ROWNTREE PARK
PERMANENT ORIENTEERING COURSE

(map and markers modified June 2008)

GENERAL

Tutors wishing to give beginners a grounding in the sport will find the area is well-suited to a map walk (noting the conventions of orienteering maps, identifying features), star exercises (practising holding the map in the direction of travel) and pairs exercises (one participant puts out one or more temporary markers and then collects in those put out by a second participant). **Improvers** can practise feature recognition and aiming off using the cross-country and score exercises given below. **Experienced orienteers** can invent their own training exercises, eg map-memory exercises using the permanent markers.

Cross Country

Starting at the porch which is close to the bridge over the lake and which is marked on the map by a red triangle, visit controls in the order given below (or in the reverse order)

1	A X N E	5	L N E M
2	P M H L	6	C L X V R T A H
3	J P E X	7	A X Y R T M E N
4	H X T C	8	H N Y V T E P J

Score Exercises

Visit controls in any order and use any start/finish point

9 Go to all controls (for a competition note the time taken)

10 Set a time limit for return and visit as many controls as possible in the time (for a competition give 1 point per site visited and deduct 1 for each minute late).

PERMANENT MARKERS

The permanent markers are attached to the features at the centres of the circles shown on the map. These features are the controls described below (N E S W being used as abbreviations for north, east, south and west). The markers carry the letters indicated on the map. For proof of visiting a control, the numbers on the markers can be recorded in the boxes at the foot of this sheet. Most permanent markers are 3"x 3" red plastic squares. Three of them (C E N) are 6″ square red and white metal markers.

A hedge, E side	L pergola, foot(E inside)	T hedge (stake, facing NE)
C wall, E side	M cover	V high fence (facing SE)
E wall, S side	N wall, W side	X concrete base
H cover	P seat (NW corner)	Y high fence (facing S)
J high fence (facing N)	R high fence (facing NE)	

A	**C**	**E**	**H**	**J**	**L**	**M**	**N**
P	**R**	**T**	**V**	**X**	**Y**		

Start time ___ ___ ___

Finish ___ ___ ___

Taken ___ ___ ___

Please do not walk on the bowling greens or the flower beds

YOU USE THIS PERMANENT ORIENTEERING COURSE AT YOUR OWN RISK

MJ 6/08