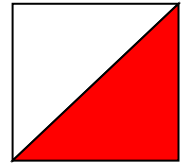




FANCY A CHALLENGE? WANT TO HAVE SOME FUN?



THEN TRY AND NAVIGATE YOUR WAY AROUND LODMOOR COUNTRY PARK, WEYMOUTH. DT4 7SX

Orienteering is a Sport for All - all abilities and all ages: children, families, groups of friends, wheelchair users, keen walkers, runners and international athletes.

Orienteering takes place in parks, urban areas, forests and around towns and cities.

This leaflet introduces you to orienteering at the Lodmoor Country Park. It is just a 15 minute stroll from The Esplanade & through Greenhill Gardens. A flat, park area, with trees & several sport & recreation areas, along with footpaths to wander around. There are 2 free green gyms (1 for adults & 1 for children) & pirate play ship. There are also a host of independent attractions.



The aim of the sport is to navigate around your chosen course from Start to Finish and to visit all the control points on the way.

There are 2 length courses: a short, easier 1km & medium, harder 1.3km. If you want a challenge, see if you can find all 16 controls in any order in the fastest possible time!

What you need:

1. Download the map from Wimborne Orienteers' website: wimborne-orienteers.org.uk (look for the Permanent courses tab) or Weymouth Town Council's Website weymouthtowncouncil.gov.uk Map printing available from libraries, during opening hours at small cost.
2. A smart phone (or pen and paper) to record your course.
3. Choose one of the three courses available.

How to take part:

1. If you are using a smartphone download the free MapRun app  from the App store, Play store or from maprunners.weebly.com
2. Find the start/finish symbol  on the map and find your way there!
3. Open the app; select "Events near me" which locates you by your phone GPS. Choose Lodmoor FYW Dorset Short line, Medium line or Score. Wait for map & course to download then when ready, press "Go to Start" to begin. Your phone will buzz / beep when you are within 10 metres of the start.
4. Follow the sequence of letter codes on the paper map (or number sequence on your phone map). Your phone will buzz / beep when you are close to each control. There will also be a marker confirming the letters. (For the Score course you can choose to do them in any order.)
5. End the course by returning to the start/finish point to stop the timer!
6. Press Manual upload on the app to record your course & see how you compare to other people.



Lodmoor Country Park Orienteering

Go to the start marker and find the welcome information and how to take part

SHORT COURSE - approx. 1km (9 controls)

AK	South Bench
HB	Post
RR	Marker post
HM	Fence
SS	Route Post
HF	Dog
BQ	Fence Link
WA	Inside Ship East End
JK	Post

MEDIUM COURSE - approx. 1.3km (9 controls)

WA	Inside Ship East End
ZD	North Rock
KF	Power Box
UY	Bench
QH	Building Edge
KU	Behind Sign
TW	Fence Corner
WM	Route Post
JK	Post

Score Course - Any Order All 16 controls

You can visit many other Permanent Orienteering Courses:

<http://www.wimborne-orienteers.co.uk/d7/node/127#overlay-context=node/127>

<http://www.wessex-oc.org/mapped-areas/permanent-orienteering-courses/>

<https://www.britishorienteering.org.uk/goorienteering>

HAPPY ORIENTEERING!!

Disclaimer: Orienteering at this venue is done entirely at the participants' own risk and on the condition that they have no claim whatsoever against the Wimborne Orienteering Club, for any loss, damage or injury however suffered or caused. Take care when using the grounds.