



The WOC2015 mixed sprint relay getting under way in Nairn (above) while BASOC and GB orienteer Jessica Tullie (right) storms home after 5.3km in the middle distance race at WOC2015.

## What actually happens at an orienteering event?

FIRST of all the forest will be mapped in detail, and a planner will carefully prepare courses for total beginners (a white course) up to elite athletes (brown).

Maps will then be sent away for printing, and the planner will put out the controls. These are the famous white and orange flags, nowadays with an electronic sensor. Now everything is ready for the runners to arrive.

Everyone registers (usually done in advance online, but you can always turn up and enter on the day) and gets their electronic timing chip. If everyone just started at the same time it would be too easy to follow other people, so instead there is a minute or two gap between starters.

When it's your turn you grab your map, activate your timing chip, and that means the clock is now running!

As you navigate from the start to Control 1, go slowly so you get used to the map. If you go haring off the chances are you'll make a big mistake.

As you get close to C1 you should see the bright flag glinting through the trees. Success! You put the timing chip into the sensor, it beeps, and off you go to the next one. And the next, and the next... by the



end you're tired but really getting into a rhythm.

Eventually you get to the finish where you put your timing chip into the final sensor.

Now you get your breath back, jog to "Download" where you get instant results, and the organisers confirm that you're safely back.

Now there's tea, cakes and time to compare your route choices with others. That evening, you'll find detailed results ("split times") online so you can see how you did on every control.

Now the question is, how can you improve for next time?

### Your club

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