

Introduction to Orienteering Event run by the Friends of Braidburn Valley Park

As part of our continuing look at local places of interest we are delighted to highlight the Introduction to Orienteering Event run by the Friends of Braidburn Valley Park on 11th June which was a great success. Despite the weather fifty people turned out to run the new course including the Girl Guides from Buckstone and several family groups and lots of seasoned orienteers.

The ribbon was cut by Scott Fraser who has just become the British Orienteering Sprint Champion and James Ackland who was the youngest orienteerer on the day.

The new permanent orienteering course has 21 orange and white control point plaques which are mounted on low wooden posts. The start of the course is near the main entrance to the Park at Greenbank Crescent and as the course is over relatively unchallenging terrain it's a straightforward and good place to have your first go at orienteering.

The aim of orienteering is to navigate in sequence around a course of control points in a natural setting. The control points are marked on an orienteering map. You can run, jog or walk. The challenge is to use the map to decide the best route to complete the course in the quickest time.

Maps can be downloaded from www.braidburnvalleypark.org.uk and used as the basis for setting a route for your school, group, family or yourself. Great for the summer holidays. You can jumble up the numbers to set any route that you like. As everyone runs round, they should use the side of the map to write down the



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sequence of initials against each number to make sure that everyone follows the route in the right order and there is no cheating!

The Orienteering Course is the latest event managed by The Friends of Braidburn Valley Park. In the late 1990s a group consisting of local residents and Council officials was set up to review proposals for tree planting in the Park, and to discuss other improvements. This marked the start of community involvement in the management of the Park, and in the summer of 2002 'The Friends of Braidburn Valley Park' was formally constituted. Find out more about the history of the park on their website.

