



## Navigation Course for Fell Runners

The WFRA has organised a one day, highly practical navigation course on **Saturday 15 March 2014**  
in  
**Llangynidr, near Crickhowell (South Wales)**

The course will, as in previous years, be led by one of the UK's leading orienteering coaches, **Mark Saunders**.

The course will cover:

### Map Interpretation

OS Grid System, Grid References and measuring distance  
Map orientation  
Basic contour interpretation

### Compass Work

The compass and its main uses & taking bearings

### Navigation Strategies

Rough & Fine Navigation  
Route choice, Pace / distance judgement

The course will be a mix of classroom and practical outdoor exercises. It can be made easier or harder depending on the experience of the group.

(Course will commence @ 09.00 and finish at dusk)

**Course Fee: WFRA MEMBERS - £20, NON MEMBERS - £40**

**To book your place, please send your details (name, address, e-mail, telephone contact number - in the event of course cancellation, and WFRA membership number) together with a cheque payable to Andrew Blackmore, to:  
23 Cowleaze, Magor, Monmouthshire NP26 3LE**

**For General Enquiries, please e-mail me: [andrew@wfra.org.uk](mailto:andrew@wfra.org.uk)**

Please note: you will need to have some fell running experience, a basic understanding as to how to use a compass and, as there will be a series of practical sessions in the hills, suitable kit/ equipment for fell running (including a compass!).