

COME AND TRY ORIENTEERING IN SHREWSBURY PARK

on Monday 29th August
between 10am and 1pm

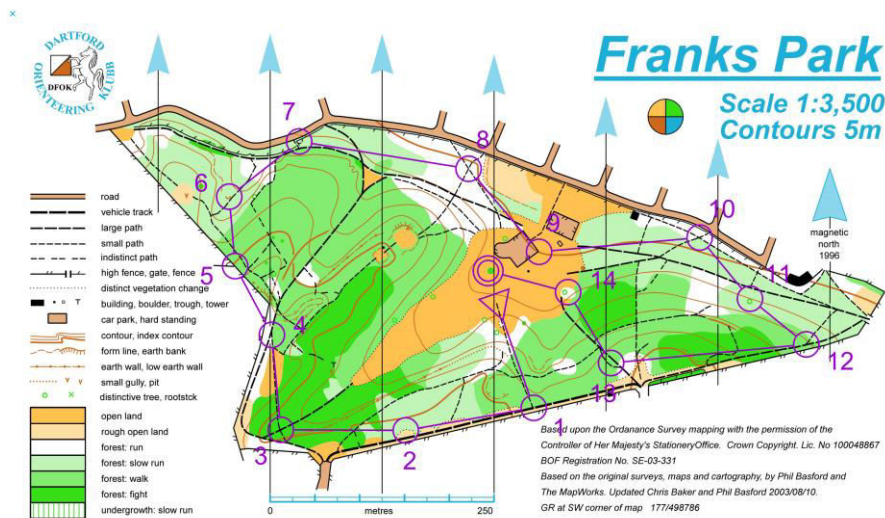


www.dfok.co.uk

Come along when
you like between
those times. We will
be in the car park.
Look for the Dartford
Orienteering banner



Fill in a registration
form and we will lend
you a dibber which
looks like this



You will then be given a map of Shrewsbury Park. We don't want to give too much away in advance so here's one we did earlier for Franks Park, Erith. Starting at the point on the map marked by the red triangle, visit the control points in order and get back to the finish, marked by the double circle, as quickly as you can.



At each control point
there will be an
electronic box on top of
a short pole looking like
this. Put the dibber in
the box. It will beep and
flash and record on the
dibber the time that you
got there.



When you have got back to the finish, which will also be near the car park, we will put your dibber into a download box. This will produce a printout showing how long it took you to reach each control and the total time you took to get around the course. Depending on whether you have run or walked, whether you have found every control first time or had to look around for a bit, this could take between 10 minutes and half an hour.

There will be two courses for you to try, so if you find orienteering really easy we will send you out again and the second course will be a bit harder. If you can do that one quickly as well then perhaps we can persuade you to join our club, but even if you can't you can join us anyway.

Even if you don't join, we hope you enjoy your taste of orienteering and want to try it again. It is a sport anyone can enjoy – just check out this video

https://www.youtube.com/watch?v=l8hXwh_0sNM