



# Wimborne Orienteers Wessex Orienteering Club



## Summer Series Orienteering

### What is Orienteering

Orienteering is a race around a course with no set route. It is both a physical and mental challenge with the aim being to navigate between fixed control points marked on a unique orienteering map in the quickest time by deciding the best route for you.



You can run, jog or walk - its your choice, but remember, the quickest route may not always be the shortest!  
For this event there is also an opportunity to have a go at mountain bike orienteering  
As you visit each control point you record your progress on an electronic timing chip, and at the end you will get a print out of your times.  
The main thing about orienteering is it is an outdoor fun activity suitable for all ages.

Please visit websites and facebook Wessex and Wimborne Orienteers for more information

[www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

[www.facebook.com/](http://www.facebook.com/)

[www.wessex-oc.org](http://www.wessex-oc.org)

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Afternoon session starts at 1.30pm and finish by 4.00pm.

Saturday 28th May 16 - Littledown and Kings Park

Saturday 11th June 16 - Boscombe Chine

Sunday 17th July 16 - Queens Park

Saturday 27<sup>th</sup> August 16 - Slades Farm

Saturday 17th September—Bournemouth Uni Urban

Qualified coaches will be on hand to give help and advice before you start a course.

There will be suitable courses for all ages and abilities - especially juniors and families.

Wear suitable active clothing and footwear.

Costs - £6 Seniors and £3 Juniors

Price includes map and electronic timing chip

Venues chosen for nearby easy parking and facilities. In partnership with Bournemouth Parks and BHLIVE



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