

### Item 3

## HOLYHEAD BREAKWATER COUNTRY PARK ORIENTEERING COURSES

### Course sheet 3

This sheet has only 2 courses, a long one that visits 23 control points (out of a total of 30), and a score course.

As with the other courses visit the control points in the order they are listed, (you can mark up your route on your map before you start, so making it easier to follow). Note down the letters below the marker at each control. You can time yourself around the whole course, and if you want, record your time in the Information Centre, where you can also check the control letters you have recorded. Use map 1:1300 (map 2)

## Item 3 a

### Long Course.

Distance 3km.. RECORD LETTERS at each control point.

Map point	Control Description	Letters
8	Bench	
13	Boulder	
15	High post	
12	Fence corner	
17	Wall, N end	
18	Path end	
14	Gate	
16	Top of steps	
19	Bare rocks, North tip	
29	Fence end	
28	Bench	
27	Bench	
26	Ruin, north-east wall	
24	Wall/path junction	
23	Bench	
22	Gate	
20	Boulder	

21	Ruined wall / Path junction	
6	Picnic table	
2	Ruin, North-east corner	
3	Boulder	
4	Signboard	
5	Cannon, inside corner	

**ALL FIELDS ARE OUT OF BOUNDS**

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

Score courses are very different to line courses. You have to visit as many control points as possible, in any order, in a set time. You are not expected to visit them all. The suggested time limit is 45 minutes, or 30 minutes for runners. Each control has a score value with

further off or more difficult controls having higher scores. There are heavy penalties for getting back late – 10 points for every minute or part of a minute late – so it pays to be back on time. The person with the highest score wins. RECORD the single letter with a 1 digit number (e.g. K6) at each control point to prove you have visited it. There are a maximum of 405 points available if you visit every control.

Map point	Control Description	Score	Letter/No
1	Picnic table	15	
2	Ruin, NE corner	20	
3	Boulder	10	
4	Signboard	10	
5	Cannon, inside corner	10	
6	Picnic table	10	
7	Sign	5	
8	Bench	5	
9	Bridge	5	
10	Sculpture	5	
11	Tree	5	
12	Fence corner	10	
13	Boulder	10	
14	Gate	10	
15	High pole	10	

Map point	Control Description	Score	Letter/No
16	Top of steps	10	
17	Wall, N. end	10	
18	Path end	15	
19	Bare rocks, N tip	20	
20	Boulder	20	
21	Ruined wall /Path junction	25	
22	Gate	15	
23	Bench	15	
24	Wall / Path junction	20	
25	Boulder	20	
26	Ruin, N.E. wall	25	
27	Bench	20	
28	Bench	20	
29	Fence end	15	
30	Stile	15	

<b>Start Time</b>	
<b>Finish Time</b>	
<b>Minutes late</b>	

<b>Score</b>	
<b>Time penalties (-10 points per minute)</b>	
<b>Total score</b>	

What next? If you have enjoyed this there are more (easier) course sheets available at the information centre. 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.