



WELCOME TO LAGAN VALLEY ORIENTEERS!



WELCOME



Welcome to Lagan Valley Orienteers (LVO). We're delighted to have you join our community! Whether you're brand new to the sport or a seasoned competitor, there's a place here for you.

Our club offers a mix of local and regional events, along with regular coaching sessions designed to help you build confidence and develop your skills at your own pace. Whether you're keen to simply enjoy the sport, try a few friendly competitions, or eventually take part in team relays, there's something for everyone. Most importantly, we focus on making orienteering fun, sociable and welcoming for all ages and abilities.

If you have any questions or just want to say hi, please don't hesitate to get in touch – we'd love to hear from you!

Happy navigating,
Moire O'Sullivan
LVO Chair
Email: chaire@lvo.org.uk

<https://lvo.org.uk/>

FIND AN EVENT



1 NORTHERN IRELAND

If you're raring to get going, all the orienteering events that are taking place throughout Northern Ireland can be found on the NIOA fixtures page: <https://www.niorienteering.org.uk/fixtures/>

2 LOCAL

The events that are local to LVO (that take place in Co. Antrim, Armagh and Down) are listed on the LVO Fixtures page: <https://lvo.org.uk/events/>

3 ALL IRELAND

And if you're looking to go further afield, Orienteering Ireland lists all the orienteering events taking place in the south:

<https://www.orienteering.ie/fixtures/>

4 OVERSEAS

We often travel across to GB for events like the JK (over Easter) or the summer-time Scottish Six Day, Lakeland Five Day or Wales' Cresco. Some even head to Europe for events like the OOCCup.

WHAT LEVEL?



1 CLUB

The Wednesday Evening Events (WEEs) are a series of 2km and 4km orienteering events held throughout May and June. LVO also has Spring Cup, Autumn Trophy, Urban and Score events throughout the year.

2 NI COLOUR SERIES

The NI Colour Series is a series of seven orienteering races held from March to November in different forest and mountain locations around Northern Ireland. At each of these races, there are different 'colour' courses available, everything from White (which are easy and perfect for young families) up to Brown (for elite and experienced orienteers).

3 NI CHAMPIONSHIPS

Orienteers in Northern Ireland compete in NI Championship Races held throughout the year. These Championships include Score, Night, Sprint, Middle and Long.

4 IRISH CHAMPIONSHIPS

The Irish Championships moves between the four provinces each year, and is a wonderful weekend occasion with courses to suit everyone: <https://ioc.orienteering.ie/>

COACHING



Club Meets

Club Meets are a great way to improve your orienteering skills in a social way without the pressure of competition. Taking place every 2nd Saturday of the month during term-time, club coaches put on sessions for orienteers, no matter your age or level. Every month provides a different location and challenge, whether its a forest, mountain, sand dunes or urban terrain. Everyone is welcome!

Junior Training

Families new to orienteering can join our six-week summer coaching programme in Tollymore to learn the basics of the sport. More experienced juniors can take part in autumn training sessions on more challenging terrain to develop their skills and prepare for competition. Our junior squad also enjoys training days and residential weekends throughout the year.

Wednesday Evening Night Training (WENTs)

WENTs are an opportunity to go for a social mid-week run in the colder, darker months of November and December. They take place in parks or urban areas, where everyone starts and finishes together so they can have hot drinks and catch-up afterwards.

<https://lvo.org.uk/juniors/running-wild/>

VOLUNTEERING



LVO is entirely run by volunteers. We're always looking for more people to get involved – whatever your skills or experience, there's a role for you! Here are just some of the ways you can help:

- **On-the-Day Helpers** – Easy and essential! Help with tasks like collecting controls or managing the start.
- **Event Officials** – Planners, controllers and organisers make events happen. Training and mentoring provided.
- **Committee** – Use your skills in management, finance or strategy to help run the club and shape its future.
- **Coaches** – Share your orienteering knowledge and help others develop.
- **Mapping, Equipment, IT** – Ideal for those who like technical or behind-the-scenes roles.
- **Photographers** – Help us capture the energy of our events with great action shots.
- **Seven Sevens Original Walk** – Our major August fundraiser needs plenty of willing hands!

Find out more by emailing volunteer@lvo.org.uk. Your club needs you!

<https://lvo.org.uk/about-us/volunteers/>

GO ORIENTEERING!



Orienteering is a fun and challenging sport with plenty to learn – but getting started can sometimes feel a bit overwhelming. Don't worry though, you're not alone!

Here are a couple of useful websites to help you get to grips with the basics. And remember, there's always someone at events happy to offer advice and point you in the right direction. Attending our coaching sessions is also a great way to build your skills and gain confidence.

We're here to help – just ask!

Useful Links:

<https://www.orienteering.ie/frequently-asked-questions/>

<https://www.maprunner.co.uk/map-symbols/>

<https://lvo.org.uk/juniors/orienteering-kit/>

<https://www.maprunner.co.uk/iof-control-descriptions/>

<https://lvo.org.uk/technical/>

<https://www.learnorienteering.com/>

JUNIOR SQUAD



1 JOIN THE LVO SQUAD

If a junior wants to take orienteering a step further, they can join our Junior Squad. For this, they need to be a member of LVO and be able to orienteer at Light Green standard (Technical Difficulty 4). Orienteers who regularly compete usually achieve this around the age of 12 or 13, but older and younger juniors are always welcome to join.

2 REPRESENT NORTHERN IRELAND

The Junior Inter-regional Championships (JIRCs) are an annual competition between the UK's junior regional orienteering squads. Northern Ireland Orienteering Association sends a team of 24. It is a great opportunity for the athletes to get to know each other better and make friends in other parts of the UK.

3 REPRESENT GB OR IRELAND

The [Irish Junior Squad](#) is an inclusive group of young orienteers (aged 13-20) from each of the four provinces of Ireland. They train and compete together to hopefully be selected to represent their countries on the international stage.

MEET SOME OF THE TEAM



Mairi Kennedy

SAFEGUARDING OFFICER

At LVO we want you to feel safe and welcome. Our safeguarding policy is available on our website under About Us. Any concerns you have or incidents you witness, please speak to Mairi, our Club Designated Safeguarding Officer: LVO.safeguarding@norienteering.org.uk



Steph Pruzina

TEAM LEAD - JUNIORS & FAMILIES

Steph is our wonderful coach who heads up the Junior Squad. She loves nothing more than helping kids learn more about orienteering, as well helping them to compete for their club and country: juniors@lvo.org.uk



Ric Gamble

NI DEVELOPMENT OFFICER

We are very lucky to have Ric within our club, as he is also the Development Officer for Northern Ireland, so knows everything there is to know about orienteering: volunteer@lvo.org.uk

MEMBER BENEFITS



LOW ENTRY FEES

We keep our event entry fees low for members and have great family rates.

RUN IN A RELAY

Be part of a relay team at the Irish Orienteering Championships or JK, and we will pay for your run!

CAR SHARING

Join our Whatsapp Car Share group to get a lift to your next event:
<https://chat.whatsapp.com/IXjovB8ABnw17qPvM3GJBM>

TRENDY CLUB GEAR

Purchase yourself a unique club O-top to wear at your next event. Details available on our website home page.

FREE COACHING

All Club Meets, WENTs and Running Wild events are free for LVO members.

QUALIFICATIONS

We arrange training in first aid, planning, controlling and coaching, so you are fully qualified for the job!

DISCOUNTS

As a member of British Orienteering, You get a wide range of discounts:
https://www.britishorienteering.org.uk/discount_members

HAVE YOUR SAY

You'll have a vote at the LVO, NIOA and British Orienteering AGMs.

<https://lvo.org.uk/joining/>

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Lagan Valley Orienteers

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Join the Adventure with Lagan Valley Orienteers!

Stay up to date with all our latest news by subscribing to our website. Simply visit any page, enter your email address in the "Subscribe to Website" section.

When you join our club, you'll also receive an invitation to join our Facebook WhatsApp Group. You can also follow our Facebook page for the latest news and updates. We look forward to seeing you there!



Moire O'Sullivan

CHAIR, LVO

✉ chair@lvo.org.uk

📘 @LVOrientees



Photos courtesy of Mairi Kennedy, Harry Bell, George Knight, Mark Stephens and John Shiels