

FALS GRAVE PARK

PERMANENT ORIENTEERING COURSE

Markers are 8cm squares of red plastic and they are attached to the features at the centres of the circles. These features are the controls as described below (N E S W are used as abbreviations for North, East, South and West).

CONTROL DESCRIPTIONS

A	seat, SE side	Q	path (step)
C	steps, E side	R	fence, foot
D	picnic table, N side	S	fence junction
F	re-entrant (stake)	T	wide spur, S side (stake)
G	thicket, W side (stake)	U	thicket, S side
J	ridge top (stake)	V	building, NW corner
K	copse (stake)	X	slope top (stake)
M	path, SW corner (stake)	Y	wide spur (stake)
N	platform (stake)	Z	seat, S side
P	knoll, E side		

SUGGESTED EXERCISES

Beginners should start with a map walk - eg follow a loop of surfaced path and identify features - and then do some star exercises, holding the map in the direction of travel and looping round two or more features within view of the tutor. Move on to cross country and score exercises - take care on wet grass.

Cross Country Exercises

Visit controls in the order given below or in the reverse order.

Start/Finish NW of top field (gate)

1. D Z A Y X
2. D A C M Q X
3. Z A N R K G T V
4. Y J P K S T F D
5. A U P R K S Q D

Start/Finish close to control S

6. G Q D Z A C R
7. T F M J U K
8. Q Y C U P R K
9. V X Z J N R

Score Exercises

Use any Start/Finish location, visit controls in any order.

10. Visit all the controls and note the time taken.

11. Set a time limit for return to the start (eg 15 minutes if running, 30 minutes if walking), visit as many controls as you can in the time allowed. Score 1 point for each control visited and lose 1 point for each minute late.

For all the above exercises, the numbers on the markers can be recorded below:

A	C	D	F	G	J	K	M	N	P	
Q	R	S	T	U	V	X	Y	Z		

Start _____ Finish _____ Time Taken _____

YOU USE THIS PERMANENT ORIENTEERING COURSE AT YOUR OWN RISK