

What is orienteering?

It's a run with a difference! An orienteering competition is a race that does not follow a set route. You find your own way around the course, using a detailed orienteering map. You choose your own route between a series of checkpoints - we call them controls.



Who is it for?

Anyone! Newcomers are always welcome to our events so why not come along and give it a go? We always have courses to suit all ages and fitness levels - you can race like a hare or stroll like a tortoise, on your own or as a group.



OK, it sounds great - how do I get started?

Come along to one of our events (visit www.socweb.org for dates and locations). They all have courses suitable for beginners.

All you need to bring along is yourself and a compass if you have one - if not we can lend you one. Wear an old tracksuit and trainers or similar - you might get muddy! We'll give you all the advice and help you need. We keep the costs as low as we can, expect to pay £5- £8 per competitor (a family group counts as one competitor).



I've done a couple of events - what's next?

Why not join your local club? There are lots of reasons to join, from public liability insurance to member benefits. All club members are also members of British Orienteering. Visit www.britishorienteering.org.uk/join now for more information. When you join, select SOC as your local club



SOC is the orienteering club for the south of Hampshire. We have members in Winchester, Portsmouth, Southampton and surrounding areas.

As well as organising events we also hold regular social evenings and training activities.

Club members compete in orienteering events at home and abroad. We have some of the UK's finest orienteers. But this sport isn't only about competing - there are lots of opportunities to help organise events, create beautiful and detailed maps and set courses.

