

## MORE CHALLENGING EVENTS

### REGIONAL

These events are hosted by clubs for experienced orienteers in their own and adjoining associations. There are about 80 regional events per year.

Regional events provide a map already printed with your course and you pick this up just as you start. It is necessary to enter a regional event in advance, although there may be some limited entries on the day, subject to a surcharge. There will also be colour coded courses for beginners at these events. During the summer there are several multi-day regional events in the UK and abroad which provide camp sites and social activities and form the basis of an orienteering family holiday.

At regional events senior orienteers are classed and run courses based on their age and gender (See box). Your age class is determined by how old you will be on 31st December of the year of the event. The age class is always prefixed by M (Men) or W (Women). For senior age classes there are Long and Short courses, where the technical difficulty is the same but the course length is different.

At regional events junior orienteers (ie less than 21 years old) enter in their ability class (See box).

### NATIONAL

These events are organised for experienced orienteers. The same general conditions apply as with regional events except that juniors compete in age classes rather than in ability groups (See box). Courses at National events are longer than those at Regional events. There are a series of 6-8 held throughout the country each year aimed at providing top quality competition for all ages.

The Jan Kjellstrom International Festival of Orienteering, which is held each year over the Easter weekend, is very popular with both British and International orienteers and sees about 1500 people competing on all 3 days.

### CHAMPIONSHIP

There are five championship events held in Great Britain each year. Two are open to all British Orienteering members to compete.

## Other Disciplines of Orienteering.

### Trail Orienteering.

These events can be enjoyed by all, including those with disabilities. It does not require speed, strength or navigation but retains the crucial orienteering skill of relating the map to the ground in complex terrain. Visit: [www.trailo.org](http://www.trailo.org)

### Mountain Bike Orienteering (MTBO).

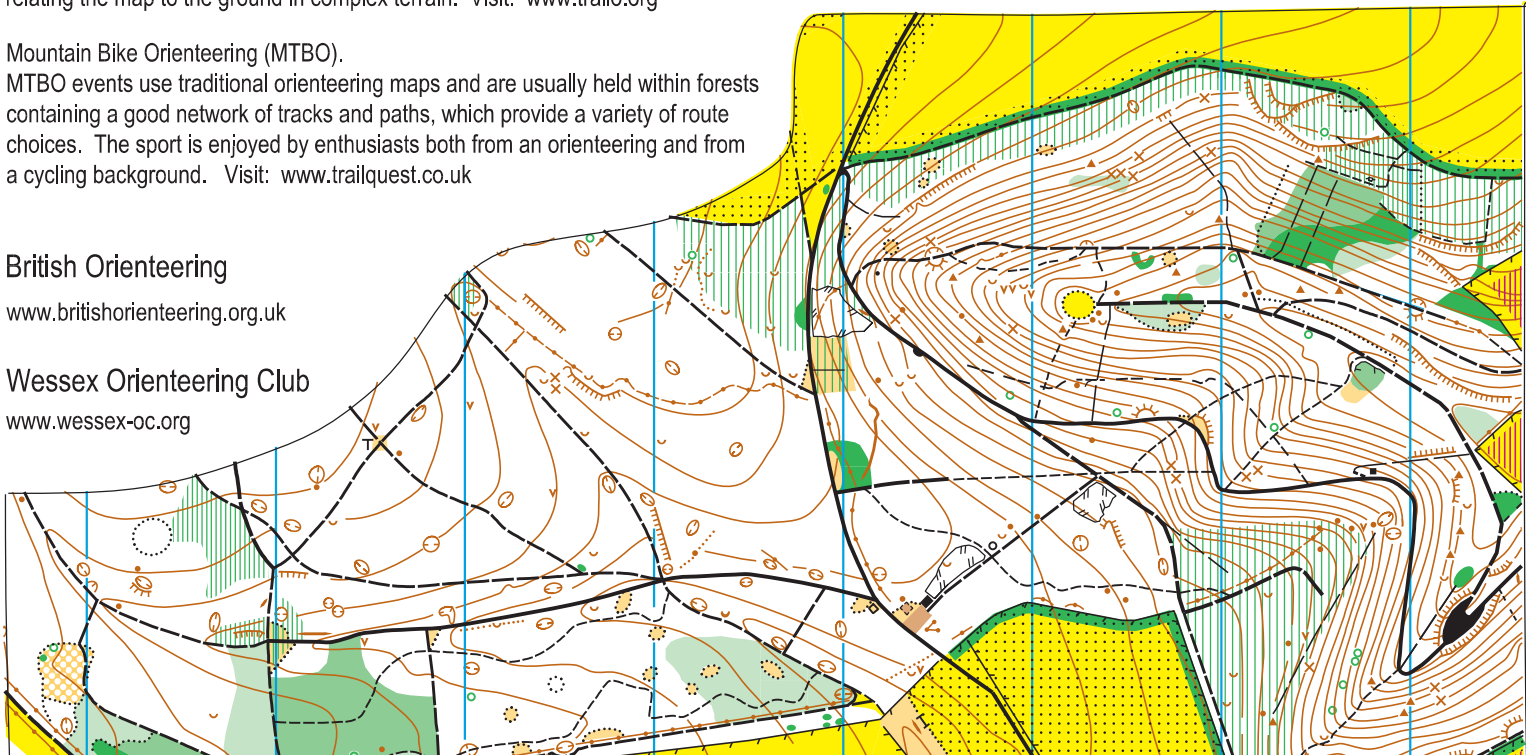
MTBO events use traditional orienteering maps and are usually held within forests containing a good network of tracks and paths, which provide a variety of route choices. The sport is enjoyed by enthusiasts both from an orienteering and from a cycling background. Visit: [www.trailquest.co.uk](http://www.trailquest.co.uk)

### British Orienteering

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

### Wessex Orienteering Club

[www.wessex-oc.org](http://www.wessex-oc.org)



## Age Classes

Your Age	Your Age Class	Difficulty	Typical Length
10 and under	M / W 10	TD2	2.5km
12 and under	M / W 12	TD3	3.0km
14 and under	M / W 14	TD4	4.5 / 3.5km
16 and under	M / W 16	TD5	6.5 / 5.0km
18 and under	M / W 18	TD5	8.5 / 5.5km
20 and under	M / W 20	TD5	10.5 / 6.5km
Open	M / W 21	TD5	12.0 / 8.5km
35 and over	M / W 35	TD5	10.5 / 6.5km
40 and over	M / W 40	TD5	10.5 / 6.5km
45 and over	M / W 45	TD5	8.5 / 5.5km
50 and over	M / W 50	TD5	8.5 / 5.5km
55 and over	M / W 55	TD5	6.5 / 5.0km
60 and over	M / W 60	TD5	6.5 / 5.0km
65 and over	M / W 65	TD5	5.5 / 4.0km
70 and over	M / W 70	TD5	5.0 / 4.0km
75 and over	M / W 75	TD5	4.0 / 3.5km

## Junior Ability Classes

Class	Difficulty	Typical Length
JM1, JW1	TD1	1.0 - 1.9km
JM2, JW2	TD2	2.0 - 2.9km
JM3, JW3	TD3	2.5 - 3.5km
JM4, JW4	TD4	3.0 - 4.0km
JM5S, JW5S	TD5	3.0 - 4.0km
JM5M, JW5M	TD5	4.5 - 5.5km
JM5L, JW5L	TD5	5.5 - 7.0km