



## Run. Coed y Brenin Trail School - Navigation for Runners

Do you know where you're going when you're out running? Are you entering fell races, mountain marathons or orienteering events where you'd like to have more confidence in your navigation?

Using the new visitor centre in Coed y Brenin as a base, the one-day Navigation for Runners event is a practical navigation course that will cover the basics in a day and give you the skills to go out and practice your navigation.

Whether you're a complete beginner or what to brush up rusty skills this one-day course will talk through what you need to be thinking about.

Format of the day will be indoors and outdoors, we'll make the best of what the weather can offer. Based in the classroom with refreshments available we'll get comfortable and talk about maps and compass and the basic concepts of navigating when running and how to use them practically.

### What we'll cover:

- Types of maps, scales, different Norths, grid references and describing where we are.
- Working out distances and directions and how to get back to a known point.
- We'll cover altitude, handrails, attack points and aiming off as ways to make navigating easier.
- Use of a compass to take and run on a bearing.
- We'll put a start on dead reckoning too, but this will be something for you to go away and practise.

Weather dependent we'll finish the day on an orienteering course in Coed y Brenin.



Conducting the course will be **Ashley Charlwood**

It is Ashley's aim to share the joy of moving around in the outdoors and being able to navigate accurately and practically enough to get to where you need to be without making it too complicated.

Ashley started navigating on foot and mountain bike around Sussex in 1986, this quickly became navigating in the mountains of Wales, Scotland, Alps and Pyrenees on mountaineering trips.

In 1997 Ashley qualified as an Ocean Yachtmaster and spent a long time navigating small boats in different places including rowing from Lands End up the Irish Sea and sea kayaking in remote places. In 2000 Ashley entered his first mountain marathon and has always competed in the score classes since, just for the love of finding a tiny orange square in big landscapes.

Having navigated on foot, bike (pedal and motor), boat (paddle, sail and motor), vehicle and hot air balloon and on all the continents, it's fair to say Ashley enjoys navigating, and like any man, hates asking for directions. In 2012, the Royal Institute of Navigation awarded Ashley an associate fellowship for his professional achievements in Navigation

Ashley will be assisted on the day by other qualified navigation and trail running staff.

### **Cost**

The one-day Navigation for Runners course will cost £30 (plus booking fee) per delegate and will include tea and coffee on arrival and a light lunch.

### **Numbers**

The event will be limited to 25 delegates.