

Preston Harriers Orienteering Challenge

The challenge comprises of 4 orienteering courses at Beacon Fell, Nicky Nook, Longridge Fell and Hurst Green. They must be done in the correct order because at the end of each course you will be given parts of a final 'clue'. These will be needed to complete the last course and find the 'treasure'. Please do not spoil the experience for others by giving or posting your results.

Course	Approx. Distance	Approx. Time	Approx. Ascent
1. Beacon Fell	3.5 miles	1hr 45min	650ft
2. Nicky Nook	4.5 miles	2hr 15min	900ft
3. Longridge Fell	5.5 miles	2hr 30min	550ft
4. Hurst Green	4.5 miles	2hrs 15min	420ft

Each course does not have a set distance. It depends on which route you use to navigate between the checkpoints. The above times are approximate for walking the course. You may walk or run each course.

How to Get Started

You need a map of Beacon Fell with instructions. Please contact the organiser, Roy Parkinson, to obtain a paper copy. Unfortunately, for Beacon Fell only, it has not been possible to produce a 'print your own' electronic copy. Maps 2, 3 & 4 can be sent by email upon request or a paper copy is available. This will enable us to monitor the progress of people attempting the challenge.

How it Works

For each course, you will have a map, which will have several checkpoints to be visited in order. At each checkpoint look for a red disc. To stop casual passers-by from removing the disc they are hidden, usually screwed into wood. They are all within 3m. of the description. On the disc there will be a letter, number or it may be blank. Record this on the blank space provided on the map. Please leave all checkpoint discs 'hidden' by replacing any surrounding vegetation.

These will then give you the clue to the final checkpoint on the map. Note the final checkpoint is a yellow (not red) disc. Here is an example.

Checkpoint	Description	
1	FOOTBRIDGE	
2	PICNIC BENCH	
3	CAIRN	
4	WAYMARKER POST	
5	FENCE CORNER	
6	_____ BY STILE	

And when you have completed the course.

Checkpoint	Description	
1	FOOTBRIDGE	<i>Q</i>
2	PICNIC BENCH	<i>A</i>
3	CAIRN	
4	WAYMARKER POST	<i>T</i>
5	FENCE CORNER	<i>E</i>
6	<i>Q A T E</i> BY STILE	96

Once you have completed each course, please keep your map.

The number in the yellow box is important and is required for the final course.

Please do the courses in order and **keep your map**.

Beacon Fell Map 1

Start – Car Park at the Visitor Centre.

Nicky Nook Map 2

Start – At junction of Snowhill Lane and Higher Lane 0.7 miles from Scorton village.

Longridge Fell Map 3

Start – Jeffrey Hill Car Park, PR3 2TT

To find the final checkpoint you will need to know how to find a location on the map using a Grid Reference.

Hurst Green Map 4

Start – Hurst Green Village Hall, Avenue Road, BB7 9QB

To complete this course you will need the 3 numbers (4 digits) in the yellow boxes found on the first 3 course maps. The ‘treasure’ can be found at the final checkpoint. Please take a photo of it and send your photo to the organiser.

Rules

1. The challenge is open to club members only.
2. Please always follow the Country Code.
3. Maintain social distancing and follow current COVID recommendations.
Take small bottle of hand sanitiser and use after touching stiles, gates, fences etc.
Further guidance can be found at:
https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering
<https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>
4. Juniors, under age 18, must always be accompanied by an adult.
All the courses are suitable for families.
5. It is recommended that seniors attempt the challenge in pairs.
6. You should only attempt this challenge if you are in good health and accept that you do so at your own risk. You should have the necessary level of fitness and skills to complete the course.
7. You must wear the appropriate clothing and footwear for the terrain and weather conditions you may experience. You may need fully waterproof whole body cover, hat, and gloves.
Footwear should be fell shoes, trail shoes or walking boots. Road running shoes or spikes are unsuitable.
8. You must be aware that you may be crossing rough or uneven terrain.
9. You must be prepared to encounter farm livestock. It is not advisable to take dogs.
10. You must take extra care on roads or crossing roads.
11. You must take extra care around water features – streams, ponds or lakes.
12. The organiser will not be liable for any loss, damage, action, claim, cost, or expense which may arise because of participating in this challenge.

Organiser

Roy Parkinson

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