



JOG

Saturday afternoons 2-3pm

Strictly an activity in British Orienteering terms, this is a series of light-hearted sessions with an element of competition but with training at the focus.

Aimed primarily at introducing children and families to the sport, it attracts a healthy number of experienced competitors for the harder courses.



Training with an element of competition



JOG

Course	Typical distance	Technical difficulty
Hare	1.2km	1
Squirrel	1.6km	2
Badger	2.0km	3
Fox	2.5km	4+

Training with an element of competition



JOG

Perfect for families to get out into nature and explore.



Training with an element of competition



JOG

Perfect for families to get out into nature and explore.

Often the children end up showing the adults the way!



Training with an element of competition



MapRun

Weekday evenings 5-8pm

An urban event using GPS controls instead of physical ones. The aim is to visit as many controls as you can within 50 minutes.

This event is partially accessible to wheelchair users and special maps showing steps and other obstructions are available if you let us know your needs in advance.



Evening urban orienteering



MapRun

Course	Typical distance	Technical difficulty
Short	6.5km	3
Long	8.0km	3



The post-run analysis in the pub is a popular fixture of MapRuns!

Evening urban orienteering



MapRun



Evening urban orienteering



MapRun



Evening urban orienteering



MapRun



Participant	Start Time	Time	Points
44	09:26:34	00:44	40
43	09:26:58	00:25	40
38	09:28:08	01:10	30
50	09:28:35	00:28	50
45	09:29:21	00:48	40
46	09:30:15	00:54	40
42	09:30:57	00:42	40
51	09:31:26	00:29	50
58	09:31:52	00:28	50
35	09:32:21	00:29	30
F1	09:32:34	00:13	--
Penalty			0
Total		27:06	1530



Evening urban orienteering



QOFL

Sundays 11am-2pm

In wilder locations, such as woodland and moorland this is the main series we put on.

Whilst there are harder courses, there are still shorter and easier ones for children and newcomers.



Traditional forest events



QOFL

Course	Typical distance	Technical Difficulty
White	1.8km	1
Yellow	2.5km	2
Orange	2.8km	3
Light Green	3.0km	4
Short Green	3.5km	5
Green	4.5km	5
Blue	6.0km	5

Traditional forest events



QOFL



Traditional forest events



QOFL



Traditional forest events



QOFL



Traditional forest events



BEAT THE TRAIL

Sundays 11am-2pm

Held alongside QOFLs, these are aimed at trail runners.

There is a marked trail to follow, but you are allowed to take shortcuts.



Trail running with a twist



BEAT THE TRAIL

Course	Typical distance	Technical Difficulty
BTT	7 km	3 (if you go off the trail)



Trail running with a twist



BEAT THE TRAIL

Follow The Trail of orange pegs...
or take a shortcut and Beat The Trail.



You have to visit all the
checkpoints in order...
but make sure the number
on the box matches the
one on your map.

6	134	Pond
7	129	Path Junction
8	101	Crossing Point
9	106	Small Depression
10	119	Path Junction
11	118	Path Junction
12	112	Stream and Path



Trail running with a twist