

“Thinking Thursdays”

For the remaining Thursday evening summer series events, GB orienteer Charlotte Watson, will be planning and organising a training course. Using the existing short and long courses there will be modifications added to the map in some way to add a bit of extra challenge and give a specific focus. If this sounds like something that might interest you then please read on. Specific information for each training session will be posted on the website under the corresponding event.

Who is the training course for?

Intermediate orienteers and upwards. If you're happily navigating your way around the short course then come along put yourself to the test.

When?

The remaining events in the summer series from Thursday 19th June.

How do I enter?

Enter the course you would like to run as normal.

What time?

Briefing at 18.00 - I will explain the aim of the exercise and how to get the most out of it. Once you've finished your course feel free to come and discuss your course.

Weekly info

Thursday 19th July - Graystones

- **Corridor orienteering** - some legs have had some of the map blocked out on either side, giving you only a thin corridor to follow to each control.
- **Aim** - practice running on the red line. To do this you will need to combine your compass skills and contour interpretation. Compass will help you get your direction. Contours will help you judge your height. How far do I need to drop down? Am I going up, down or across the slope? **Come to briefing at 18.00 for more info.**
- **Analysis** - Did I manage to stay in the corridor? What information did I feel I was missing in the corridor sections? What information did I use instead? What did I do well? What am I going to try and improve next time?

Thursday 26th July - Knock Murton

(to be confirmed)

Thursday 9th August - Threlkeld Knotts

(to be confirmed)

Thursday 16th August - Longlands

(to be confirmed)

Thursday 23rd August - Hawse End

(to be confirmed)

Thursday 30th August - Whinlatter

(to be confirmed)