

SCALE 1:7500

SATURDAY TRAINING 29/02/2020

LINE COURSE 1.3KM
 purpose: to practice continuous-contact map-reading, navigating from one feature to the next. To look closely at how features are mapped.
 Try to follow the wiggly line. Turn the map as you turn, so that it is always aligned with the ground. You can also set the map with the compass needle.

LONG LEGS EXERCISE 3.4KM
 You can run this exercise on the full map, or the version with line features removed, or a bit of both.
 purpose: to practice running longer legs, where you need to move relatively quickly, using compass-on-the-run and reading the larger map features. This is sometimes called rough-o, as opposed to fine-o, which is slower and more accurate and used to find the controls.
 Run each leg using the compass to run as straight as possible. Practice looking at the compass whilst running. Use it to sight on the furthest feature you can see, then run to that feature. Tick off the map features as you go. if you do not see an expected feature, push on regardless - have faith in the compass.

PAIRS OPTION.
 purpose: to gain confidence in the compass and in your ability to keep going when you lose touch with the map - ie to re-locate without stopping in mid-leg.
 Run as a pair with one map between you. The leader sets off on a straight-line route, handing over the map somewhere in the middle of the leg. The other runner takes over and continues on the straight line, trying to work out where they are, ideally without stopping (difficult!).
 When following without the map, look at the features you are passing and try to compile a mental map. This helps with speedy re-location.

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BISHOP WOODS

LINE FEATURES REMOVED

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