Lakeland Orienteering Club Saturday Series
and LOC Junior Orienteering League Information and Rules
2026-2027

Updated *9th September 2026: Revised venues for February and March.*

What is the LOC Saturday Series?

The **LOC Saturday series** aims to provide families, juniors and adults, including newcomers, with a progressive range of courses. This offers the opportunity to learn and develop map-reading skills while improving fitness in the fun, competitive and challenging sport of orienteering.

These events will combine **Family Adventures** (introductory orienteering for newcomers and families), ideal for those wanting to learn the basic skill, with a **Junior Orienteering League** for progressing juniors, and with **Score Courses** suitable for experienced orienteers.

Events

There will be 8 orienteering events spread across the year in safe, easy-to-access locations using a variety of terrain. All events will be on a Saturday afternoon. Coaches will be on hand to help get everyone started and improve their skills.

This year's dates are

September	**12.9.26**	**Urswick Scout Camp, Great Urswick**	**CONFIRMED**
October	**10.10.26**	**Cunswick Scar, Kendal**	**CONFIRMED**
November	**14.11.26**	**Sea Wood, Bardsea**	**CONFIRMED**
January	**9.1.27**	**Low Park Wood, Kendal**	
February	**13.2.27**	**Stony Hazel, Rusland**	
March	**13.3.27**	**Waterpark, Nibthwaite**	**CONFIRMED**
April	**10.4.27**	**Millerground, Windermere**	
June	**12.6.27**	**Fellfoot Park, Newby Bridge PRIZEGIVING EVENT**	

Date and locations will be updated as they are confirmed.

Each event will have three colour-coded courses White, Yellow and Orange. There will also be two 45 minute Score courses: a standard score for an extra element of challenge, and Odds/Evens score for more experienced orienteers

Who can take part?

We welcome everyone to take part. There are different elements to the Saturday series.

Family/Junior Adventures where family members explore the courses together and juniors run in pairs or are shadowed, having fun and learning new skills.

Junior League where juniors compete by running around the courses independently (ie. on their own, although young newcomers may run together for their first few events).

You should be a member of an orienteering club to take part in the Junior League (you can join LOC for free HERE).

Experienced Orienteers will particularly enjoy our Score Courses.

Entries

We prefer entries to be made online in advance of the event and the link will be found on the event page of our website. Entering online will avoid longer queues at the event. Please complete your entry for the first course that you wish to complete on the day – if you are unsure, this can be changed on the day if necessary.

To run on your own and score in the **League** select 'yes' for the League option and choose your school year group and school name from the drop-down boxes. Young newcomers who wish to run together should enter as individuals but start together.

To take part in the **Adventure** option as a family group or in a pair, select 'no' for the League question.

The **Score** courses for experienced orienteers have no League option.

Entry on the day will also be possible at each event if you are unable to enter online. Please bring the correct cash for your entry fees.

Cost

Junior Entry £2
LOC juniors FREE
Senior entry £5

Any adults who wish to shadow juniors and would like a map there is a small charge of £1: please pay at registration. Maps may be swapped at the start at no extra charge if your junior wishes to participate in more than one course.

For this price, participants can run as many courses as they like during the session, so juniors can follow up their league course with another choice. Each subsequent course should be entered at registration before going to the start.

As with all LOC events, entries for LOC junior members are free of charge.

Adults will not be charged an entry fee when participating with and supporting juniors.

Orienteering is a family sport and adults are encouraged to take part and run any course on offer. There will be an entry fee of £2 for running competitively.

Equipment

Wear suitable footwear for running on rough ground and clothing appropriate to the weather. The terrain may require leg cover and this will be stated in the event information.

Electronic timing chips (dibbers) are loaned to participants as part of the entry fee for each event. This is used to record the time taken and to show that each control has been visited. Please secure these carefully to fingers.

Participants on the orange and score courses will benefit from a compass which can be borrowed from registration if necessary.

A whistle must be carried for safety reasons.

Help on the course

Parents, guardians etc are encouraged to accompany beginners on courses. We call this 'shadowing'. Anyone shadowing a participant should avoid doing the orienteering for them. Instead, shadowers should allow the junior to do as much of the navigation as possible for themselves and only help out when needed.

Juniors are not eligible to score in the league for courses where they are shadowed, or taking part in a family group, but this is a great way to progress and learn more skills.

Coaches will be available to give extra navigation hints and orienteering tips.

Fair Play

Orienteering requires fair play by all competitors – there is no referee in the forest.

Any participant is welcome to enter any course. You are encouraged to move up to the next colour-coded course as you achieve success.

Safety

You MUST carry a whistle.

If a participant becomes disorientated, they should not wander about aimlessly. Please brief juniors with our advice: get onto the nearest track or path and wait to be found. If they see a control marker not on their course, stay with it and ask another passing competitor for help.

Full leg cover is required in some of our areas – please check the event details.

If the weather is bad, you may be required to carry a hooded waterproof jacket, and potentially hat, gloves and waterproof trousers. You should bring these to the event and notices will be displayed in the car park and at the start.

Please note the course closing time on the event details. You should make your way to the finish by this time, even if you have not completed your course, to avoid a search party being sent out.

Choosing a course

Only the first course run on the day can count in the Junior League.

Juniors should register for their league course when signing up. A second (not league counting) course can be registered after finishing this first course.

White, Yellow and Orange courses count in the Junior League. The Score courses are not a part of the league but are a great way to practice your skills as you gain more experience of orienteering.

White and Yellow maps are given out for competitors to look at before starting their course. Orange and Score course maps can only be picked up after punching the Start control.

Advice on choosing a course:

Course	Difficulty level
White	Shortest and easiest to navigate – follows paths, with checkpoints at each path junction to help with decision making.
Yellow	Longer and fairly easy navigation – follows paths and line features (fences, walls,…), some decisions to be made at paths junctions without a checkpoint, checkpoints may be just off the line features.
Orange	Longer with a little more navigational challenge. Moving away from the obvious line features to find controls on a wider range of features. Begin to use skills such as looking at the brown contour lines to recognise the shape of the land and using your compass to help you decide which direction to head!
Standard Score (45 minutes)	A more challenging option, the score course allows you to choose your own route to visit as many controls as you can in the time limit.
Odds/Evens Score (45 minutes)	As with the standard score except that odd or even numbers are collected first prior to punching a **Change** control before collecting as many of the opposite numbers within the time limit. This makes the course more challenging and extends the length out on the course.
	For **both score** courses, each control visited is worth **10 points** (except the Change control on the Odds/Evens Score). There is a **penalty** of 5 points for every minute, or part thereof, **over the time limit** of 45 minutes.

Results

Full results for each of the courses and for the Junior League will be published on the LOC website.

You will be able to see detailed 'split-times' for each runner showing the time taken to each control. This makes it possible to work out how much time you might have lost through either getting lost or making a bad route choice.

Junior League scoring

Points will be awarded depending on finishing position as follows:

	1st place	2nd place	3rd place	…
Orange course	100	99	98	…
Yellow course	95	94	93	…
White course	90	89	88	…

League table

The league table will be updated after each event. An individual's best 5 results from the 8 events will count towards their overall standing.

Individual winning boys and girls for each age group will be published after each event.

Prizes will be awarded to the individual winners for each age group at the end of the series.

School award

The school team competition will be decided by adding a school's best 3 scores from the individual scores at each event.

The leading school will be published in the results after each event. Don't forget to add your school name when you enter.

Two school cups will be presented to the winning Primary School and Senior School at the end of the series.

Enquiries

More information about the LO Saturday Series can be obtained from SSInfo@lakelandoc.uk

Enquiries about results and league scoring should be made to SSScoring@lakelandoc.uk