

# WEST BANK PARK

## PERMANENT ORIENTEERING COURSE

Markers are 3x 3" 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). On the high metal fences, markers are fixed to the inside and can only be seen from the direction indicated.

### CONTROL DESCRIPTIONS

Start/Finish building, foot (centre of triangle on map)

A N fence end, W side  
B knoll, N side (stake)  
D vegetation change (stake)  
F stump (stake)

R path, S side (stake)  
\*S stump (stake)  
T seat, N side  
U high fence, N side

G high fence, B side  
H high fence, S side  
J garden, N side  
K high fence, E side

V seat, N side  
W high fence, N side  
X high fence, W side  
Y spur top

L stump (stake)  
M S fence corner  
P stump, E side (stake)  
\*Q stump, N side (stake)

Z high fence, S side

\* **Please Note** the markers at Q and S are no longer in place

### SUGGESTED EXERCISES

Because markers Q and S are no longer in place, either ignore them in the exercises which follow (ie go from P to F in exercise 3 below) or pass by the location or put out temporary markers.

Start/Finish building, foot Visit controls in the order given

1. L G K A X T R J
2. V B U W G L F H
3. Z D Y M P Q F J
4. S M B Y K Z L H
5. H Z B Q S T U Y D L

Choose any Start/Finish location, visit controls in any order:

6. Visit all the markers and note the time taken.

7. 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.

The numbers on the markers can be recorded in the boxes below:

A	B	D	F	G	H	J	K	L	M	P
Q	R	S	T	U	V	W	X	Y	Z	

Please do not walk on the flower beds

**YOU USE THIS PERMANENT ORIENTEERING COURSE AT YOUR OWN RISK**