

Levels of Competition.



AT SCHOOL...

The British Schools Orienteering Association organises competitions specifically for schools. LOC organise a South Lakes primary schools competition every year and this is where some of you might have been introduced to the sport.

IN OUR CLUB....

We organise lots of events throughout the year. There are different courses of different lengths and difficulty. If you join the club you will be able to compete in club competitions. The Yvette Baker Trophy and Peter Palmer Relays are just for juniors. The Compass Sport Cup is a whole club competition.

You will also be able to attend coaching and training days with other juniors from within the club.



REGIONALLY

We are part of the North West Orienteering Association. You can attend events organised by any club in our region or across the country. Some of our regional events are included in a competition known as the Cumbrian Galoppen. If you compete in these races you score points for the club.

There is also a North West Junior Squad which many of our juniors (past and present) have been selected for. This squad is part of 12 regional squads from across the country and there are summer tours, training camps and an inter-regional championships.



NATIONALLY

There are a few bigger competitions which are worth attending..

The JK - held over the Easter weekend with a Sprint, Middle and Long race and a Relay.

British Championships - Held at different times throughout the year, there is the Sprint, Middle, Long and Relays.

Oh Yes...and when you get VERY good you might be selected to represent your country.

