

**NEW!**

# CLARO Harrogate Schools Orienteering League 2015-16

**Fun, active and challenging - For children and parents!**



**Orienteering** is a challenging outdoor adventure sport that exercises the body and the mind. The idea is to navigate between control points marked on a special orienteering map, and decide the best route to complete the course in the quickest time.

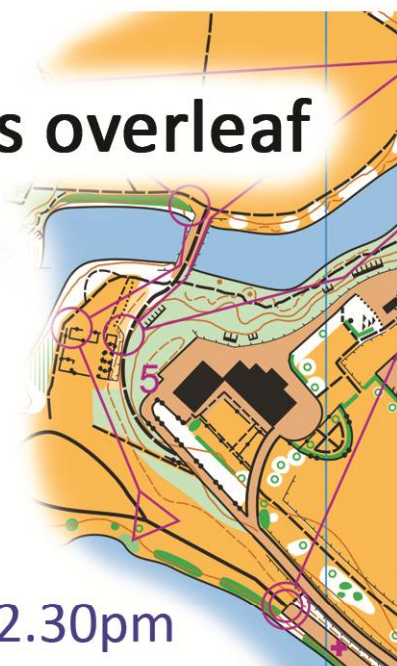
It does not matter how old or how fit you are - you can run, walk or jog and progress at your own pace.

It is a great way to be fit, learn map reading and develop decision making and self confidence.

## **Date Venue**

<b>Sat 7 Nov 15</b>	<b>Valley Gardens</b>
<b>Sat 5 Dec 15</b>	<b>Hookstone Woods</b>
<b>Sat 16 Jan 16</b>	<b>Jennyfields Country Park</b>
<b>Sat 6 Feb 16</b>	<b>Pinewoods</b>
<b>Sat 23 Apr 16</b>	<b>Conyngham Hall Gardens</b>
<b>Sat 14 May 16</b>	<b>Valley Gardens</b>

**Details overleaf**



**Registration** from 2pm to 3pm, **Starts** from 2.30pm



These events are specifically aimed to introduce people to the sport and to incorporate the new schools' league. There are lots of other events throughout the year which have courses suitable for all abilities - see our website for more details.

[www.claro-orienteering.org.uk](http://www.claro-orienteering.org.uk)



# CLARO Harrogate Schools Orienteering League 2015-16

## DETAILS

The Schools league will be organised by Claro Orienteering Club, the orienteering club for Harrogate, Ripon and surrounding areas.

### League Format

6 events on Saturday afternoons between November and May. The League is designed for participants from Y3/4 upwards, but anyone can take part. Dates and venues are listed overleaf and on the website. Everyone enters as an individual. Overall positions for individuals are calculated from their best 3 results. There will also be two school competitions, one for Primary and one for Secondary, counting the best 4 individual scores per event.

### Registration & Start Procedure

On arrival, participants will need to complete a registration form. They will receive a map with the course printed on and an electronic timing chip. Competitors on each course start at 1 minute intervals. Parents / Teachers can talk through the course and can shadow (follow) competitors around the course, but please let children navigate themselves.

### Costs

Children £3. Adults £4. (Claro members £1.50 / £2) Second runs £1

### Courses

Orienteering courses are graded by colour; this table shows the course that you should enter.

Course	Year
White	Y3/4, Y5
Yellow	Y6, Y7
Orange	Y8, Y9
Long Orange	Y10+



### About CLARO

CLARO is the orienteering club for Harrogate, Ripon and surrounding area. We are a small, friendly club founded over 25 years ago.

Our main activities include:

- running 5 or 6 regional events a year
- local weekday event series throughout the year
- an age-graded club league
- coaching and training events
- club teams in regional and national competitions
- a social programme

