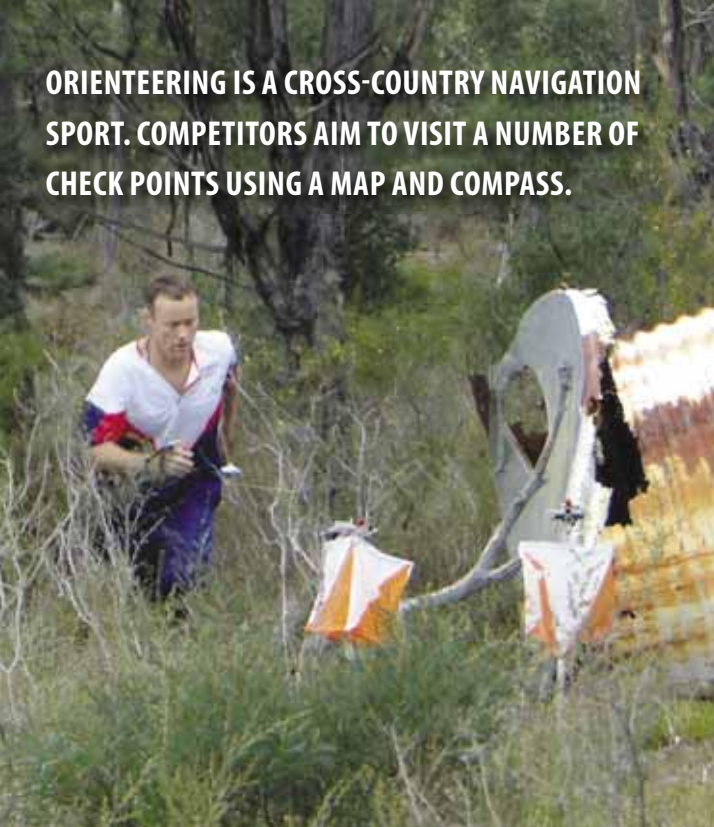
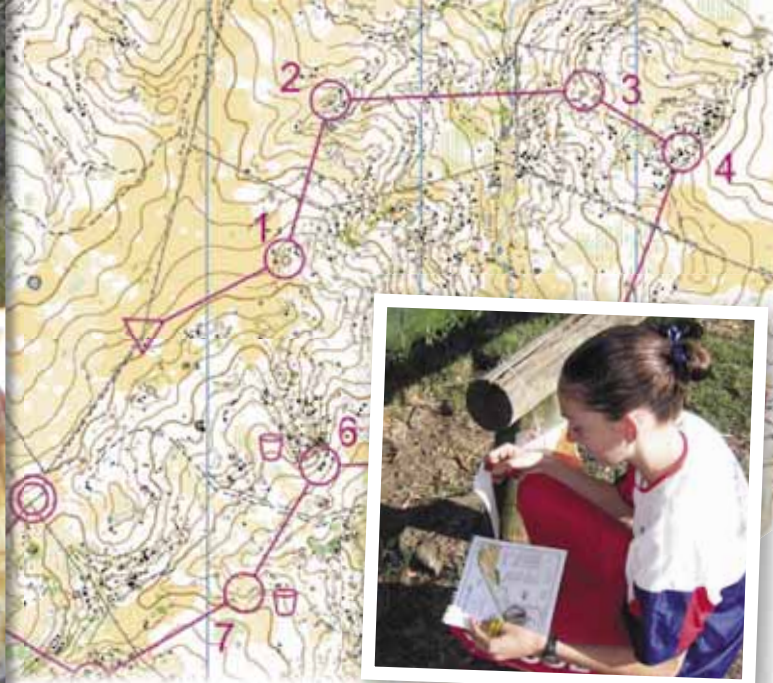


ORIENTEERING IS A CROSS-COUNTRY NAVIGATION SPORT. COMPETITORS AIM TO VISIT A NUMBER OF CHECK POINTS USING A MAP AND COMPASS.



Events are usually held in the region fortnightly, on a Saturday afternoon or Sunday morning. The orienteering season runs from March to October. You can normally start a course any time between 3.00pm and 4.00pm on a Saturday and between 9.00am and 11.00am on a Sunday. There are some mid-week events held on a Thursday afternoon.

Events take place in and on the outskirts of Brisbane's western suburbs and in the Ipswich region, using both forest and parkland areas. The location changes each fortnight. Details are on the "Orienteering Queensland" website www.oq.asn.au and in the weekly orienteering email bulletin.



Do I need to know how to navigate?

At events there is a selection of orienteering courses. There will be an easy course that follows a combination of tracks, water courses and fences. If you can read a street directory you can successfully navigate the easy course. This course will be about 2 kilometres long and is called a "green" or "blue" level course. The moderate course takes you into the forest but you will be looking for obvious features such as hilltops, saddles and major gullies. You will generally be close to roads and fences. This course is about 3 km long and is called an "orange" level course. There will also be a range of harder level courses designed to fully test your navigation skills. There is normally two of these courses at our club events from 4-6km in length and are called "red" level courses. At larger state events the longer red level courses are very challenging, 10+ kilometres in length.

Do you have to be fit and fast?

No. If you are capable of walking through the bush you are capable of doing an orienteering course. Some people choose to run around the course. Others choose to walk briskly, or take a leisurely stroll. The choice is yours.

Are there any age limits?

No. The **Ugly Gully Orienteering Club** has regular orienteers aged over 70 and under 8 years of age.

How much does it cost?

This is a sport that is gentle on the pocket. Local club event fees are generally \$6 for adults and \$4 for juniors (under 21). Some events are sponsored by the BCC Active and Healthy Parks Program and are free. Orienteering Queensland events held in our region have event fees of \$10 for adults and these are held on premium quality maps of extensive terrain. There is a reduced family rate at all events.

Do I need any special equipment?

No. Come along dressed for a walk or run in the forest. The club can lend you a compass and when electronic timing is used you can hire a SI timing stick. Maps are supplied as part of the event fee. Eventually you might decide to buy your own compass and SI timing stick.

Is it hard on the body?

Running can cause injuries. Bush running is easier on the knees because impacts are varied and less intense than on bitumen or concrete. The greatest risk is to the ankles. The use of strapping tape or ankle supports reduces the chance of injury. Gaiters may be worn to protect from scratchy vegetation.

Does anyone get lost?

No. Everyone will at times be unsure of where they are on the course. Working out where you are is one of the skills of the sport. No one has ever been properly lost at the end of the day at one of our events.

Are there different forms of events?

Yes, but you are welcome to all. There are introductory courses at all events. Local Park / Club events are generally held in council parks and adjoining forest and are an ideal introduction. The courses here are shorter with many checkpoints. This style of orienteering is sometimes called sprint or park orienteering. Classic forest orienteering is held in natural forests with optional longer more challenging courses. These events may be called State Events, Orienteer of the Year (OY) Events, Badge Events or State Championships. The OY Events include a handicap competition between age classes that runs over the season. There is also a summer street orienteering series and mountain bike orienteering.

How do I start?

Simply check out the location of the next event on the Orienteering Queensland website (www.oq.asn.au) and turn up. To get to the event follow the directions and look for the Orienteering signs. Someone will be there to help you get started.

Reasons you might want to try Orienteering

- ▲ **To explore the parks and forests of the local area.** Ugly Gully Orienteering Club has access to 20 forest areas and 20 park areas. Over the season you will see many of the pleasant parks and forests in our region.
- ▲ **It's a sport the whole family can participate in.** Family members can participate at their own level of skill and fitness, and all in one location! Orienteering is a great sport to help children develop self reliance and decision making. There is a discount for family entry at events.
- ▲ **Keep fit and enjoy a mental and physical challenge.** If you choose to run an orienteering course we guarantee you will keep your mind busy while also being a physical challenge. It can be the race of your life, or a leisurely way to enjoy fitness.
- ▲ **Improve your navigation for other outdoor sports.** Orienteering is excellent training for adventure racing, rogaining, bushwalking and other outdoor pursuits or SES work.



Ugly Gully Orienteers



- ▲ **I want to excel at a sport.** Ugly Gully is one of the most successful clubs in Australia placing second in the national club competition in 2004 and 2005. We currently have five members in the Queensland Cyclones Team which competes at interstate events in the National Orienteering League. A number of Ugly Gully members are also State Senior Team representatives. Aspiring junior competitors might aim for selection for the State Secondary Schools Team, Junior Cyclones Squad, the National Junior team and eventually the National Senior Team. There are competitive goals for all ages; State Championships, National Championships, National Age Class Rankings and National Selection for the Oceania Championships. The Word Masters Championships is open to all orienteers aged 35 and above.
- ▲ **I want to get involved in premier adventure footraces held on high quality maps.** Orienteering maps are very accurate and course standards are high to ensure a quality challenge and the fairest possible competition.
- ▲ **A sport for life.** Ugly Gully has members of all ages and is a sport that will help your fitness throughout your life at various intensities.
- ▲ **Get active with others.** Enjoy group training sessions, post event camaraderie, club social occasions and travelling interstate.

For more information visit www.oq.asn.au and follow the links to: clubs, Ugly Gully

Orienteering

in Brisbane West & Ipswich



Ugly Gully Orienteers