

Orienteering

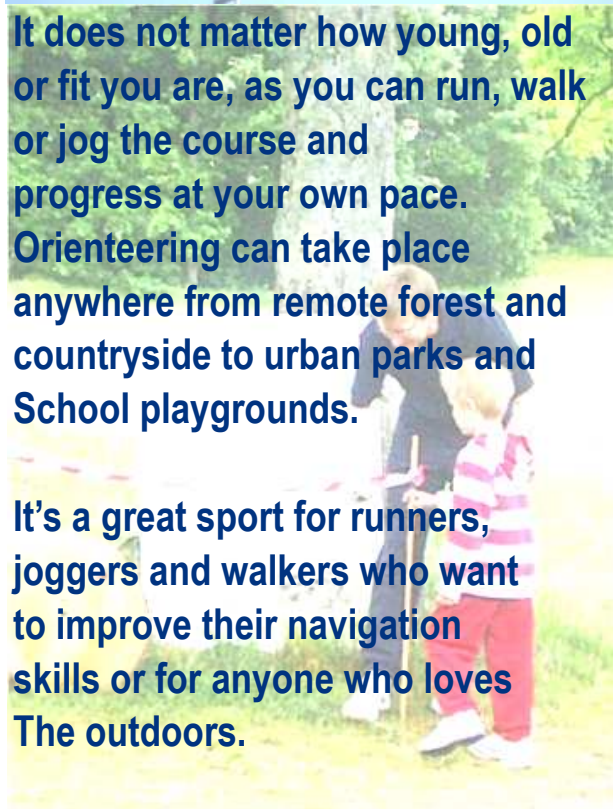
- the adventure sport for all!

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body.

The aim is to navigate in a sequence between control points marked on a specially prepared Orienteering map and decide the best route around the course.

It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace. Orienteering can take place anywhere from remote forest and countryside to urban parks and School playgrounds.

It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves The outdoors.



Southampton Orienteering Club

Southampton Orienteering Club (SOC) is the local orienteering club for South and West Hampshire, including Southampton, Winchester, Portsmouth and the New Forest

Regular Events & Activities

The Club provides a number of events each year which are open to all.

Activity evenings including training, coaching, informal sessions and opportunities to mix socially.

Check out the Club website to see what's happening!

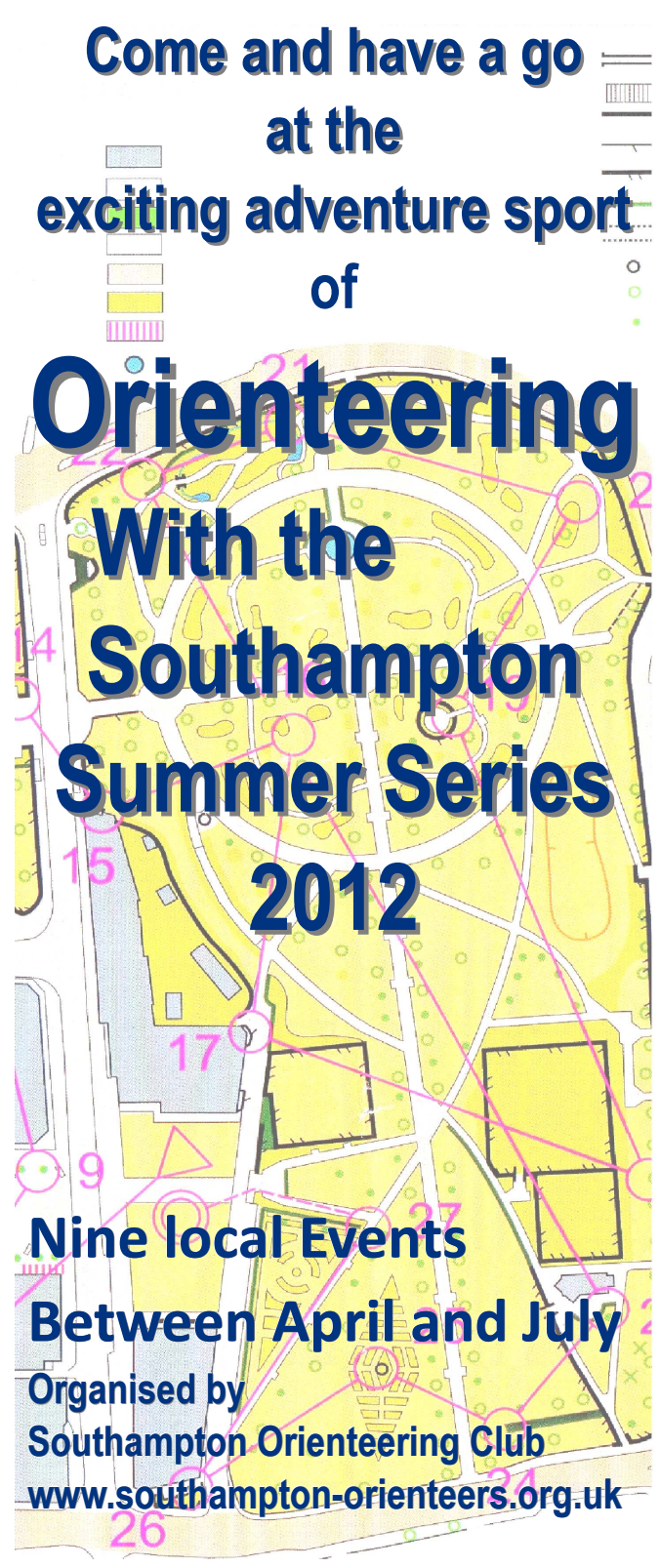
Brought to you by.....
Southampton Orienteering Club
www.southampton-orienteers.org.uk



Come and have a go
at the
exciting adventure sport
of
Orienteering
With the
**Southampton
Summer Series
2012**

**Nine local Events
Between April and July**

Organised by
Southampton Orienteering Club
www.southampton-orienteers.org.uk



Summer Series of Orienteering

A summer series of nine local Orienteering events on Saturdays.

A regular format of 3 courses for all ages and abilities.

Primarily for beginners, but with a course for more experienced Orienteers.

Guidance, advice and coaching available at each event.

Simple scoring with results table regularly updated on the website – best 5 results to count.

Culminating with a Prize giving & BBQ, event at IBM Hursley.

All events on Saturday mornings.

Registration & Starts any time Between 10:00 and 12:00

Nine Local Events

No	Date	Event Location
1	April 14th	Southampton Common SO15 7NN
2	April 28th	Southampton City Centre Parks SO14 7FJ
3	May 12th	Mayfield Park SO19 9HL
4	May 26th	Knightwood & Valley Park SO53 4SJ
5	June 9th	The Gregg School/Chartwell Gn SO18 2GF
6	June 23rd	Shawford Down SO21 2AA
7	July 7th	Telegraph Woods / Rose Bowl SO30 3XH
8	July 14th	Stoke Park Woods SO50 6GR
9	July 28th	Hursley Park * BBQ/ Prize giving SO21 2JN

Events all in or around Southampton

Beginners of all ages can have a go. Families are welcome.

Tuition will be available for 6 weeks starting Thursday 19th April at the Gregg School, Cutbush Lane, Southampton. SO18 2GF

If you have any questions or queries get in touch by sending an email.

Contact email address:
summerseries@southampton-orienteers.org.uk

Any news or updates will be posted on the club website.
www.southampton-orienteers.org.uk



Entry fees per event;
Adults £3 Children £1

Fees include;
Supply of map.
Hire of EMIT electronic timing card.
Computer results print out.
Any guidance & coaching provided.

The QR code can be used to access the Southampton Orienteering Club website.

