

What do I need to take part?

A compass and whistle would be useful and you usually need to hire (for 50p) an SI card - an electronic 'peg' to record your time. Wear suitable clothing and footwear for being in the countryside - full arm and leg cover is recommended.

You don't need to pre-enter the Club's local events - just turn up. At each event there will be information and advice about how to enter and compete.

You can compete as an individual, as a pair or as a group, or an adult can shadow a junior competitor - a perfect sport and fun activity for the whole family, for any age or ability.

What courses are usually available?

Yellow: Easy 1.5-2.5km - beginners

Orange: Moderately easy 2.5-3.5km - adult beginners

Red: Moderately easy 3.5-7.5km - adult beginners

Light Green: More difficult 2.5-3.5km

Green: Difficult 3.5-5.0km

Blue: Difficult 5.0-7.5km

What does it cost?

Adult individual, pair or group - typically £4.50

Junior individual, pair, group or mixed group - typically £2

What is orienteering?

It's a time-trial sport where competitors use skills of map reading and cross-country running to navigate between controls - which look like this:



Where does it take place?

Events suitable for beginners put on by Deeside OC take place in parkland and forest areas across Cheshire and N Wales.

For 2010, these events are being held on:

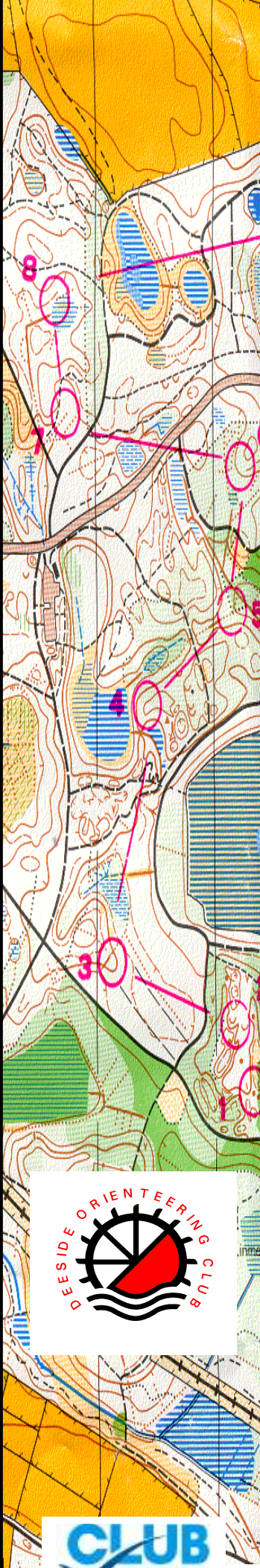
Sat 27 February	Arrowe Park, Wirral
Tues 27 April	Delamere Forest
Thurs 6 May	Pettypool, near Northwich
Wed 12 May	Delamere Forest
Thurs 3 June	Welsh Agricultural College, Northop
Wed 16 June	Big Covert, near Mold
Tues 29 June	Little Budworth, near Northwich

For further details of these events, and of permanent orienteering courses in the area, go to:

www.deeside-orienteering-club.org.uk

Come and try it - **Orienteering**

A fun sport for all ages!



Who are we?

Deeside Orienteering Club (DEE), founded in 1969, covers Cheshire west of the M6 (and south of Manchester) and Wirral, and is part of the North West Orienteering Association (NWOA) and its organising body, British Orienteering (BO). It has achieved **Clubmark** status, which means the Club provides a safe and supportive environment for children and vulnerable adults.

What do we do?

- DEE stages several **orienteering events** throughout the year, including a series of informal summer evening events during April, May and June which form an ideal introduction to the sport. With a neighbouring club we also run the Cheshire and Merseyside Schools League, and these events are ideal for beginners too. The Club usually puts on at least one major event each year which may attract around 500 orienteers from clubs throughout the country.
- The Club has a team of qualified coaches and instructors who hold **training** sessions principally aimed at juniors, although seniors are very welcome too, and several of the Deeside juniors compete at national level. There are also informal running/training groups organised by orienteers living close to each other and we intend to introduce regular training sessions later this year.
- DEE holds a number of **social** events and activities for its members throughout the year: the Club Championships in late autumn, usually incorporating a lunch and the AGM; the Turkey Trot – a fun event and buffet to work off the excesses of Christmas; an activity weekend in spring, usually based in a Lake District Youth Hostel, and also an early summer picnic/orienteering event. At multi-day summer events the Club has a large tent as a meeting point and a venue is usually found for a summer evening barbecue.
- Many Club members undertake **mapping** - for our own events, for local schools and also for a large number of **permanent courses** in the Deeside area. These courses (in Chester, Runcorn, Warrington, Northwich, Frodsham, Widnes and Wirral) can be used at any time once you have bought a map (see separate leaflet).
- All Club members receive a two-monthly **newsletter** which contains articles, news items and details of forthcoming events, along with a copy of the NWOA fixtures list.
- All information about the Club, its events and useful links are available on its **website**:

www.deeside-orienteering-club.org.uk

When you've been along and enjoyed a couple of events - why not become a member?

How do I join?

Annual Club membership fees are:

Seniors - £8.50 (over 20 in the current year)

Juniors - £2.50 (20 or under in the current year)

Family - £11.00 (including children under 25 in current year)

Group - complimentary (schools, guide/scout groups, etc.)

As well as giving you access to Club activities, membership also reduces the cost of club events for seniors. Most members also join British Orienteering. For both, the membership year runs from 1st January to 31st December with reduced rates for those joining after 30th June; join after 30th September and have up to 15 months membership for the cost of 12!

A membership form can be found on the website, or contact the Club's Membership Secretary: Barbara Majumdar, The Knoll, 41 Meols Drive, Hoylake, Wirral, Merseyside CH47 4AF

Tel: 0151 632 4027, e-mail address: bfmajumdar@aol.com

