

Equipment

You don't need much to get started. A pair of trainers and running / walking kit is enough to start with. Most events (other than urban and parks) will require you to wear full leg cover - jogging bottoms or lycra tights are fine.

As you do more events and spend longer off the paths, shoes with studs or spikes (fell shoes are perfect) will stop you sliding around. A pair of thicker knee length socks or 'Bramble Bashers' will help to protect your legs from undergrowth. A holder for control descriptions that wraps around your arm is also useful. For some events carrying a whistle is compulsory.



Most events use an electronic system to record that you have visited the correct points. You can hire the equipment at the events, or buy your own SI Card (Dibber) from SportIdent.

Compasses are useful on all but the easiest courses. They range in price from £10 for a simple beginners compass to £70 for an elite model that is stable enough to be used whilst running at speed.

Larger events often will have orienteering shops in attendance with a wide range of compasses, clothing and shoes.

Club Kit

We have a wide range of clothing suitable for racing and training in club colours. Items include standard club tops, mesh tops (for hot weather), vests (for urban events), training jackets, hoodies and buffs.

Volunteering

Helping at one of our events is a great way to meet other members and get more involved in the club. Training is always given and you can compete as well as help if you want to.

Try Orienteering

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time.

It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace. It is ideal for people of all ages, shapes and sizes and is brilliant for families - everyone can run courses that suit them and children can develop their confidence, independence and decision making skills. It is also excellent for adults wanting to shape up, add some excitement to their running and meet new friends.

Weekly Training

The club holds a training evening each week on Wednesdays. During the summer these are held at a variety of our areas around the city. In the winter we move to a local sports hall. The sessions are a mix of physical training (Running Drills, Circuit Training etc) and technique training.

The sessions cost £4 with a 25% discount if you pay for a block of training. A number of different groups run catering for both juniors (over 8) and adults of all abilities.

Saturday Coaching

Once a month we hold coaching sessions 1-2:30 on a variety of local areas. You will be split into groups of similar experience and practice a variety of navigation techniques. These sessions are free to members.



Contact Us

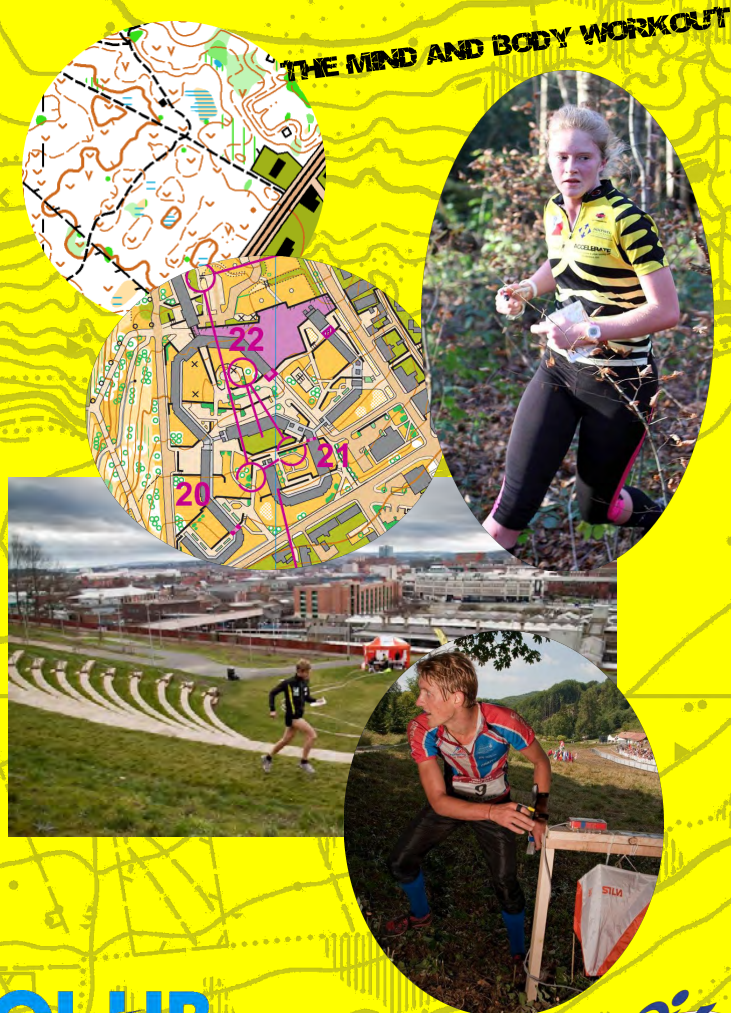
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The Club

South Yorkshire Orienteers are one of the fastest growing and most successful orienteering clubs in the country. We have around 300 members ranging in age from 5 to 85. Our membership includes a number of elite orienteers who run for Great Britain but also a huge number of adults and juniors who have taken up orienteering very recently. Everyone is welcome.

Benefits of Membership

- Discounted adult entry fees
- Free monthly coaching sessions
- Socials & club only events
- Compete for the club in competitions
- Club Kit
- Regular communications & monthly newsletter
- Participation Reward Scheme

When you join SYO, you also automatically become a member of British Orienteering. Benefits include discounts to a wide range of products and services, event insurance and the ability to compete in major competitions.

Events

The club run a series of events throughout the year. Almost all our events have courses suitable for all from complete beginners to experienced orienteers.

The type of orienteering can vary hugely. Traditionally forests and moorlands have been used but these days we also use parks and urban areas.

You can enter all but the largest events by just turning up on the day of the event. You can run as an individual, pair or in a group.

The list of events is available on the SYO website where you will be able to find all the information you need on location, courses available etc.



Saturday Afternoon events

We hold events in parks and woods around Sheffield. These have a range of courses aimed at children and adult beginners although we also make sure there are courses to test our more experienced members.



The highly successful Sheffield Schools League normally takes place at these events.

Evening events



Once a month we run an event in the evening. 3 - 4 courses are available from short easy courses to longer hard ones. We will nominate an after event pub. When the winter comes they inevitably become night events...

Sunday Events

Around once a month we organise a larger event at one of our bigger areas. There will be more courses available and the terrain tends to be challenging. Most Sundays when we do not have an event there will be one put on by our neighbouring clubs so there is normally a good chance that within an hour's drive you will be able to orienteer every Sunday.

Competitions

There are several major events throughout the year. The biggest annual event in the UK is the JK—a 4 day event held over Easter. Other major events included the British Sprint, Middle and Classic Championships and the Northern Championships. Most events are individual races but there are also important relay competitions including the JK and British. The most important inter-club competition is the Compass Sport Cup. SYO have a very good record in this competition finishing in the top 3 nearly every year since 1980. SYO members have also been very successful at both Junior and Senior levels and we have numerous current and former British & JK champions amongst our membership.

Juniors

The club has a thriving junior section. Many start at our Schools League and progress from there to our coaching sessions and larger events.

Juniors over 8 train at our Wednesday evening training sessions and all juniors are welcome to our Saturday Afternoon training sessions.

Secondary age juniors that are keen and are able to complete Orange or Light Green courses competitively at our larger events are nominated join the Yorkshire & Humberside Junior Squad.

The squad arranges coaching days around Yorkshire and weekends further afield, often the in the Lake District.

Many of our juniors have gone through the Junior Squad, progressing to the National Junior Squad and representing GB at international competitions.

Junior Competitions



SYO Juniors at the Peter Palmer Relays

There are several junior competitions during the year, including the British Schools Champs, the Yvette Baker Trophy competition (an Inter-club team competition) and the Peter Palmer relays (Overnight relay!) We try to travel together as a club to these events or arrange to stay overnight together. We also arrange matches against our neighbouring clubs.

Photo Credits: Wendy Carlyle, Martin Ward, Richard Baxter