

Talent Identification

NI Orienteering are always on the lookout for the orienteering stars of the future. If you think you have what it takes why not come along to an event to test yourself against the best orienteers in the country.

NI Junior Squad

The NI Junior Squad is made up of the best 14 to 18 year old orienteers in Northern Ireland. They regularly train and compete together all over Ireland and Great Britain. Some of our top performers started as orienteers and others have come across from sports such as Rugby and Gaelic Football.

Performance Focus

Each year orienteers from Northern Ireland compete in International competitions all over the World. To be amongst the best in the World orienteers must be able to run at top speed over rough terrain while at the same time making route choice decisions and keeping in contact with their map without getting lost (or falling over).

If you would like more information about NI Orienteering's Performance Program please contact our Coaching and Talent Development Officer, Allan Bogle.

Allan Bogle



coaching@niorienteering.org.uk

NI ORIENTEERING

The Northern Ireland Orienteering Association is the governing body for the sport in NI. There are 3 open orienteering clubs in Northern Ireland as well as clubs in Queen's University and the University of Ulster.

Lagan Valley Orienteers (LVO)- the largest club in Northern Ireland, based in the greater Belfast area and covering from North Antrim to South Down.

www.niorienteering.org.uk/lvo/

North West Orienteering Club (NWOC)- the club covering the north-west of Northern Ireland.

www.nwoc.info/

Fermanagh & Omagh Orienteers (FERMO)- the club covering the south-west of Northern Ireland.

www.niorienteering.org.uk/fermo/

All of NI Orienteering's clubs are very friendly and new members and visitors are always welcome. No experience necessary.

We look forward to meeting you at an event soon!

You'll find the latest news and lots of information on our website:

www.niorienteering.org.uk



**NORTHERN IRELAND
ORIENTEERING**
YOUR ROUTE TO FUN & ADVENTURE



www.niorienteering.org.uk

EXPERIENCE AN ADVENTURE, TRY ORIENTEERING!

Orienteering is a sport in which participants use an accurate, detailed map to find a series of control points. It can be a competitive running sport or a walk in the woods. It's an exciting, challenging activity for all ages and abilities.

To start orienteering all you need is a sense of adventure, a pair of trainers and comfortable sports clothes. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

Orienteering is very popular with all age groups and is truly an adventure sport for all! Young children and pensioners can enjoy the sport equally as there is always a course to suit their ability. Many school children take part with both their families and in school competitions. Some of these youngsters may even go on to compete as elite orienteers for Northern Ireland and have the opportunity to travel all over the world.

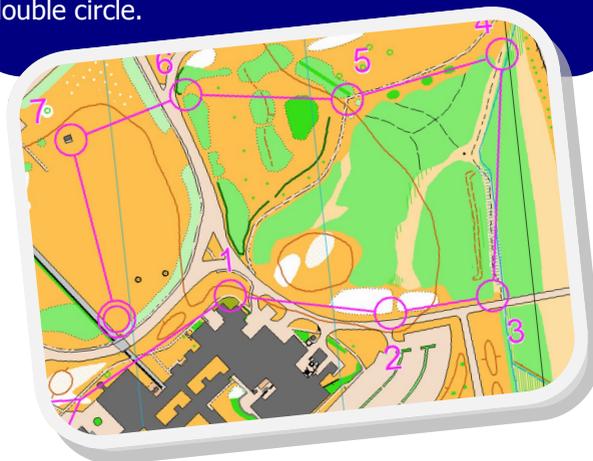


Age Classes

At larger competitions orienteers run courses based on their age and gender. Your age class is determined by how old you will be on the 31st December in the year of the competition. The age class is always prefixed by either M (men) or W (women). Age classes run in multiples of 2 years for juniors e.g. M/W 10, M/W 12 and in multiples of 5 years for veterans e.g. M/W 35, M/W 40 up to M/W 85! There is also an open class, M/W 21.

Orienteering Maps

Orienteering maps are drawn to a large scale, most commonly 1:10 000 (1cm = 100m) and use an internationally agreed set of symbols. The 'start' of the course is shown by the triangle, the 'control points' you must visit in order are shown by numbered circles and the 'finish' is shown by the double circle.



Permanent Orienteering Courses

In many parks and forests throughout Northern Ireland you will find Permanent Orienteering courses which allow you to try the sport whenever you like. Details are available from your local club and the NI Orienteering website: www.niorinetering.org.uk

Orienteering Events

There are many orienteering events taking place all over Northern Ireland throughout the year. The easiest way to find a nearby event is to check our web-page:

www.niorienteering.org.uk

NI Colour Series– This series comprises 6-8 events, held across the country throughout the year. Competitors are ranked according to the total of their best 4 results, running against people of the same standard. The series also offers the opportunity for individuals to progress up the Colour ladder from novice to expert as their skills improve and is suitable for everyone.

NI Championships– Each year orienteers compete against others of the same age group in the Northern Irish Championships. Although the events exist primarily to find the champions in all the age groups, they are all open to everyone (as indeed are all events).

Trail Orienteering– Trail orienteering is a discipline of orienteering developed for people of limited mobility (however anyone is free to take part). Often you will find Trail Orienteering taking place along side other orienteering events.

Other disciplines– As well 'foot' orienteering you can also compete at Bike Orienteering, Night Orienteering and Score Orienteering.

