



## Permanent Orienteering Course

We hope you enjoyed the orienteering course at Rickerby Park. You are free to explore the country park and use the permanent orienteering course as many times as you like.

Orienteering is about the navigational challenge, but at the top end of the sport it's about getting around the course as fast as possible. So getting the right balance between speed and accuracy is essential.

One challenge at Rickerby is to see how long it takes to visit all 30 control markers. Starting & finishing at the usual point there are numerous possible ways to attempt this. If you do try, a time of 30 minutes or less would be good!

### Control marker solutions

This table shows the current configuration of the 30 control markers at Rickerby Park and their related codes.

30	BD	37	HA	44	ET	51	VH	58	PZ
31	TS	38	DW	45	MQ	52	KM	59	NB
32	XG	39	VK	46	PG	53	WI		
33	FE	40	ZL	47	AN	54	OS		
34	NJ	41	CY	48	YB	55	AD		
35	CP	42	RO	49	JF	56	TC		
36	UR	43	SX	50	LU	57	GO		

### Find out more on Orienteering

British Orienteering's website has a good explanation & introduction to the sport of orienteering. Go to [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) and follow 'Go Orienteering, What is Orienteering?'



### Want to try more?

Your time, your pace, your adventure! There are over 500 permanent orienteering courses spread throughout the UK. Nearby courses are at Talkin Tarn, Whinlatter Forest and Walltown Quarry Country Park, Greenhead. Further information on these and other permanent courses can be found on British Orienteering's GO Orienteering website ([www.goorienteering.org.uk](http://www.goorienteering.org.uk)) where you can search the whole of the country or narrow the search by entering your postcode.

Move beyond permanent orienteering courses by going to a local orienteering event. This is where Border Liners come in!



Border Liners

Orienteering in North & East Cumbria

Web:  [borderlinersorienteering.org](http://borderlinersorienteering.org)

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Email:  [mapping@borderlinersorienteering.org](mailto:mapping@borderlinersorienteering.org)

Border Liners Orienteering Club, founded in 1969, has been the orienteering club in North & East Cumbria for over 50 years. We have members of all ages between 5 and 85, so whether young or old orienteering is a great way to see the countryside, improve your fitness, health and wellbeing, and make new friends.

Beginners are welcome at most of our orienteering events - you don't need to be a club member to take part, but membership is encouraged if you decide to take part in events more regularly or want to come along to our club activities & training.

Find out more about our club and the sport of orienteering. Get in touch.