

What's on in CUOC, Michaelmas 2011

Thursday 6th October, 7.30pm

Freshers' Squash

Come meet the club and find out what we're about! There will be cake. We'll be in the kitchen of 19 Malcolm Street (near Jesus) - down the steps and knock! (Don't be shy)

Sunday 9th October, 2-3pm

Freshers' Intro Event

A nice and gentle event to introduce you to orienteering in the centre of Cambridge. Turn up anytime 2-3pm, allow an hour to try a course or two and have a chat. Meet near Fen Causeway, location here: www.bit.ly/CUOCfreshers

Wednesday 12th October, 6.30-8.30pm

Clubnight

Meet 6.30pm at the University Sports Centre, Willberforce Road. Fancy a run on the maths department roof? So do we. Come along to clubnight and try orienteering in an area you would never normally go to!

Sunday 16th October

Training, Brandon

Time to try orienteering in a real forest! We'll show you the basics or help you hone your skills on a proper map.

Saturday 22nd October

CUOC Cambridge City Race

CUOC's biggest event of the year! It's an urban orienteering event all around Cambridge, so no excuse for not coming. Possibly the only chance you'll get to run through colleges without the porters shouting at you. Pre-enter by 16/10/11—ask now or email captain@cuoc.org.uk.

Sunday 23rd October

Rowney Warren

An orienteering event with contours! We'll sort lifts for an exciting trip outside Cambridge.

Saturday 29th October

Training, Coldham's Common

Training in a park a short cycle east of Cambridge City Centre.

Sunday 6th November

Fineshade

Orienteering competition in an ancient woodland near Peterborough.

Weekend 12th-13th November

Shotover, Oxford

The Oxford Orienteering Club's SprintO—a fun event for university clubs all over England including a meal and a party afterwards, with an optional regional event on the Sunday for those who don't need to get back to Cambridge.

Sunday 20th November

Epping Forest

More 'proper' orienteering in a lovely forest. Don't worry about transport.

Sunday 27th November

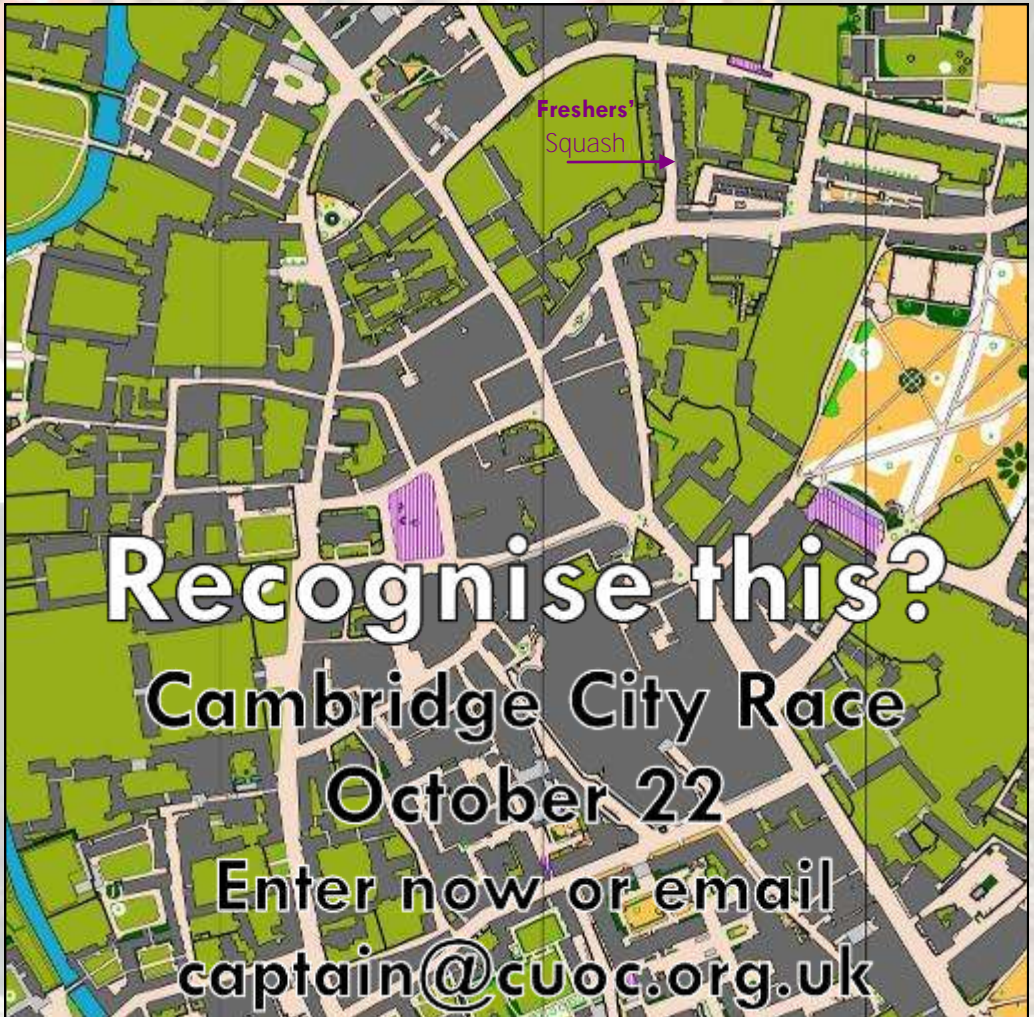
Pods Conyfield & Layer Woods

Another colour coded event and a chance to get out of Cambridge!

Saturday 3rd - Sunday 11th December

Lake District

CHRISTMAS TRAINING TOUR! CUOC organise, Oxford join us. Check out the opposition before Varsity! We will go via the British Universities Orienteering **Training in Cannock Chase. Can't make the whole week? Just come for the days you have time for. Beginners are very welcome—you'll be orienteering like a pro in no time.**



Looking ahead...

Varsity Match, Burnham Beeches, March 10-11 2011

Beating Oxford is inexplicably more important than just about anything else. **Varsity returns to the UK next year after last year's trip to the Czech Republic (it's abroad every three years).** The date has been confirmed, put it in your diary now **and help the women's' team keep the trophy or the men recapture theirs!**

British University Championships (BUCS), March 17-18 2011

BUCS is the annual inter-university championships, and next year CUOC are organising it in the Lake District. It should be a great weekend of fantastic orienteering and socials including a ceilidh and a posh dinner. We placed fourth in the country last year—hopefully we can improve on that this year!

Random trip abroad for cheap, end of summer term

Fancy training in world-class Norwegian terrain after exams finish, for £80 **including all expenses? That's what we did this year! It was so much fun it has to be repeated.** Watch this space!

What is orienteering?

Orienteering is an outdoor sport held in all sorts of areas where competitors navigate through a set series of control points in the shortest time possible, **using only a map, a compass and their skills. It's up to you which route you take,** but you will often leave the path! The race is individual and against the clock, but you can run, jog or walk just as fast as you like.

The great thing about CUOC is that you can do as much or as little as you like. Nothing is compulsory! Some of us will train lots and go to everything, others will come to only the big or the local events. No one will force you to run beyond your capabilities, but if you want train hard we will support **you. We're a very friendly society that has about as many socials as orienteering activities... what are you waiting for? Go to www.cuoc.org.uk** and join now!

See you soon!

David Maliphant (men's captain) & Andy Strakova (women's captain)
captain@cuoc.org.uk

CAN YOU READ A MAP

WHILE RUNNING
OVER ROUGH TERRAIN

AS FAST AS YOU CAN, AT THE SAME TIME
MAKING ROUTE CHOICE DECISIONS AND
CHECKING THE TERRAIN FOR FEATURES
WITHOUT GETTING LOST OR FALLING OVER?

WANT TO
LEARN
HOW?

Termcard
Michaelmas
2011

Orienteering: RISE TO THE CHALLENGE!

www.cuoc.org.uk

