

## Item 1

# HOLYHEAD BREAKWATER COUNTRY PARK ORIENTEERING COURSES

## Course sheet 1

Nationally orienteering is a competitive sport in which people find their way around a previously unknown course as quickly as possible. It requires a combination of speed and navigation. The skill comes in optimising your route between marked check points (known as 'control points' or 'controls') using paths or shorter but slower cross-country alternatives, and in locating the control points accurately. At controls you record your visit. At the end of the competition the fastest person correctly around the course is the winner.

Here you time yourself and record your visit to each of the controls by copying a number, letter or symbol from the marker there. These can then be checked with the list in the information centre when you have finished to prove you have followed the course correctly. The markers at each control point are squares divided diagonally into red and white triangles. You can check you are at the right place by comparing the 'control code', the number on the white triangle, with your course list or the map. There are four symbols below the marker. Markers are used by several courses so only copy down the letter, number or shape that applies to your course.

All courses start at the north-east (back) corner of the information centre, marked with a triangle on your map. Choose which course you are doing and then visit the points in the order they are listed. You can draw your course on the map before you start, by joining the appropriate circles. Navigate to the centre of the circle marked on the map. The control list will give a brief description of the feature that you are looking for. When you reach it check the control code to confirm you are in the right place and record the letter, number or shape in box, before continuing to your next point. All courses finish where they started, at the information centre. If you want you can record your start and finish times and work out how long you have taken. You can write this up in the information centre if you wish. *All courses on this map are covered on the 1:1500 map (Map 1).*

**All course worksheets are below on separate page, all you need to do now is print – and have fun!**

## Course A

Distance - 0.3km. This is the shortest and easiest course. RECORD NUMBERS at each control point.

Control Number	Control Description	Number
11	Tree	
12	Fence corner	
13	Boulder	
8	Third Bench	
7	Sign	
6	Picnic table	
5	Canon, inside corner	
9	Bridge	

<b>Finish Time</b>	
<b>Start Time</b>	
<b>Time taken</b>	

## Course B

Distance - 0.5 km. RECORD LETTERS at each control point.

Map point	Control Description	Letter
7	Sign	
23	Bench	
22	Gate	
3	Boulder	
4	Signboard	
1	Picnic Table	
10	Column	
11	Tree	

Finish Time	
Start Time	
Time taken	

## Course C

Distance - 0.6km RECORD SHAPES at each control point.

Map point	Control Description	Shape
1	Picnic table	
2	Ruin, north-east corner	
23	Bench	
13	Boulder	
15	High post	
16	Top of steps	
14	Gate	
17	Old wall, North end	

<b>Finish Time</b>	
<b>Start Time</b>	
<b>Time taken</b>	

What next? If you have enjoyed this there are more course sheets available at the information centre. There go further afield using the 1:3000 scale map. Or make up your own courses. There are other permanent courses around – see the back of the map for more details. Go to an orienteering competition. Look for “Come and Try It” events. At most smaller events you enter on the day, and do not have to be a member of a Club. There will usually be several courses of differing length and difficulty. Check out the local club website [www.eryri-orienteers.org.uk](http://www.eryri-orienteers.org.uk) or go to the British Orienteering website [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) or Welsh Orienteering Association website [www.woa.org.uk](http://www.woa.org.uk) to find out about your local club.