup> November 2012.

A table of 2013 fees is given below:

	Club £	BOF £	SWOA	<b>Total</b>
Senior	5.00	5.00	Nil	<b>10.00</b>
Junior	2.00	2.00	Nil	<b>4.00</b>

As well as any British Orienteering mailing all KERNO members will receive by email the Club newsletter 'PUNCH' approximately every 2 months and the South West newsletter 'SINS' both of which includes news, views, photos and a comprehensive fixture list. Kerno members are encouraged to join in the KERNO Forest League competition, the Tamar League [between members of KERNO and DEVON OC] and the South West Forest League known as the Galoppen series and for events at Level C and higher be entered in the National Rankings based on age and gender.

### **What to do next?**

Go to [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) and click on membership. They will confirm your membership and tell KERNO that you have joined us – congratulations and welcome.

### **ACKNOWLEDGEMENT**

We are indebted to British Orienteering for reproducing part of the website in the following pages for your information. Any modifications that have been made to the original text are solely the responsibility of Cornwall Orienteering Club. The maps inside the booklet are the copyright of Cornwall OC but we acknowledge the appropriate licences issued by Ordnance Survey if appropriate.

## A Newcomer's Guide to Foot<sup>1</sup> Orienteering

Getting started in the world of orienteering can appear complicated to newcomers; it is not. This guide aims to tell you everything you need to know about starting orienteering.

### Getting Started

Orienteering is an exciting outdoor adventure sport which takes place in varying terrain over various distances. The aim is to navigate in sequence between a set of control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. The standard orienteering distance is known as a 'classic or long distance' race however modernisation of the sport has introduced the 'middle distance' race and 'sprint distance' race.



**Pictured:** An Orienteering Control

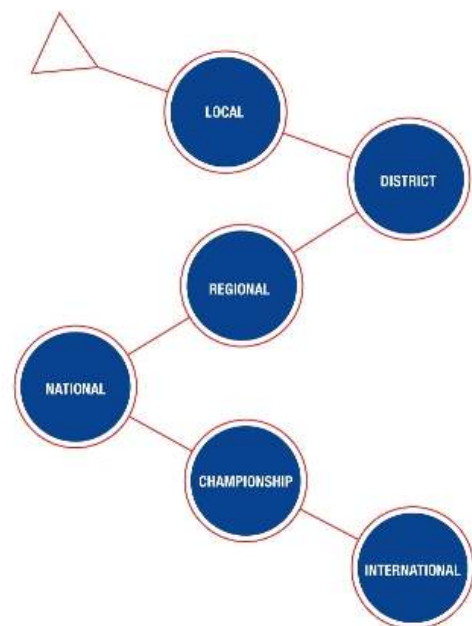
A good way to get started would be to try a local permanent orienteering course. These courses can be located in a forest, local town or country park. To find out where your nearest course is, go to the 'Permanent Courses' section of the British Orienteering website.

To experience the full excitement of orienteering you will need to attend an orienteering event, which usually take place on a Sunday morning. Here you will find lots of experienced orienteers who will be able to help you get started.

### Types of Events

There are many types of orienteering events, including local, regional, National and Championship events – these are now referred to as Level A – D events. There are also Night Events, Relays and Score Events. Young children can also take part in string courses where they may have their own map and follow a line of string which takes them around a set of controls marked by fun characters. Clubs also organise training, summer evening, Saturday afternoon or come-and-try-it events. All different types of local and district events are ideal for newcomers.

How you would progress through the different types of events?



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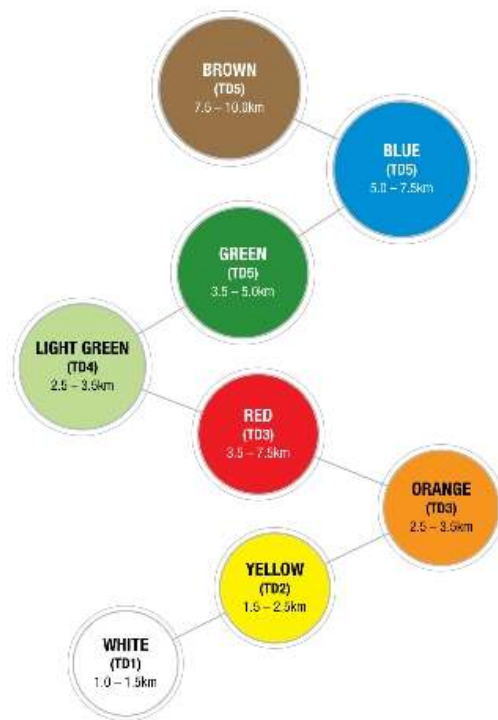
<sup>1</sup> Foot orienteering (Foot-O) describes the sort of races where you compete on foot as opposed to, say, Ski-O where you'll be using skis.

## Colour Coded Courses

The most common type of event put on by clubs is called a local event which offers a range of courses which vary in length and technical difficulty rating. The courses are colour-coded from White, which is for children, including parents with pushchairs, through to Brown, which is for people who can run at speed over long distances, through tough terrain and are able to navigate at the same time. Courses are graded according to their technical difficulty (TD) and length. The TD scale runs from:

TD1 = Very easy

TD5 = Very difficult



**White (TD1)** White courses are very easy with all controls on paths. They are mainly used by under 10 year olds and family groups. Length of course 1.0 – 1.9km

**Yellow (TD2)** Yellow courses use simple linear features like paths, walls and streams. They are mainly used by under 12's and families. Length of course 2 – 2.9km

**Orange (TD3)** Orange courses progress to basic use of the compass and route choice. They are ideal for novice Orienteers. Length of course 2.5 – 3.5km

**Light Green (TD4)** Light green courses are ideal for improvers as the technical difficulty begins to increase and uses simple contours and 'point' features. Length of course 3 – 4km

**Short Green (TD5)** Green courses are technically difficult and use contour and point features. This course is aimed at Seniors (Veterans and Super Veterans) wanting a short, challenging, course with less physicality. Length of course 3.0 – 4.0km

**Green (TD5)** Green courses are technically difficult and use contour and point features. They are used mostly by experienced under 18's and adults wanting a short but challenging course. Length of course 3.5 – 5.0km

**Blue (TD5)** Blue courses are technically difficult and are a longer, more physically demanding course in comparison to the Green. The distances are also more varied between controls and the course attracts experienced Orienteers. Length of course 5.5 – 7.5km

**Brown (TD5)** Brown courses are physically demanding and technically difficult. They are designed to challenge experienced orienteers. Length of course 8.5 – 12km

## Going to an Event

Once you have found a suitable event on the fixtures list you need to locate the venue. The grid reference for the event car park will be shown as a "hyperlink" in the fixtures list. Most events featured in the fixtures list will also provide a link to the organising club's website where further information can be found. For KERNO events use [www.cornwallorienteering.org.uk](http://www.cornwallorienteering.org.uk). The directions to an event will often explain how to get to a certain point on a major road, and then tell you to follow the orienteering signs. These are arrows, usually fastened to posts or fences, which point



the way to the car park. They may say 'Orienteering', or 'O', or just be marked with the orienteering symbol, which is a square divided into red and white triangles. The car park will often turn out to be a farmer's field, and may well be off the main road and down narrow lanes. Keep following the arrows until you see marshals who will show you where to park.

Sunday morning events normally have start times between 11.00am and 13.30pm, with courses closing at 3.00pm, and event entry from 10.30am until 13.00pm. There will normally be an enquiries point so if you have any questions, however trivial they may seem, just ask.

### **What you will need to orienteer**

- Comfortable clothes for walking or running in, that you don't mind getting dirty. Competition rules will normally require full leg cover (that means shorts aren't appropriate). You can also buy specially designed orienteering clothes, which offer full body covering but remain lightweight and breathable.
- Trainers or walking shoes, preferably waterproof and with a good grip. There are specially designed orienteering shoes that are studded lightweight running shoes. Prices of these range from £60 - £100.
- A lightweight waterproof, if the weather forecast is poor.
- Money for your entry fee - about £10 for non-members
- A compass is always useful but not strictly necessary if you are orienteering on a White, Yellow or Orange course. You may be able to buy a compass at the event, if you want one and one of the mobile equipment retailers are in attendance. Starter compasses may cost about £10.
- A safety whistle is sometimes compulsory, especially in difficult terrain, but you can usually buy that too, if you need to.
- A red pen to mark your course on your map and a transparent A4 plastic envelope to put your map in if the maps are not pre-printed (almost all KERNO events use pre-printed maps which are also water resistant). At larger events courses will have already been printed onto the maps so you will not require a red pen for these events.

### **Registration**

The first thing to do is register, i.e. enter the event. This might be somewhere indoors, a car, or a tent, easily identifiable as the centre of activity in the car park and will normally have a 'registration' or 'enquiries' sign outside of it. Registering is normally a two-stage process: payment and putting the information about your entry onto the event computer.

## Choosing a Course

At registration there will be some sort of sign detailing the length, the height to be climbed and the technical (navigational) difficulty of each course. Children who have not orienteered before should enter a White or Yellow course, and be accompanied by an adult who can help them with the map. Adult novices might want to start with the Orange course, which is the longest course before the technical difficulty increases significantly. If you complete your first course quickly and successfully it is often possible to try another if there is enough time and available start times.

Once you have chosen the course you would like to participate in, you can complete the registration process. Every competitor on each course has their own start time, so you will first be asked what time you would ideally like to start. You should ask how far it is to the start and allow yourself plenty of time to get there. Many events are flexible about the start time and you will be allowed to leave the start at the discretion of the start official. You will be asked your name, your club (not compulsory) and your age class. Although you will be asked your age class at all events, you will usually only compete in your age class at Regional, National and Championship events.

## Age Classes

Your age class is determined by your gender and how old you will be on the 31st December of the year of the competition. So even if a person is not aged 40 until December 2013 they will compete in W/M 40 from January 2013. W or M refers to gender.

<b>Your Age</b>	<b>Your Age Class</b>		
10 and Under	M/W 10	40 and Over	M/W 40
12 and Under	M/W 12	45 and Over	M/W 45
14 and Under	M/W 14	50 and Over	M/W 50
16 and Under	M/W 16	55 and Over	M/W 55
18 and Under	M/W 18	60 and Over	M/W 60
20 and Under	M/W 20	65 and Over	M/W 65
*Any Age	M/W 21	70 and Over	M/W 70
35 and Over	M/W 35		

\* M/W 21 is an open class that anybody can enter

## National Incentive (Badge) Scheme

The National Badge Scheme awards badges on the basis of performance over a series of events.

## Equipment

To complete the orienteering course you need to prove that you visited each control and to do this you need to "punch". Punching a control registers that you have visited the control and is usually done through an electronic device, sometimes called a card. At some small events you may still have to use a traditional paper or card control card.

## Electronic Cards

An electronic "card" is used to confirm that you have visited all the controls in the correct order. Calling it a "card" is a bit of a misnomer as it is really a microchip housed in a plastic case; sometimes it has extra features like a clock. The "card" is the size of your finger or palm and attaches to your finger with an elasticated, adjustable band. The "card" is used as a timing device and

also logs the time you visit each control so you are able to view your "splits" after you have finished. This is useful as you can compare yourself against other competitors.

There are two main brands of electronic "cards", Emit and SportIdent. You are able to purchase your own electronic "cards", but the cost varies from £30 - £50 so it is probably only worth buying one if you start orienteering regularly as you are able to hire one for a fee of around £1 at each event. If purchasing your own electronic "card" you would also need to decide which brand to purchase depending on which brand is used at the majority of events you go to.

The two main brands are:

Emit [www.emit.co.uk](http://www.emit.co.uk)



Emit call their "card" a Brikke (pronounced "brick") - the electronic gizmo carried by participants in an event using Emit. The unusual spelling is because the word originated in Scandinavia.

SportIdent [www.sportident.co.uk](http://www.sportident.co.uk)



Often referred to as a "dibber"

### Control Descriptions

To help you navigate to each control you will be provided with a control description sheet. There are two types of control description, pictorial descriptions and written descriptions. The example below shows the same information

IOF Event Example				Control Descriptions for IOF Event Example			
M45, M50, W21				Classes M45, M50, W21			
5	7.6 km	210 m		Course number 5	Length 7.6 km	Height climb 210 m	
				1	101	Narrow marsh bend	
		1.0		2	212	North western boulder, 1 m high, east side	
				3	135	Between thickets	
				4	246	Middle depression, east part	
				5	164	Eastern ruin, west side	
○--- 120 m --->				Follow taped route 120 m away from control			
				6	185	Stone wall, ruined, south east corner (outside)	
				7	178	Spur, north west foot	
		2.0		8	147	Upper cliff, 2 m high	
				9	149	Path crossing	
○--- 250 m --->○				Follow taped route 250 m from last control to finish			

Pictorial

Written

Written descriptions are used for novice courses and as you progress you will notice the transition to pictorial descriptions. The description will tell you what

feature the control is on and where on the feature the control is located. An example of each is given above.

### **Starting the Course**

Before the start you will either be given a blank map to mark your own course on at the start, or you will be issued with a pre-printed map at the start, on which your course will already have been marked. If you have been given a blank map to mark your course on yourself, take some time to look at the map and note the paths, streams, buildings, and so on. Any unfamiliar symbols will be explained in the legend. You might also want to note the map scale and the contours, to get some idea of how far things are, and what is up or down hill, and how steep it is. These details can be useful but you don't strictly need them if you are doing one of the simpler courses.

You should also check whether there are any 'Map Corrections'. These will show any changes since the map was drawn. They will also show any areas that are out of bounds, e.g. roads or cultivated fields. Copy the corrections on to your own map. If the maps have been pre-marked with the courses, all map corrections and out of bounds area will have been marked on for you.

Increasingly, it is possible to copy down or have a look at a White or Yellow course before the start or be given the pre-printed map before the start. This makes it less confusing for children, and gives adults more time to explain to them what they need to do.

### **At the Start**

The way to the start will be shown in some way; by arrows or tapes hung from trees, or a steady procession of competitors in running clothes. Try to arrive at the start at least 10 minutes before your start time, because you may be called a few minutes in advance.

If you are using paper/tyvek<sup>2</sup> control cards the detachable stub will be taken as a record that you have started. This means that even if you abandon your course you must hand the other part of your control card in at the Finish. A stub without a matching card means that a competitor has gone missing, and someone could spend hours looking for you.

If you are using electronic punching you will need to clear the card of its previously stored event details at the "Clear" station – hold the device in the box until the box "beeps". You will also be required to check that your card is clear at the start itself. You will then punch at the start before you pick up the map – this action starts the timing for your "run". At the end of the race, having punched all the controls and the Finish you are required to 'download' the information that is on your electronic card. If you do not download the organisers will not know whether you have finished or not and you won't appear in the published results.

At the start whistle, or a beep from an electronic clock, you either copy your course down onto your blank map from a master map or you pick up a pre-marked map. The triangle on the map marks the start and there will be an

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<sup>2</sup> TYVEK is a sort of plastic paper that is very difficult to tear and is waterproof



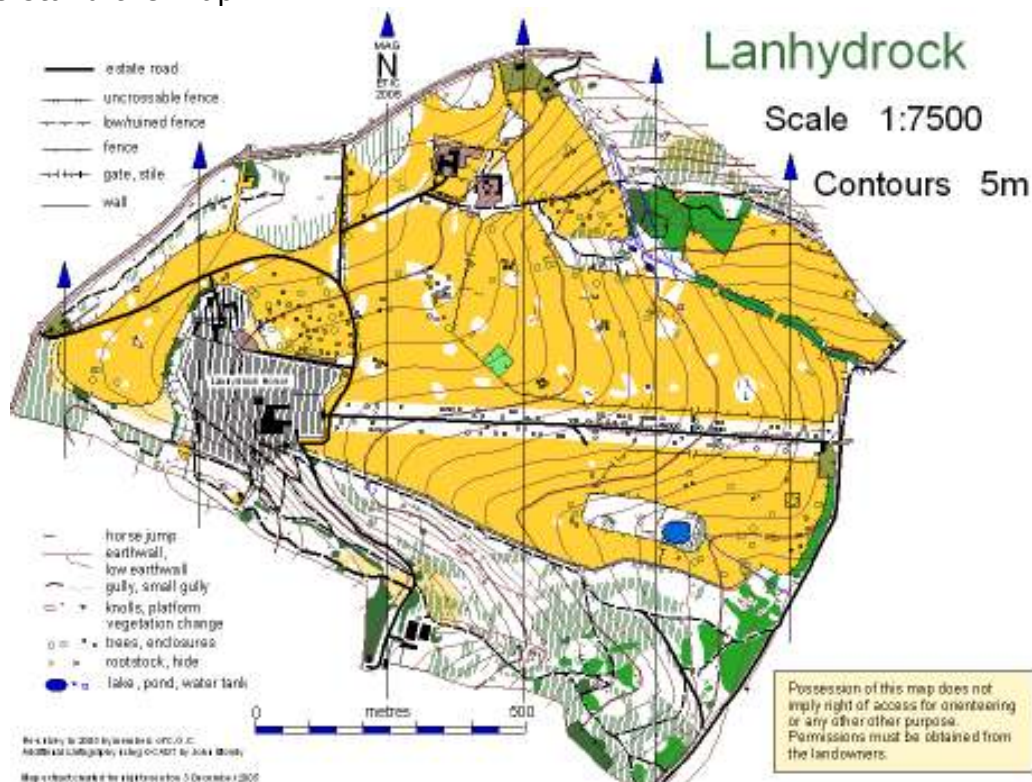
orange and white orienteering banner/flag/kite indicating where the start is on the ground. On some occasions you may need to follow red and white tape to the start kite, once you arrive at the kite you are at the triangle on the map. The numbered circles on your map indicate the controls you need to find, in the order you need to find them. The straight lines joining the circles are to indicate which is the direction of the next control.

The control description sheet tells you what you are looking for, e.g. a path junction, a large boulder, or a ditch end. When you find the control there will be some letters or numbers which should correspond to those on your control description sheet. If they do, you have found the right place. If they don't, it isn't your control!

The double circle on the map indicates the finish where you must 'punch' your electronic card.

### Orienteering Maps

Orienteering maps are drawn to a large scale, most commonly 1:15000 (1cm=150m) or 1:10000 (1cm=100m) but for orienteering in parks you might use a map drawn to an even larger scale of 1:5000. All maps use an internationally agreed set of symbols and these are logical and easy to learn. You will absorb much of the information simply by attending your first few events. Most orienteering maps will also provide a detailed legend to help you understand the map.



An example of a KERNO map – not to scale as we've made it smaller to fit the page

Orienteering maps are drawn using magnetic north rather than 'grid' or 'true' north, and are printed in up to five standard colours. The colours are an integral part of the map symbols:

**Black** is used for most man-made features such as buildings and rock features such as cliffs, crags and boulders

**Brown** is used to show landform, including contour lines, gullies, pits and knolls (small hills).

**Blue** is used for water features such as lakes, ponds, marshes and streams

**White and Green** are used to depict the density of woodland and the extent to which it impedes progress. Open 'runnable' woodland is left white with progressively darker shades of green mean increased density, ranging from 'slow run' to 'difficult' (or walk) through to 'impenetrable' or fight).

**Yellow** is used for un-wooded areas with solid yellow for grassy spaces such as playing fields and a paler yellow for rougher terrain ('rough open') such as heather.

Combinations of yellow and green show other types of terrain which will be explained in the legend.

### **Route Choice**

The event courses are created by the Planner and the administration of the event is carried out by the Organiser. The Planner usually works on his own but is supervised by the Controller whose task is one of safety, fairness and quality control on behalf of the competitors.

The Planner has created courses that should offer route choice except that at TD 1 there is no route choice as we do not want to lose our beginners; at TD5 the Planner chooses control sites so that the orienteer can make choices in how he goes between the two controls – route choice is to be encouraged at this level.

Please remember that whether you visit all the controls or not, you must always report to the finish. This is the golden rule of orienteering, preventing unnecessary searching for 'missing' competitors. Your co-operation will be appreciated.

### **Top Tips for Beginners**

Below are five basic skills that you need to practice to help you progress with orienteering.

**1. Fold your map** - Always make sure that you fold your map so that you can easily see the part of the map where you are.

**2. Orientate your map** - Always make sure that your map is the correct way round or orientated. This means that the features which are in front of you on the ground are in front of you on the map. You can also orientate your map using a compass by making sure that the north lines on the map point the same way as the north or red end of the compass needle. Each time you change direction you should change your grip on the map so the map is still orientated north.

**3. Thumb your map** - To help you know where you are on the map it helps if you mark your position on the map with your thumb. As you move along the ground you should move your thumb to your new position on the map. It is usual to move your thumb to the new position at a "Check Point" such as a

path junction or some other obvious feature where you will stop or slow down and check where you are.

**4. Check your control code** - Once you have found a control you always need to check that the code on your control description sheet matches the code on the control. You should also check that the control is situated on the correct feature on your map. You will then know for sure that you have reached the correct control.

**5. Have fun and enjoy yourself** - This is the most important skill to remember. Orienteering should always be fun and enjoyable!

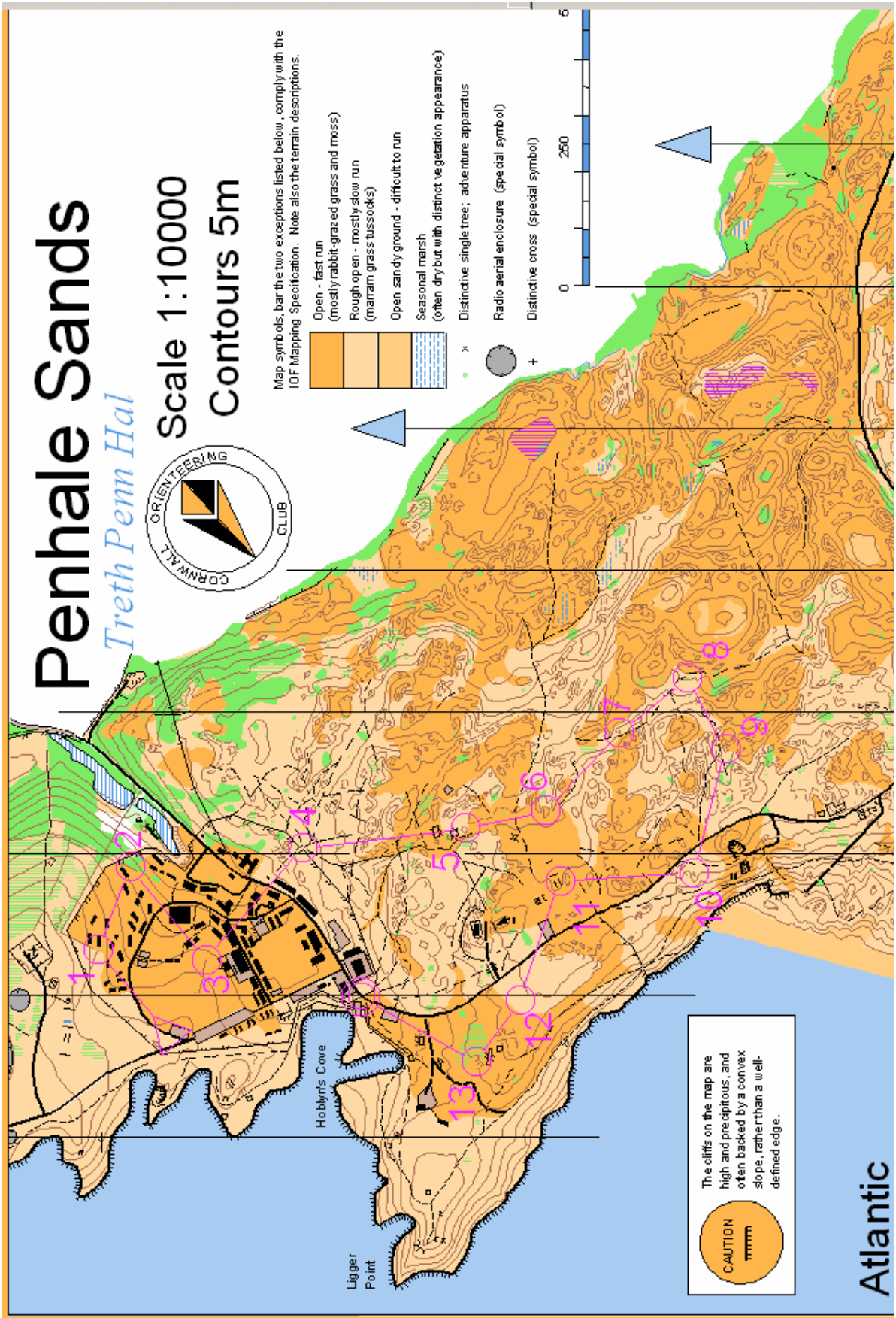
### **Who's who in Cornwall Orienteering Club in 2012**

Steve Beech	is the Chairman
Will Hancock	is Vice Chairman
Roger Hargreaves	is the club Secretary
Annabel Pring	is the Treasurer
Peter Morton	is Membership Secretary
Gavin Henderson	is Club Captain

Committee comprises;  
Graham Pring, Barry Olds, Pauline Olds, Elsie Hargreaves, Phil Newall

And the web address is

[www.cornwallorienteering.org.uk](http://www.cornwallorienteering.org.uk)



This is a portion of one of our most complex maps at Penhale Sands, nr Perranporth