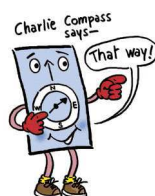


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Plymouth Schools Orienteering League

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Hints & Tips

As you have all been out running around Devonport and Central Parks, I have noted that a fair number of competitors have not been using their maps and control descriptions correctly. This is borne out by the number of missed controls when you get back to the finish. So here are a few tips to help you get around your course successfully.



Choice of Course: Make sure you choose a course to match your ability.

Don't try to run before you can walk. Far better to complete a less difficult course and be pleased with yourself, rather than the disappointment of missing controls. Once you have mastered the basics move up a level at the next event.



Orientate Your Map: Before you set off turn your map around to line up the features on the map with those on the ground. Repeat this on your way around, and before you leave every control for the next one.



Fold Your Map: A large sheet of paper flapping about can be difficult to read and concentrate on, so fold your map so you just have the leg you are running in view. Remember to fold it so that you can see features to either side so you can check them off, and so you can see a bit further than the next control (in case you overshoot!).



Thumb the Map: Place your thumb on the map at your current position, and move it along the map as you progress to the next control. That way you will not lose where you are on the map.



Tick Off Features: As you go along, tick off features as you pass them then move your thumb.



Check your Control Descriptions: On your way, check the description for the next control and look for the feature before you get to the control. You should be able to see the feature from a distance, and only see the marker when you get closer. When you get to the marker, check the code before you punch.



Now have look at the [UTube video](#) . It uses electronic punching rather than the pin punches we have used so far, but the basics are the same. It's also worth having a look at the British Orienteering [Junior Ozone](#)



You can also get some advice on Contours by [clicking here](#).



To download these tips as a pdf [click here](#)



There are lots more skills to help you improve your orienteering, but if you use these basic ones you will have a more successful run. Above all remember that **Orienteering is FUN!!!**

Lew Bean
Devon Orienteering Club