

MAP NOTES

There is a new strip of fence running NW from close to marker T.
Some seats may be missing or moved.
The main gravel path running through the park is overgrown.
There are areas of open where the grass is dense.
The new access to the out of bounds pond area is not shown.

RAWCLIFFE BAR COUNTRY PARK

PERMANENT ORIENTEERING COURSE

This Permanent Orienteering Course is suitable for beginners and for improvers. Beginners should start with a Map Walk, noting how the features are shown and then go on to Star Exercises to practise holding the map correctly. After this do cross country and other exercises (eg as below). If these exercises are undertaken competitively and if proof of having visited a control is required, the numbers on the marker plates can be recorded, or an impression of the letter can be taken on to paper using a pencil or a finger nail.

The markers are 3"x 3" squares of red plastic. R is on a stake close to the hedge; Q is on a tree support rail, otherwise all markers are attached to fences. The start marker faces west, other markers face :

A	east	P	south
B	west	Q	north-east
C	north	R	north-west
D	north-west	S	south
F	south-west	T	north
G	south	V	north-west
H	south-east	W	north-east
J	south-west	X	north
K	south-west	Y	south
L	north	Z	north

CROSS COUNTRY

Start and Finish at the triangle

- | | | | |
|----|-----------|-----|-------------------|
| 1. | V A T C K | 7. | V Q L W X B R |
| 2. | H R B P Y | 8. | R D F W C T A |
| 3. | A L W D R | 9. | K L G J P D H |
| | | 10. | K B F S Z Q Y |
| 4. | B S Z Q V | 11. | Q C W J F P D K H |
| 5. | Q G F Z Y | 12. | H Y B F W X T A V |
| 6. | R S J T V | 13. | T G W S P X K B R |
| | | 14. | B P F S G L Q A K |

SCORE EXERCISE

Choose any start/finish location
Time allowed : 20 minutes (say).
Visit controls in any order.
Score 1 point per control visited.
Lose 1 point per minute late.
Maximum score 20 points.

RELAY

Start at triangle
Use cross country exercises 1-6 above as relay laps.
Hand on the map as a baton.
Start each team at a different lap to reduce following.

YOU USE THIS PERMANENT ORIENTEERING COURSE AT YOUR OWN RISK