

What is Orienteering?

Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map. In competitive orienteering the challenge is to complete the course in the quickest time choosing your own best route.



As a recreational activity, it doesn't matter how young, old or fit you are, as you can run or walk making progress at your own pace on the courses planned to suit you. Orienteering is a great sport for walkers, joggers and runners who want to test themselves mentally as well as physically or who want to add variety to their leisure activities. Families can have fun together while out in the fresh air and learning the basics of navigation. Kids love to find those checkpoints!

Your local Orienteering clubs

Orienteering events are organised by local clubs. The Wessex Region Summer League is organised by the following clubs.



You can view more information on our websites at the URLs below:

- www.wimborne-orienteers.org.uk (WIM)
- www.wessex-oc.org (WSX)
- www.sarumo.org.uk (SARUM)
- www.socweb.org (SOC)

Come and Orienteer this Summer

Starting Saturday 27th April 2019



The Wessex Region Summer League
www.summerorienteering.uk

How does it work?

We've got 12 local orienteering events held on Saturdays throughout the summer months. These events are suitable for beginners, improvers and more experienced orienteers. Guidance, advice and coaching will be available at all the events.

A competitive league based on 40 or 60 minute score events with your five best results to count. There will be a trophy to the winner of the adult & junior league.

How much does it cost?

£5 per adult

£2 per child
(or family group)

27th April 10:30 to 12:00
Itchen Valley CP SOC SO30 3HQ

1st June 14:00 to 16:00
Tinny's Fir SARUM SP5 2LN

6th July 10:30 to 13:00
Potterne Park, Verwood WIM/WSX BH21 6RS

17th August **Picnic Event** 14:00 to 16:00
Hyde & Gorley WIM SP6 2QL



11th May 14:00 to 16:00
Fonhill SARUM SP3 6SP

15th June 10:30 to 12:00
Peartree Green SOC SO19 7GU

3rd August 10:30 to 13:00
Moors Valley Country Park WIM BH24 2ET

24th August 14:00 to 16:00
Dinton Park SARUM SP3 5HH

Frequently asked questions

I'm a complete beginner - is this for me? Yes, at every event there will be volunteers who can introduce you to the map and basic techniques and help you on your way.

Can I go around with my family? Yes, Family groups are allowed, bring your grandparents if you want, and you can check on the website to see if your dog is allowed as well.

What do I need to bring with me? Suitable clothing. This will depend on the weather and if you want to jog or walk. So either running kit or outdoor clothing. A watch for the time limit. Bring a compass if you have one (if not we can lend you one).

25th May 10:30 to 12:00
WestWood, Netley SOC SO31 5GA

29th June 10:30 to 13:00
Littledown Centre WSX BH7 7DX

10th August 10:30 to 13:00
Slades Park WSX BH10 4EU

7th September 10:30 to 13:00
Willow Walk, Wimborne WIM/WSX BH21 1AN

The times shown here are the times that you may start. The postcode is the nearest possible.