

# **Lunchtime orienteering switches to the Meadows**

**Orienteering Edinburgh are switching their Thursday lunchtime runs from Festival Square to the Meadows, starting next week on 15 February.**

The runs take place between 12pm and 1.30pm and are part of the build up to the World Sprint Championships taking place in the Capital during July.

The four week series finishes on 7 March.

Louise Adams, Development Officer for the Scottish Orienteering Association, says:

“The World Sprint Orienteering Championships gazebo will be situated on the grass near the Meadows Compass and participants will be offered the option of a long (5-5.5km) or short (4-4.5km) course.

“These courses will take them through the neighbouring streets of Marchmont, Morningside and Newington with the aim of introducing runners to some new corners of local places.

“It doesn’t matter what your level of experience is as we will have knowledgeable orienteers on hand to get you started with the basics. The courses are suitable for all, regardless of technical or physical ability or age – the aim is simply to learn a new skill and get outside and active.”

When the runs from Festival Square were launched last month

organisers stressed the benefits that could accrue for workers from getting away from computer screens for a while and re-charging.

Louise added: "Orienteering is an exciting and challenging outdoor sport that exercises mind and body.

"The aim is to navigate between control points marked on a specially made orienteering map.

"In competitive orienteering, the challenge is to complete the course in the quickest time choosing your own route.

"For city centre events, there is no stress on the competitive side and newcomers are encouraged to run together for that added social bonus!"



