



## Bristol Orienteering Klub (BOK) Track to Terrain

Learn how to orienteer in just 4 weeks with our Adult Beginners Course

**Tuesday 30<sup>th</sup> April – Ashton Court**  
**Tuesday 7<sup>th</sup> May – Ashton Court**  
**Tuesday 14<sup>th</sup> May – Leigh Woods**  
**Tuesday 21<sup>st</sup> May – Leigh Woods**

- Location:** Tuesday 30<sup>th</sup> April and 7<sup>th</sup> May – Ashton Court – postcode BS41 9LX  
Tuesday 14<sup>th</sup> and 21<sup>st</sup> May – Leigh Woods – postcode BS8 3QB
- Terrain:** Parkland and woodland
- Course content:** Week 1: Understanding and using an orienteering map; relating symbols to features.  
Week 2: Using a compass and judging distance, understanding control descriptions.  
Week 3: Specific techniques to improve speed and accuracy in a more challenging area  
Week 4: How an orienteering event works: taking part in a woodland orienteering course.
- Registration:** Registration online at [www.bristolorienteeing.org.uk](http://www.bristolorienteeing.org.uk). Maximum of 25 participants per course, places allocated on first come first served basis. The course is progressive, so you need to be able to attend all four sessions. Registration for first session will automatically register for whole course.
- Timing:** Meet at 6.15 for a 6.30 start.  
Outdoor training will end between 8 and 8.30pm, but for the first two sessions we intend to adjourn to the local pub for further discussion and coaching support. (The pub serves good food, which you may want to take advantage of if you've had to come straight from work)
- What to wear/bring with you:**  
Wear running kit with trainers that you don't mind getting muddy but bear in mind that it may get quite chilly towards the end of the session. Bring a change of shoes/clothes for the pub afterwards.  
If you have a compass please bring it, but if you don't, we can lend you one.  
Bring water/other refreshment you may need.
- Entry fee:** Free to members of BOK. £10 for the whole course for non-members (refundable if you join BOK before the end of the course)
- Officials:** Organisers: Helen Kelsey, Mike Skehel, Jackie Hallett  
Coaching support: members of BOK and University of Bristol Orienteering Club

For further information contact Helen Kelsey on [kelseys4@btinternet.com](mailto:kelseys4@btinternet.com)

**Data Protection:** Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards.

