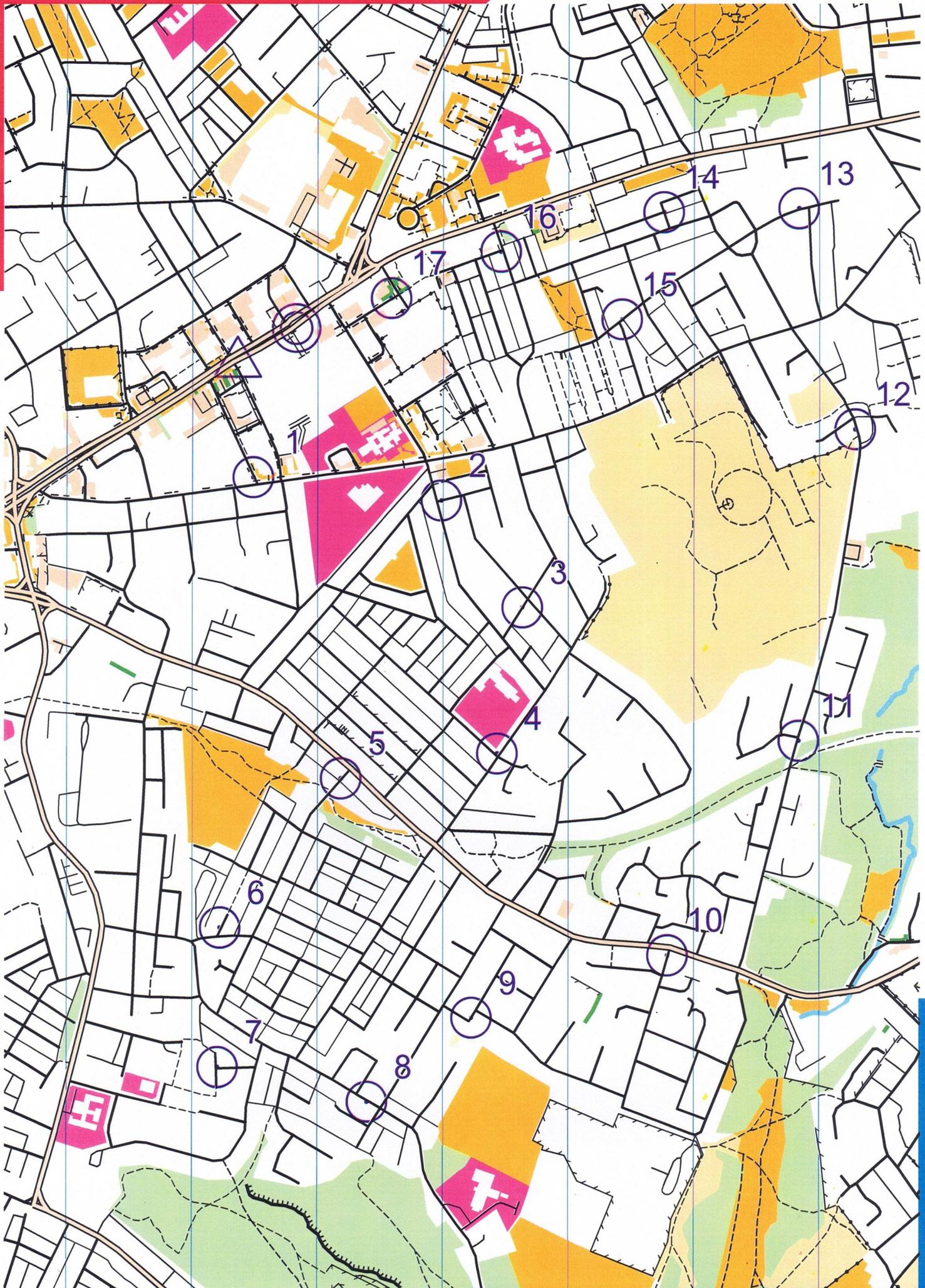


OLDHAM UP & RUNNING 1

scale 1:7500, contours 0m
200m



South East Lancashire ORIENTEERING CLUB



SELOC is a thriving and friendly Orienteering Club covering North Manchester and parts of Lancashire. Orienteering is an exciting outdoor adventure sport suitable for all ages and fitness levels that exercises mind and body.

The aim is to navigate between checkpoints or controls marked on a map - walking or running. There is no set route - the skill and fun come from finding the best way to go. Is a path quicker or a shortcut through the woods! Go around individually or as a group, pair or family.



You can orienteer at a club event OR by using a permanent course OR even virtually using your phone!



To complete these virtual courses

You need to download the MapRun app on to your smartphone (its free on Android/iOS). Then fill in some simple details to register.

Now download the desired map on to your phone by following the procedure:

Select Event//UK/ALL Find Your Way/ Manchester North and choose your course.



All of our events have courses for both adult and junior beginners. Guidance will be available to newcomers and novices before the start.

Anytime Orienteering - findyourwayvo.org.uk/

Map Answers - This is what you're looking for at each checkpoint. When you're there, MapRun will go green.

- | | |
|--------------------------------|--------------------------------|
| 1. Telegraph pole - 5305 | 10. H sign on sign post - 75/9 |
| 2. Green box - 4530 84 02 | 11. Substation - 329 415 |
| 3. Lamp post - 2 | 12. Telegraph pole - 3601 |
| 4. Blue sign - 0161 213 12 35 | 13. Telegraph pole - 45 |
| 5. Telegraph pole - P4 25 | 14. Telegraph pole - 3651 |
| 6. H sign on lamp post - 79/2 | 15. Telegraph pole - 7673 |
| 7. Metal telegraph pole - 4188 | 16. Green box - 73 |
| 8. Lamp post - 22 | 17. Lamp post - 3 |
| 9. Street sign - Quail St | |

"how to"
guides for
Virtual smart
phone courses
and how to
get involved



**FIND YOUR
WAY PROJECT**

More info & EVENT details available on - www.seloc.org.uk

