



Understanding the Sporting Backgrounds of Orienteers

The survey was live between 24 July and 8 August 2016 with the 617 responses from people attending the Croeso multiday events (179 people) and through an online survey (438 people).

The 617 people who responded provided some excellent insight into their sporting backgrounds. Of these 89% were members of British Orienteering.

Included are a summary, detailed analysis (page 4) and Appendix (page 18) containing the raw responses to two questions.

Summary

Q1: How did participants first become involved in orienteering?

The majority of people first participated in orienteering through 4 main routes:

- They went along with a friend or colleague (23%)
- They were taken by parents, family members or partners (22%); if 'trying orienteering because you went along with your children (6%)' is added to this it amounts to the largest route into orienteering (28%)
- They went along to an event (17%)
- They first tried it at school (14%)

These 4 pathways into the sport accounted for 82% of those taking the survey and family pressures make family and partners the biggest single route into the sport. There were a few surprises amongst the other routes taken, for instance via the military (4%) and through trying orienteering at university (6%).

Q2: How frequently do participants orienteer?

The majority of people that completed the survey were members of British Orienteering (89%) therefore it is not surprising that 40% take part in orienteering activities weekly; another 40% take part once a month or more frequently and only 20% orienteer less frequently than monthly. Overall there is a very dedicated group of orienteers.

Q3: Who do participants go orienteering with?

Confirmation that families and partners are important in orienteering. Participants go to events with family members (28%) and with partners (23%) making a combined total of 51%, over half of participants go with family and partners. Almost a third of participants (29%) go alone to events and another 17% attend with friends and colleagues.

Q4: What could be changed to encourage participants to orienteer more frequently?

Almost half of the responses stated that they would orienteer more frequently if there were more events/activities closer to home (25%) or if there were more regular local events/activities (21%).

Additionally, responses demonstrated that if participants could orienteer on a different day of the week or different time then 9% would orienteer more frequently.

Over 15% of responders indicated that they were doing all the orienteering they wanted and that they didn't wish to orienteer more frequently, or that they had no time to orienteer more.

Other responses of note were:

- if coaching and support was available it would encourage a further 6% to orienteer more;
- If there was more social activity around orienteering 9% would orienteer more.

Q5: What sports & physical activities have participants taken part in?

When the various categories of running were combined, it is by far the most popular sport in which orienteers have been involved with 500 people (81%) naming it as a sport or activity in which they have participated. This doesn't take into account 'athletics' which could be track and/or field.

Racket sports, cycling and walking are the next most popular 'other' sports. Racket sports are interesting as 223 people have taken part in them when they are considered generically.

If the 'school' years are ignored then 416 (67%) people were involved in running sports, 154 (25%) involved in cycling, 152 involved in racket sports and 150 in walking.

An off-shoot of this question enable an analysis to be completed on when people started to orienteer and it became clear that over half (59%) commenced orienteering at an age younger than 30.

All	Participant Age																	
Start Age	<15	15 to 19	20 to 24		25 to 34		35 to 44		45 to 54		55 to 64		65 to 74		>=75		Sub-total	
10 to 19	13	32	15	(65%)	28	(68%)	30	(49%)	38	(27%)	30	(23%)	2	(2%)			188	(34%)
20 to 29			8	(35%)	10	(24%)	16	(26%)	38	(27%)	44	(34%)	21	(22%)	3	(15%)	140	(25%)
30 to 39					3	(7%)	10	(16%)	17	(12%)	27	(21%)	39	(41%)	9	(45%)	105	(19%)
40 to 49							5	(8%)	44	(31%)	28	(21%)	22	(23%)	7	(35%)	106	(19%)
50 to 59									5	(4%)	2	(2%)	7	(7%)	1	(5%)	15	(3%)
60 to 69													5	(5%)			5	(1%)
Sub-total	13	32	23		41		61		142		131		96		20		559	

There were no significant differences between the starting age of the women responding and the men. For instance, 34% of men started aged 10-19 whilst 31% of women started; at all age ranges the difference was within +/-3%.

This is at variance to other insight gained that demonstrated that women start orienteering slightly later and tend to cease orienteering slightly early than men.

Q6: What motivates participants to go orienteering?

The responses of participants to this question were a mixture of simple statement, 'I enjoy it', to a mixture of several motivations wrapped up into a single statement. Categorising this was challenging but 14 factors stood out and are included in the detailed breakdown of the question.

Two factors stood out as prime motivators for participants; the challenge/adventure of orienteering (22%); and the sheer enjoyment and fun of orienteering (18%).

After that it became more varied with 11% of participants stating they orienteer because it is a running sport. A group of 4 factors were chosen by between 5% and 7% of responders these were: physical exercise, being outdoors in nature, mental exercise, and maps and navigation.

Social drivers, fitness and family reasons were in the next band of motivators but surprisingly only 2% saw competition as being a motivator.

Q7: What could be changed to help participants enjoy orienteering more and encourage them to take part more often?

The biggest change that could be made to encourage people to orienteer more often was the request for more local, frequent events (19%), a factor that is continually put forward when participants are asked this question.

Interestingly 16% of responses indicated that participants were doing as much orienteering as they wanted and no changes would encourage them to orienteer more.

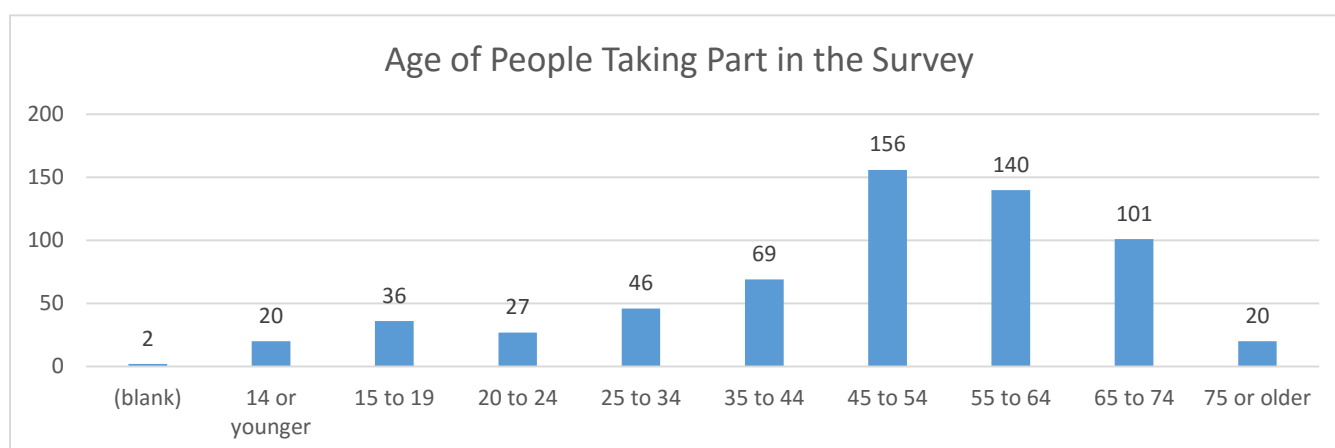
No other factors were put forwarded that impacted on 10% or more of the response.

Q8: What is the gender of people responding?

62.1% of the people responding were male and 37.9% female; this is in line with both the membership distribution and analysis of participation. Approximately two-thirds are male and one-third female.

Q9: What is the age of people responding?

The age distribution of people responding to the survey was:



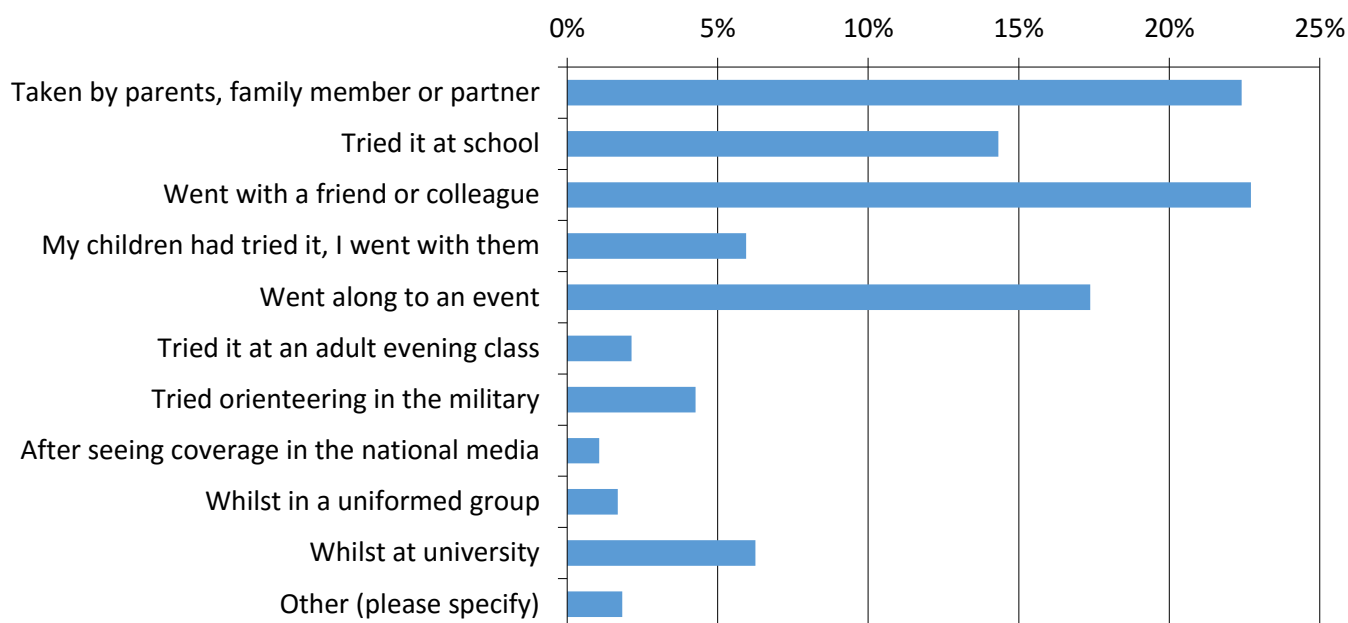
So clearly there was a preponderance of people aged 45 and over responding to the survey, 417 people or 67%.

Q10: Are you currently a member of British Orienteering?

Of the 617 people who responded almost 89% were members of British Orienteering.

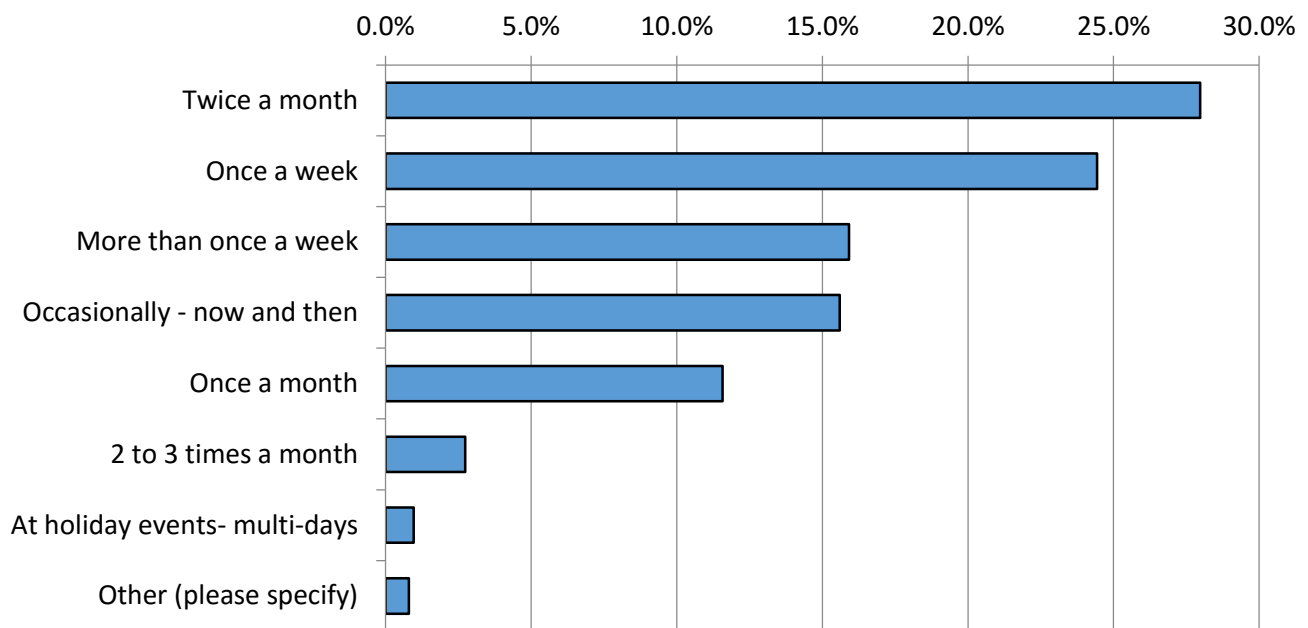
Detailed Analysis

Q1: How did participants first become involved in orienteering?



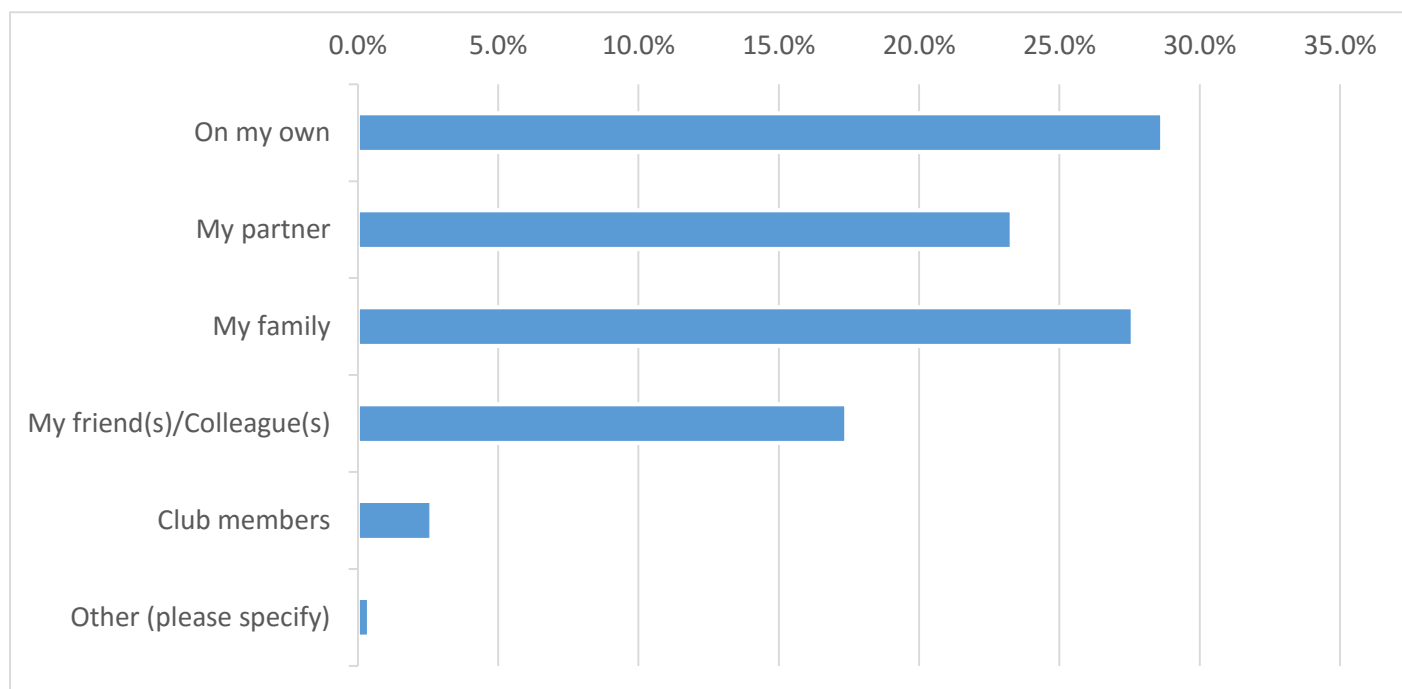
Answer Options	Response Percent	Response Count
Taken by parents, family member or partner	22%	147
Tried it at school	14%	94
Went with a friend or colleague	23%	149
My children had tried it; I went with them	6%	39
Went along to an event	17%	114
Tried it at an adult evening class	2%	14
Tried orienteering in the military	4%	28
After seeing coverage in the national media	1%	7
Whilst in a uniformed group	2%	11
Whilst at university	6%	41
Other (please specify)	2%	12

Q2: Which descriptor best describes how frequently participants orienteer?



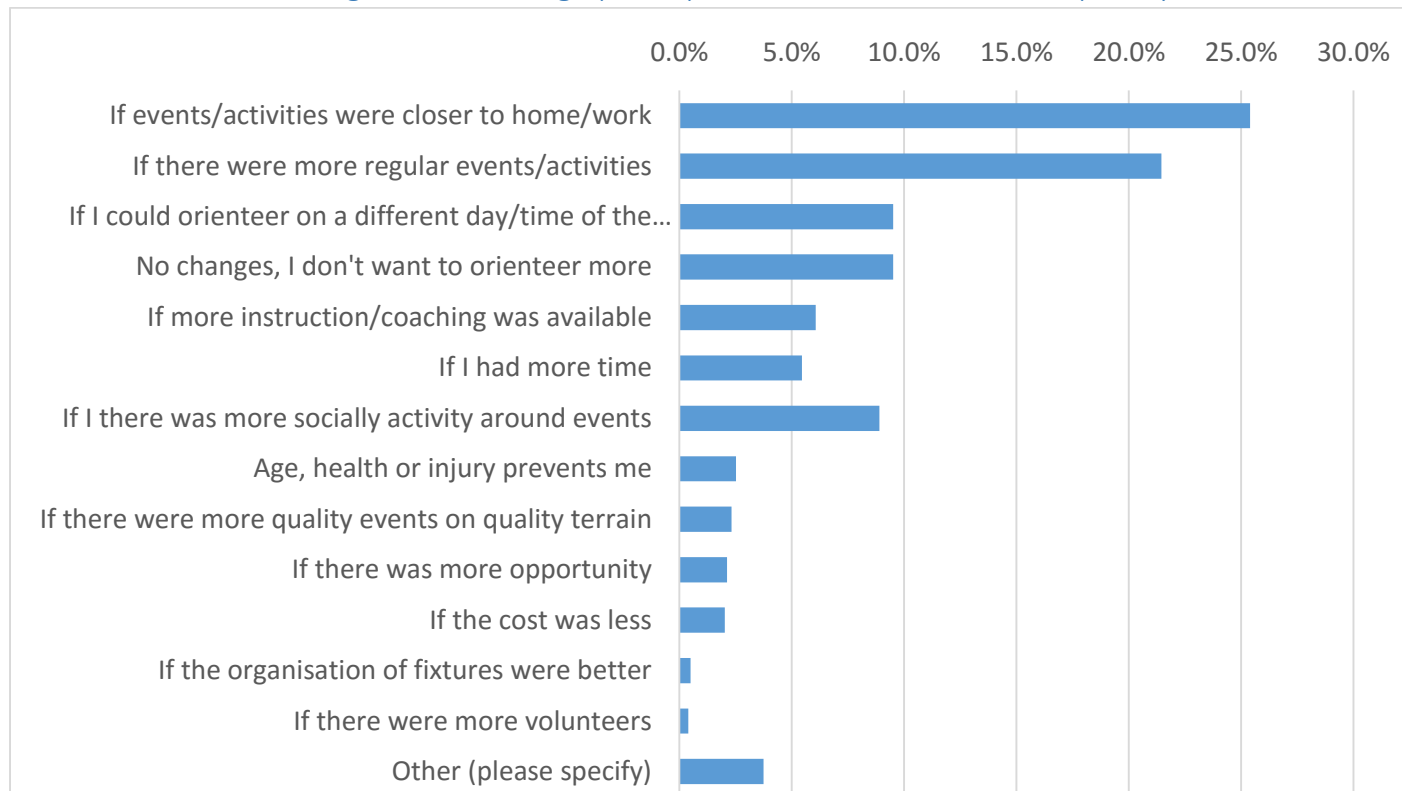
Answer Options	Response Percent	Response Count
Twice a month	28.0%	174
Once a week	24.4%	152
More than once a week	15.9%	99
Occasionally - now and then	15.6%	97
Once a month	11.6%	72
2 to 3 times a month	2.7%	17
At holiday events- multi-days	1.0%	6
Other (please specify)	0.8%	5

Q3: Who do participants usually go orienteering with?



Answer Options	Response Percent	Response Count
On my own	28.7%	219
My partner	23.3%	178
My family	27.6%	211
My friend(s)/Colleague(s)	17.4%	133
Club members	2.6%	20
Other (please specify)	0.4%	3

Q4: What could be changed to encourage participants to orienteer more frequently?

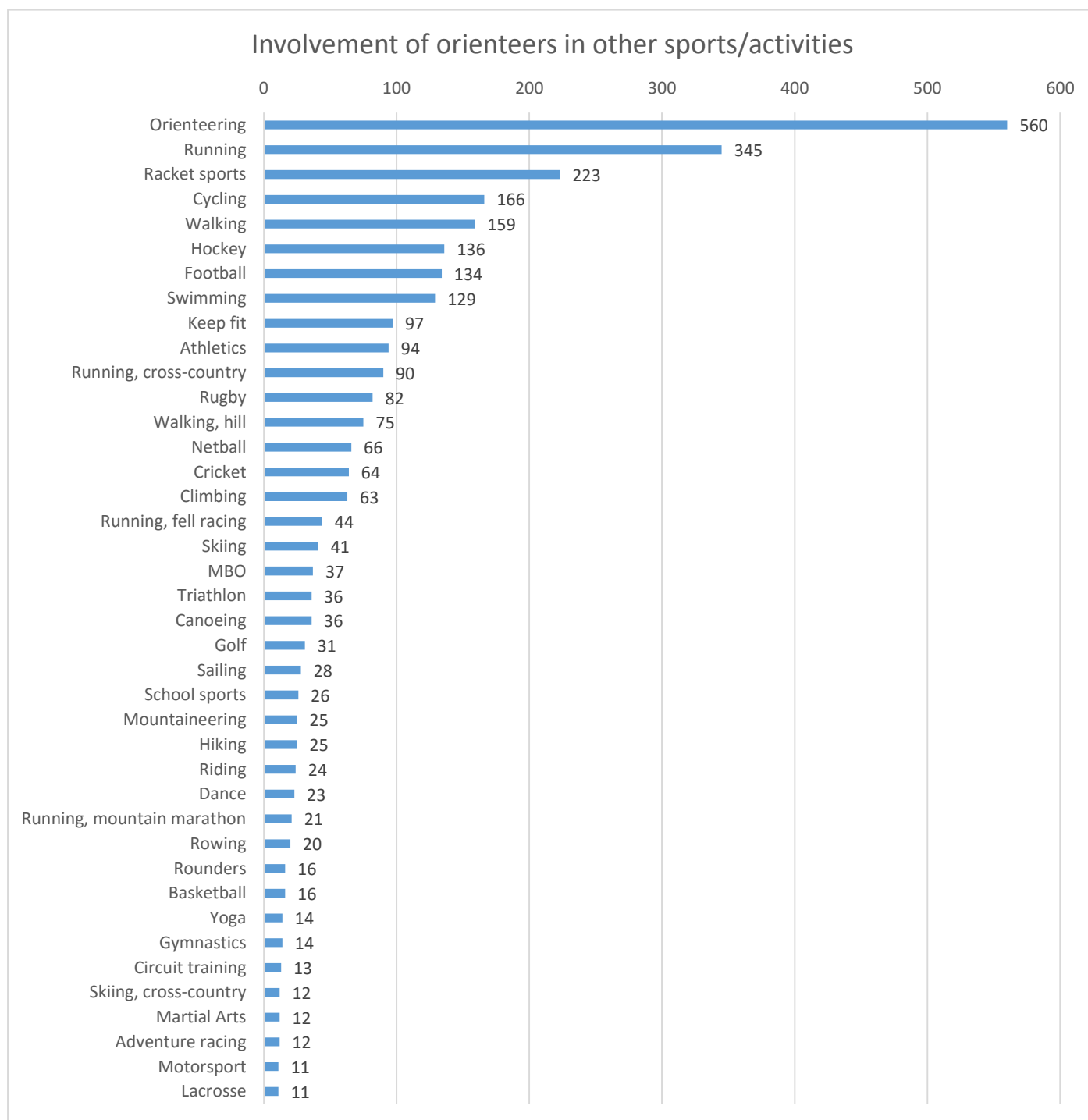


Answer Options	Response Percent	Response Count
If events/activities were closer to home/work	25.4%	251
If there were more regular events/activities	21.5%	212
If I could orienteer on a different day/time of the week	9.5%	94
No changes, I don't want to orienteer more	9.5%	94
If more instruction/coaching was available	6.1%	60
If I had more time	5.5%	54
If there was more social activity around events	8.9%	88
Age, health or injury prevents me	2.5%	25
If there were more quality events on quality terrain	2.3%	23
If there was more opportunity	2.1%	21
If the cost was less	2.0%	20
If the organisation of fixtures were better	0.5%	5
If there were more volunteers	0.4%	4
Other (please specify)	3.7%	37

Q5: What sports & physical activities have participants taken part in?

The information provided by participants in the survey was categorised into broad groups, for instance 'keep fit' was a variety of activities named by people including: aerobics, Zumba, Pilates, gym, core stability, exercise classes, spin, fitness classes, gym (exercise machines), Stretch Aerobics, Body pump, octopush, aquafit. Another example would be 'Dance': Modern Dance, Morris Dancing, Scottish Dancing, Scottish country dancing, highland dancing, Irish Dancing, dance, Dancing, Tap Dancing, dancing ballet, etc

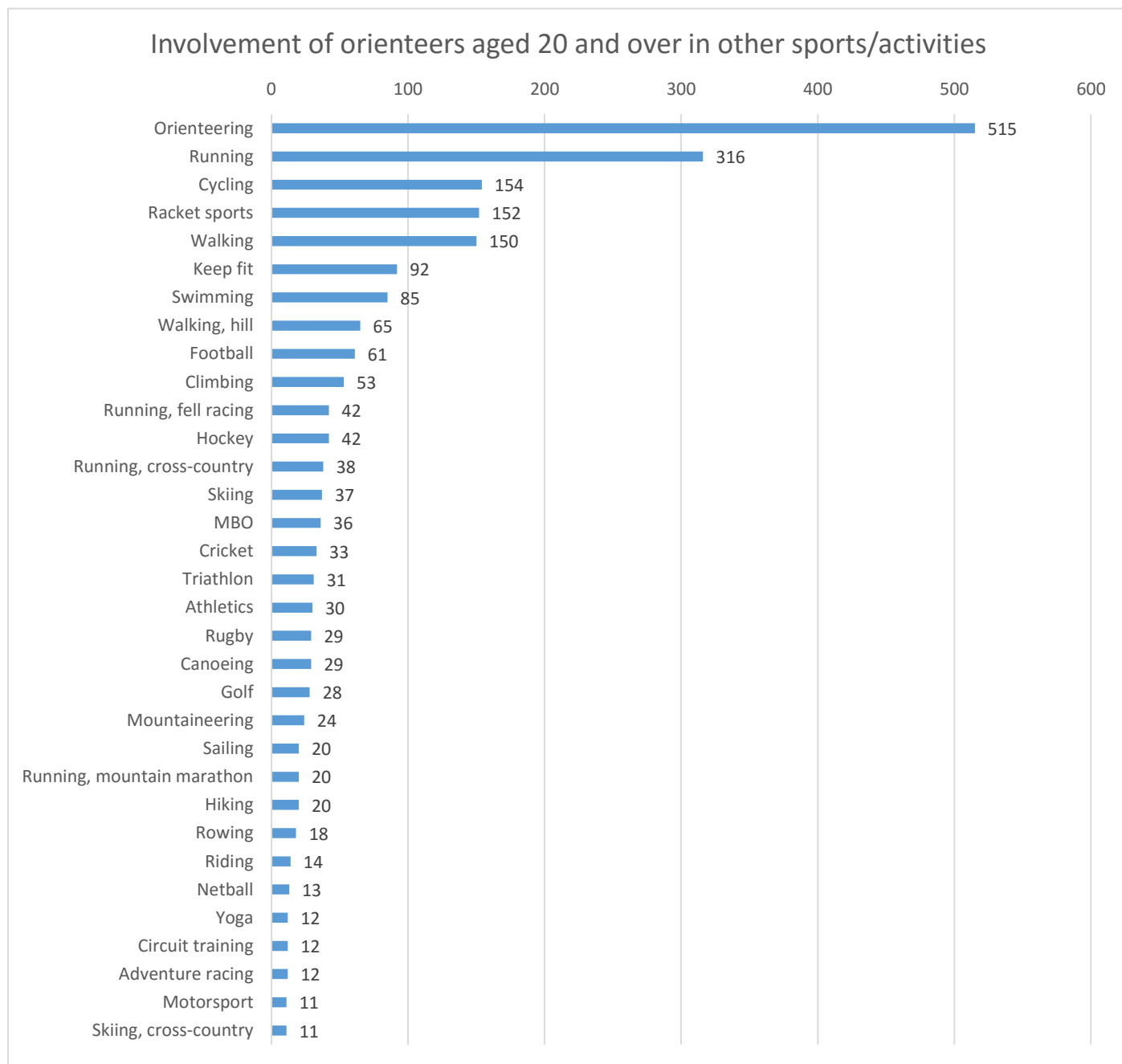
In the table below the sports which 10 people or less named have been omitted.



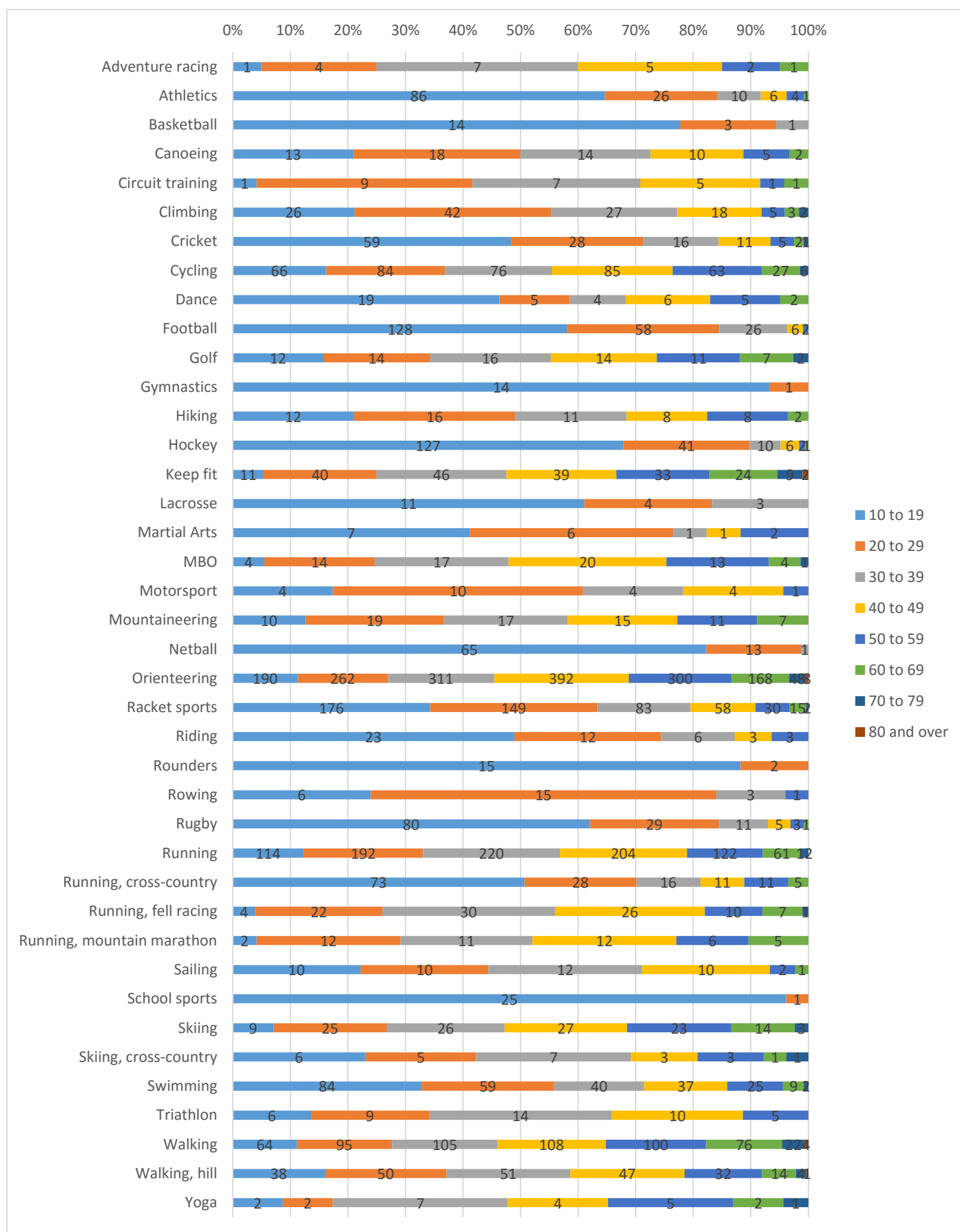
Running, when the various categories are combined, is by far the most popular sport in which orienteers have been involved with 500 people naming it as a sport or activity in which they have participated. This doesn't take into account 'athletics' which could be track and/or field.

Racket sports, cycling and walking are the next most popular. Racket sports are interesting as 223 people take part in them when they are considered generically but considered individually tennis was listed by 108 people, badminton by 93 people and squash by 83 people. Good evidence for the transferability of racket skills.

If we ignore the sporting experience pre-20 years of age, that is omit the school experience, this becomes:

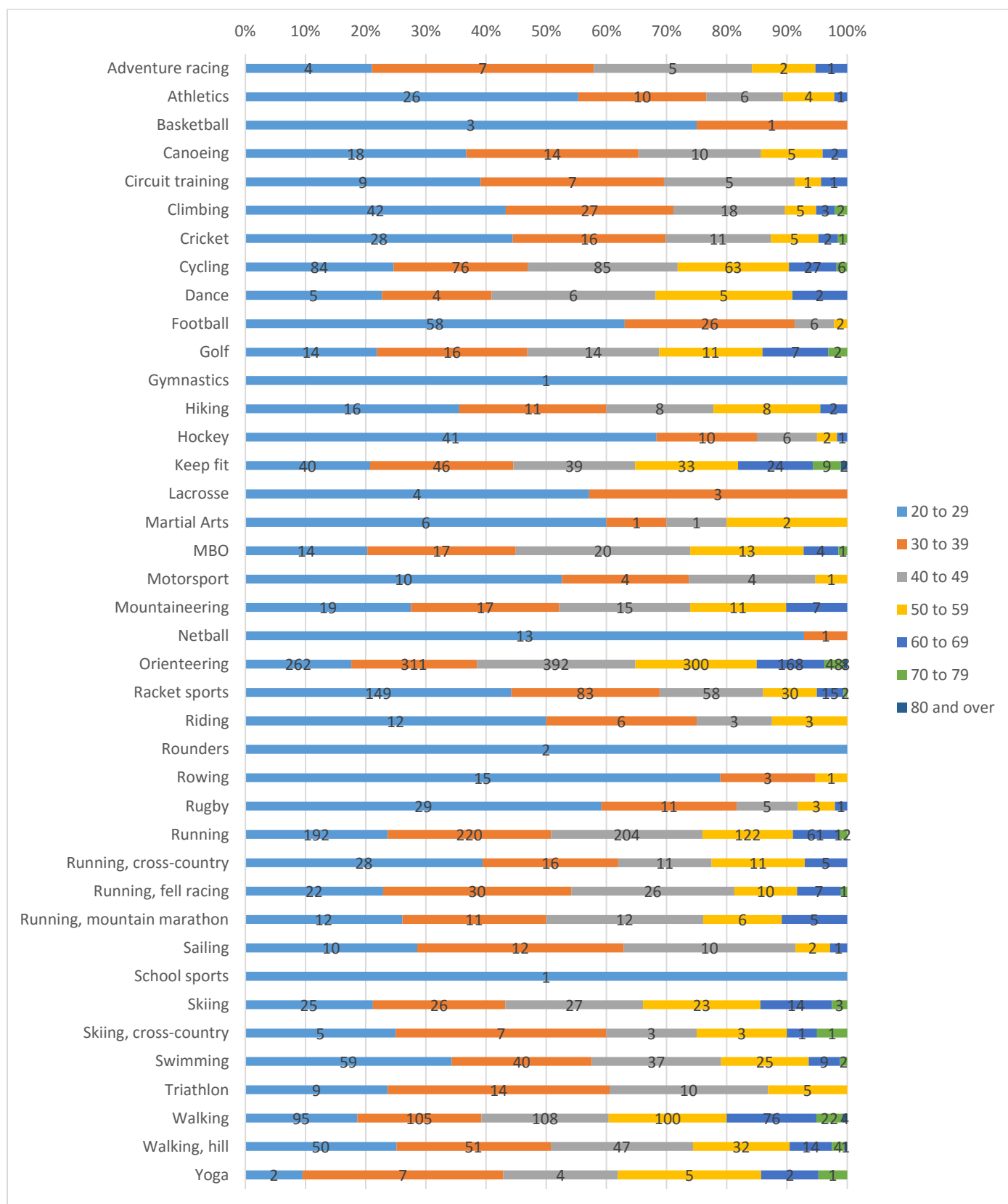


Comparison of sports in which responders participated across all age categories



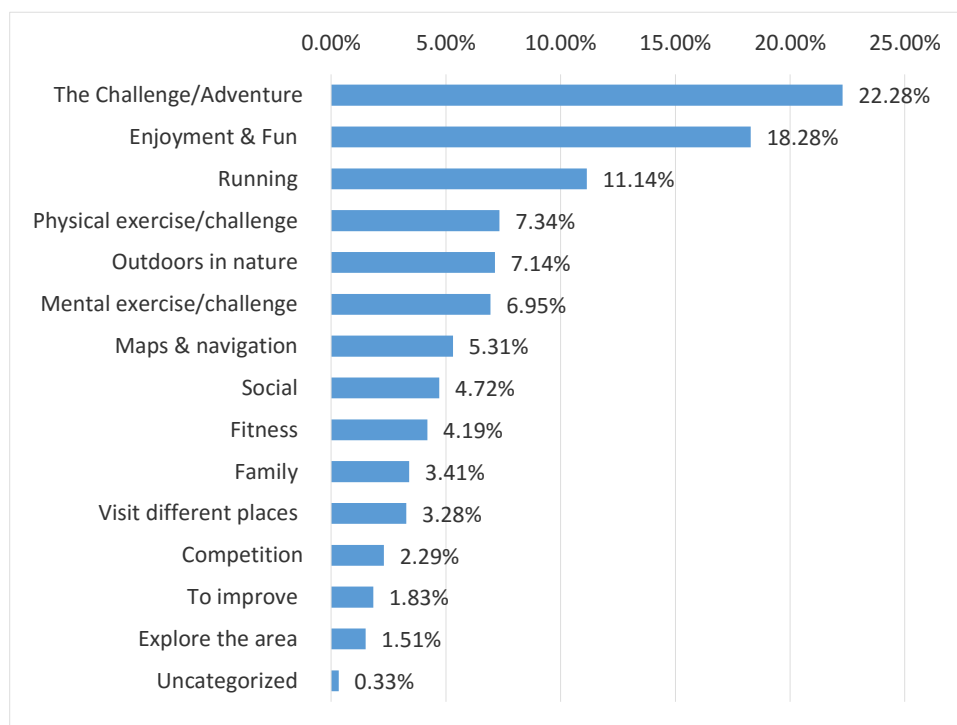
Comparison of sports in which responders participated across age categories 20 and over

Discounting the sports participated in whilst at school does change the picture.



Q6: What motivates participants to go orienteering?

The raw responses are provided in the Appendix.



Answers	Response Percent	Response Count
The Challenge/Adventure	22.28%	340
Enjoyment & Fun	18.28%	279
Running	11.14%	170
Physical exercise/challenge	7.34%	112
Outdoors in nature	7.14%	109
Mental exercise/challenge	6.95%	106
Maps & navigation	5.31%	81
Social	4.72%	72
Fitness	4.19%	64
Family	3.41%	52
Visit different places	3.28%	50
Competition	2.29%	35
To improve	1.83%	28
Explore the area	1.51%	23
Uncategorized	0.33%	5

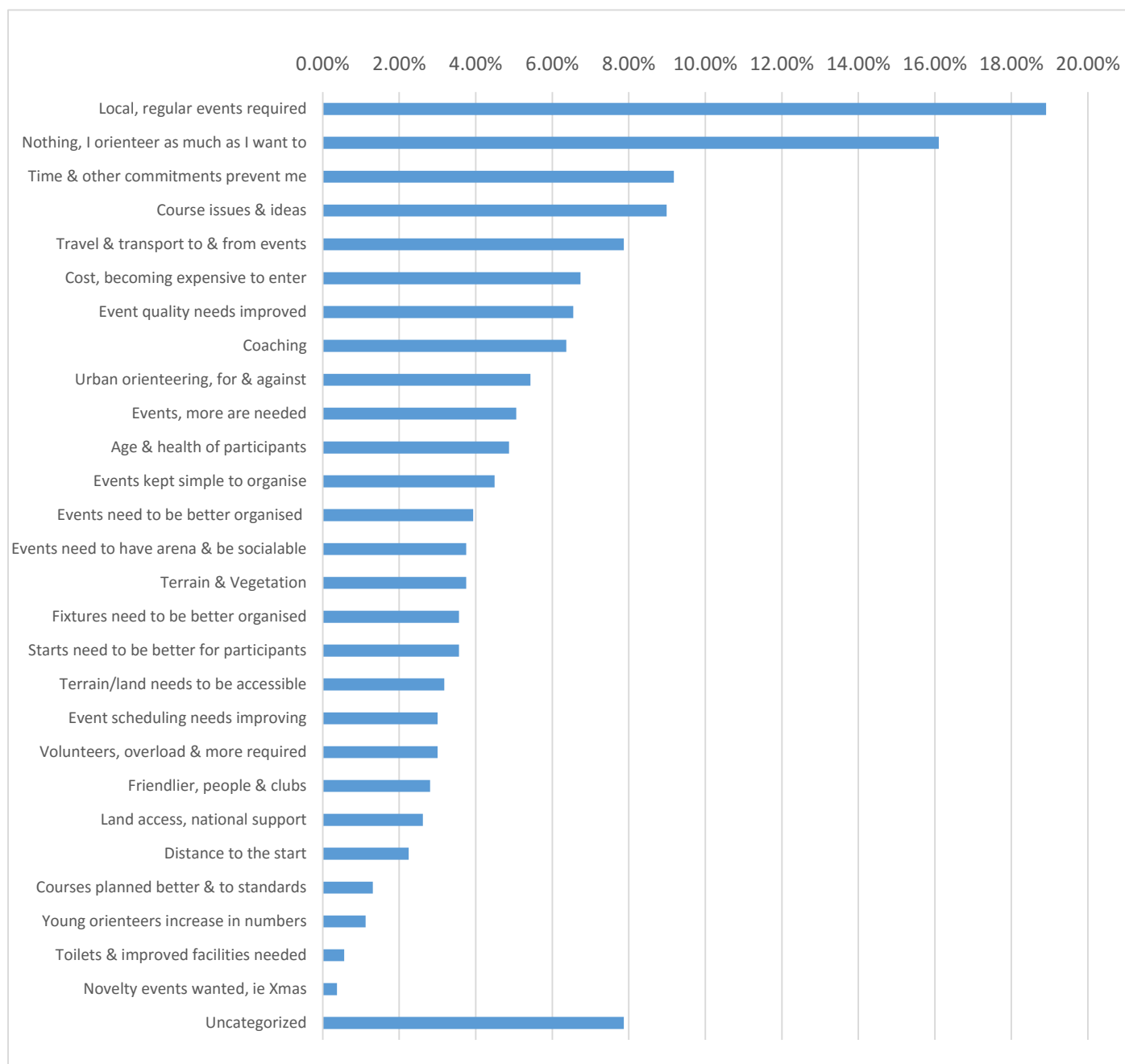
Q7: What could be changed to help you enjoy orienteering more and encourage you to take part more often?

The raw responses are included within the Appendix.

The biggest change that could be made to encourage people to orienteer more was the request for more local, frequent events (19%), a factor that is continually put forward when participants are asked this question.

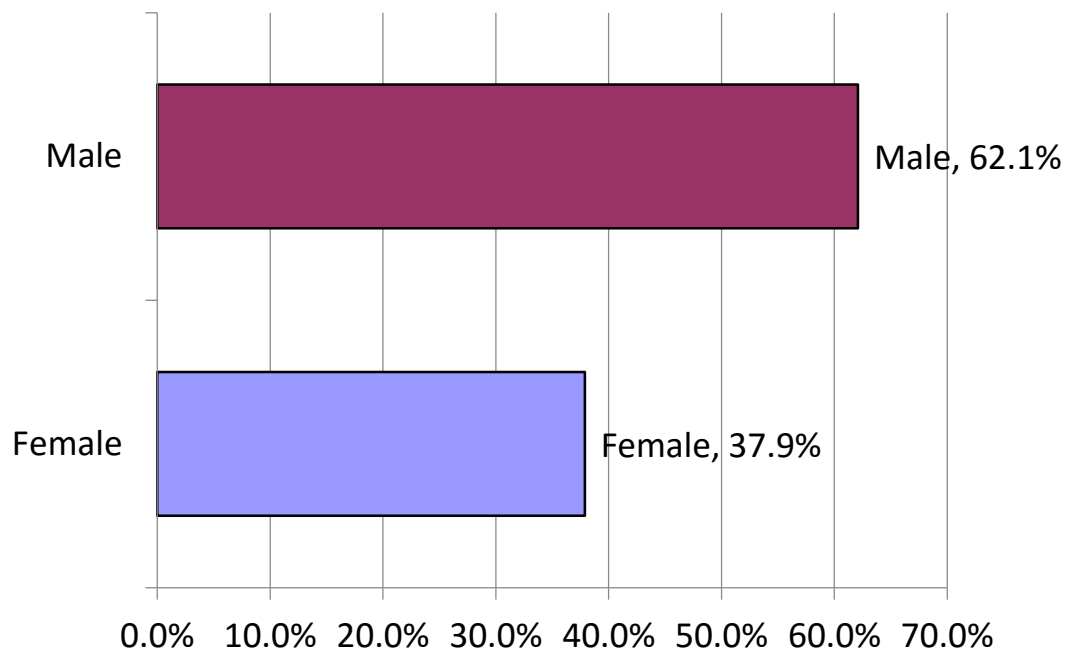
Interestingly 16% of responses indicated that participants were doing as much orienteering as they wanted and no changes would encourage them to orienteer more.

No other factors were put forwarded that impacted on 10% or the response or more.

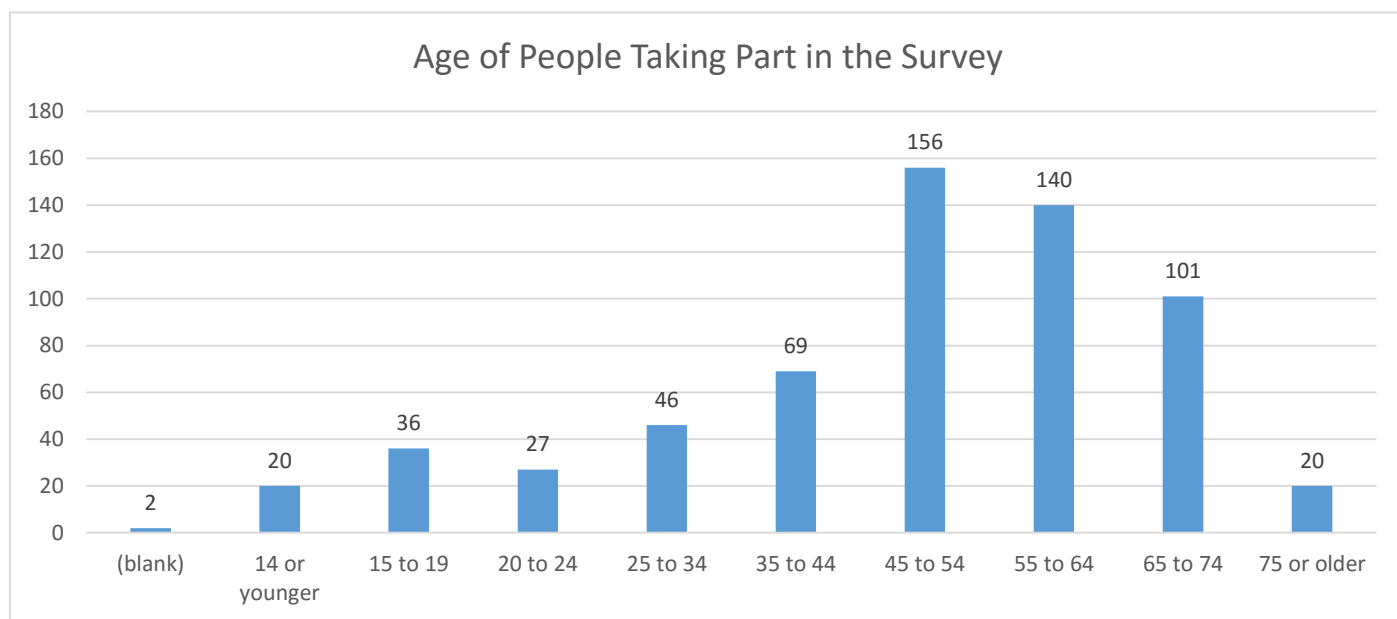


Answers	Response Percent	Response Count
Local, regular events required	18.91%	101
Nothing, I orienteer as much as I want to	16.10%	86
Time & other commitments prevent me	9.18%	49
Course issues & ideas	8.99%	48
Travel & transport to & from events	7.87%	42
Cost, becoming expensive to enter	6.74%	36
Event quality needs improved	6.55%	35
Coaching	6.37%	34
Urban orienteering, for & against	5.43%	29
Events, more are needed	5.06%	27
Age & health of participants	4.87%	26
Events kept simple to organise	4.49%	24
Events need to be better organised	3.93%	21
Events need to have arena & be sociable	3.75%	20
Terrain & Vegetation	3.75%	20
Fixtures need to be better organised	3.56%	19
Starts need to be better for participants	3.56%	19
Terrain/land needs to be accessible	3.18%	17
Event scheduling needs improving	3.00%	16
Volunteers, overload & more required	3.00%	16
Friendlier, people & clubs	2.81%	15
Land access, national support	2.62%	14
Distance to the start	2.25%	12
Courses planned better & to standards	1.31%	7
Young orienteers increase in numbers	1.12%	6
Toilets & improved facilities needed	0.56%	3
Novelty events wanted, ie Xmas	0.37%	2
Uncategorised	7.87%	42

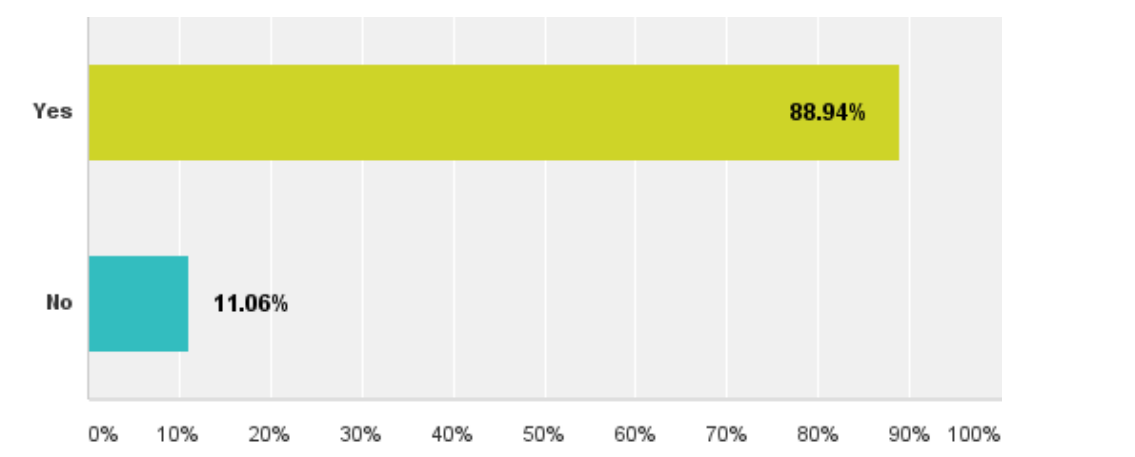
Q8: What is your gender?



Q9: What is your age?



Q10: Are you currently a member of British Orienteering?



Answer Choices	Responses	
Yes	88.94%	547
No	11.06%	68
Total		615

Appendix

Q6 Response text

The challenge especially in difficult areas. Being outdoors. The exercise. Meeting friends.

1) To be outdoors in the forest. I have visited beautiful areas I would probably not have visited otherwise.

2) The challenge of successfully completing a difficult course.

3) The fun & interaction with O friends - many of whom are my 'type' of people.

Always get a buzz from running through wild terrain (therefore much less interested in urban events).

Always get a buzz from solving problems set by good planning. (Therefore much less interested in score events.)

Enjoy the physical challenge, preferably a good 60 mins of varied terrain.

Gives me something to think about while running.

Visit interesting places.

I might win!

Challenge of map & terrain

Going to places I wouldn't otherwise visit

Winning - occasionally!

Meeting friends

The challenge

I started because I like maps, sport, and found myself living in Cambridge so orienteering became a motivation to get to wilder areas every week or fortnight. It became a family sport so 3 of us were motivated. Now I do it (monthly on my own) to go to wild areas (eg multi-days) and enjoy the forests and hills, and try to keep active rather than slip into old age.

Competition; cerebral exercise; physical exercise; outdoors; socialising with likeminded people.

Use of navigational skills. Sense of achievement at completing a course. Maintaining fitness. Exploring new areas. Camaraderie with likeminded people. Comparison of route choices with others.

I enjoy using my navigational skills and the sense of achievement when I complete a course.

A way to maintain fitness. I enjoy the friendship of others and being able to compare route choices with others.

It is a good way to explore new areas and be challenged.

The challenge

Different parts of the country to visit

Orienteers are an amiable bunch of folk

It's fun

Navigational challenge

Keeping fit

Meeting friends

travel

Getting out into areas of countryside that one would not usually go to.

For the physical activity and especially for the navigational challenge.

I LOVE it

(Paul gives me money)

Quite enjoy it

Enjoy combination of physical/mental activity in outdoor environment

Would rather be climbing, but whole family likes orienteering

The unique challenge of each race

Love it!!

Exercise, fresh air, challenge, socialising, brain workout

Sport for life

Personal challenge v planner's course

Joy of physical activity in the great outdoors

Competitive instinct

I enjoy the challenge of navigating at speed and visiting new places - which I otherwise might not have been to.

I like running in terrain. Its a great family activity.

Always possible to improve performance (generally because I've made mistakes). Challenging, unusual areas. Particularly enjoy urban.

I enjoy it

The main reasons for me are that I enjoy the sociable aspects of meeting up with other club members/other orienteers before and after running and discussing courses.

Also I enjoy being out in all types of countryside and travelling to so many different parts of the country especially making a weekend / holiday out of it. I am not a very competent orienteer, always have run short courses and have not done much technique training. I am always striving to improve my performance.

The challenge of navigation, meeting nice people, visiting interesting places, running and outside exercise.

Combination of mental & physical challenge. Suitable for all ages and levels of ability. Access to interesting & beautiful areas.

Navigation

Fitness (encourages me to train)

Activity with family

Enjoyment

Challenge

To get together

Running in the countryside, plus use of mental capacity

The challenge of getting round at all these days!

Previously winning my class or achieving key champs standards.

I like running but basic running is slightly boring. Give me a map and running becomes a wonderful adventure with my mind being active and alive and the body working hard. Also O visits new and lovely places.

Mental challenge, love maps

Outdoor adventure - off the paths

Love planning

Physical exercise

It's great fun, love the challenge, love to compete.

Fitness, enjoyment

I like the challenge of being out in variable terrain with nothing more complicated than map and compass.

The concentration required means that all of life's niggles are forgotten about. Being out in nature and the feeling of satisfaction when I've had a good run.

The combination of physical & mental exercise and going into terrain without knowing where you'll end up. Going to places that otherwise you would never go.

Challenge. Excitement and novelty of new areas and courses.

Visiting new parts of the country/world, and great habitats/landscapes.

Camaraderie with other club members. Keeping active (I didn't enjoy running per se)

Hate straight running but map reading takes the mind off it - used to draw own imaginary OS maps as kid (6+). Love to get out in the countryside and visit/run over areas I would not otherwise have been to (also reason I do not do urban / sprint events unless part of multi-day.)

Still waiting to have a successful and relatively error free run.

Orienteering is like life; one moment you're up, the next you're down.

Constant challenge, mental & physical, that's the attraction.

Trying to get it right - seeking the perfect run.

Opportunity to run in some wonderful places - often not open to the public, and to link with holidays in other countries as well as the UK.

To beat my 'performance peers'.

The continual mental challenge and techniques involved in all forms of the sport.

The new challenge of orienteering in the urban environment.

Because my partner is a keen orienteer.

Challenge - Physical & mental.

Competition - great peer group.

Visiting places new - Towns, cities, forests, never visited places.

Travelling - train, plane rather than car - current ideal

The competitive challenge of trying to do as well as possible & improve my results. Also I love the countryside & exploring new areas of forest h& parkland. In the last 5 years or so I have realised a particular aptitude at urban orienteering.

I enjoy the social and challenging aspect of it.

I enjoy the problem-solving aspect, the fact that I do it on my own, the chance to run (especially in forests) with an objective, the fact of being out in all weathers and on different kinds of terrain. I like the fact that even as a non-sporty person, I can be involved in a tough, demanding sport, at my own level.

Mental challenge as well as a physical one; therefore, more interesting than just running.

To see beautiful parts of the country (countries), some of which are not accessible otherwise.

Combination of physical & mental challenge.

Going to new places, sometimes not possible to visit any other way.

Friendly competition with friends who run the same course/class.

Travel & visiting locations after events.
 Competition - particularly local leagues/regional galoppen.

I enjoy the challenge both mental & physical of getting round a course. It gets me out of the house and meeting up with friends old & new.

Love the physical activity and getting outside.
 Love getting muddy!
 Always hope I'll have a better run!

Great to be outdoors every weekend, whatever the weather!
 Excuse to travel and see wonderful places.
 Friendship & camaraderie with fellow competitors and volunteers.
 It still feels good to find every control!
 A brilliant blend of physical and mental exercise.

Enjoy running anyway - added challenge of having to navigate as well.
 Event all year and in all weather.

To keep fit and use my brain to navigate and to socialise with lots of lovely people of all ages.
 I enjoy galoppen league events.
 To visit interesting places and great scenery in all weather.

The frisson of pleasure when I spot the flag where I thought it would be (rare!).
 The hope that one day I will do the perfect run.

I love the contrast between orienteering and normal life.
 Combination of physical & mental challenge.

It is a challenging outdoor way to keep fit and socialise that my children and I enjoy doing together.
 The challenge, the family side. I go with my mum & brother. The combination of navigation and running.

I enjoy it, I'm a competitive person so like that it is always competition in races.
 Gets me outside in all weathers.
 Highly satisfying when race has gone technically well.

I just like meeting friends and having a race.

Physical & intellectual challenge.
 On a good day I can win which is nice.
 Visit variety of areas in the UK

Don't really know. Habit I think. Not ready to make the conscious decision to stop. When I have a good run its really great - but I have a lot of bad runs recently that have left me feeling very demoralised and at times very scared.

Challenge, beautiful locations, fitness

I am bored by running by itself. The mental challenge of matching map and landscape makes something I'm prepared to do as it is an enjoyable way of keeping fit.

Enjoy the challenge.
 Go to lots of interesting places I would not normally go to.
 Keeps me fit.

Choice of course lengths to suit my ability. I need on the day my wife and I do the same courses and enjoy comparisons.
 Good regular challenging exercise requiring me to think and run.

Visiting interesting areas/cities/countries
 Enjoy challenges set (physical/technical)

Nothing

Nice weather, company, challenge

The mental challenge, exercise, interesting places and socialising. Want to keep brain & body active. Different challenges every event.

Enjoy combination of physical and mental challenges.
 Good comradery amongst fellow orienteers - always a good crack

Outdoors, Mental challenge.
 Heredity?! Fascination with maps.

Navigational challenge; social reasons

Great places to use; meet up with friends; challenge of orienteering; winning!

Jogging is boring. Orienteering is adventure and fun. You have a reason to run towards something.

I enjoy the combination of physical activity with a mental challenge of map reading; usually in pleasant environments; usually with nice people.

Physical activity, outdoors, competition & social. Challenge each time - that elusive 'perfect' run.
N/A
Competition & fitness, running in open areas (NOT urban).
Enjoy map reading and visiting different places. Keeps me outside.
Test of physical & mental fitness Independent (except relays) - so no reliance on others Genuine sport, minimal cheating/antics etc Courses/Classes for range of abilities, something for all
Enjoy the challenge and going with the family.
It keeps me fit, but I love the navigation & the competition.
I enjoy it
Fitness & Health. Regular physical exercise, Mental challenge, spending time outdoors. Family activity (something we can all do). Making new friends. Discovering interesting and beautiful places.
I go orienteering for fun & excitement
Family sport, with challenges to suit all abilities & ages. Sociable sport.
Opportunities to go to places 'off the beaten track'. Events are held at places I wouldn't otherwise visit and I really enjoy this. I would not go running unless I was orienteering; the challenge of navigating takes your mind off the tiredness of your legs! I very much enjoy the comradery of the club (TVOC).
The navigational challenge plus exercise and getting outdoors
I love running in rougher off-road terrain. The attempt to achieve that perfect run draws me back. Orienteering is kinder to my limbs and tends not to aggravate old running injuries. I do meet old friends at events.
Personal challenge, age class competition, to increase fitness and keep healthy, in search of the elusive, perfect run. Visiting new places - ie regions of the country, Europe. New forests, new towns & cities for urban events.
For exercise Social gathering
Like being outdoors and alone in a forest
Because my parents take me
Because its FUN
Maps, outdoors, & focussing mind rests the brain.
The opportunity to visit beautiful wild places. The challenge of navigating and a love of maps. Spending time with like minded people and making friends.
Enjoy the challenge of finding controls & map reading. Gets me to go to new areas
Mix of mental & physical challenge Being out in the forests, woods, dunes, etc Enjoying being in different parts of the UK
Been involved in administration. Too stupid to quit!
Its fun, keep fit
For fun, adventure, keep fit
It's fun, good exercise (mental & physical)
The navigation. Never a great runner but LOVE the technical challenge of finding controls. Always disappointed if others are shouting out to each other or telling me where they are! Known to be long times out! Constantly being asked by competitors ;where are we' is becoming frequent and annoying.
Like the challenge Meet up with friends Family activity Keeps me fit Like to win/beat rivals Competitive

Get to areas of the country that you wouldn't normally get to. The challenge of navigating yourself around a course.

Get outside. Keep Fit. See children/grandchildren. See countryside/places never been to.

Being with friends & family, going to holiday events.

Challenge, both navigational & physical.

I started because we tried it as a family and I enjoyed it so much I continued to go.

I like running with a map.

I do not know! I just enjoy it.

Physically, mentally, psychologically challenging. Massively social experience as have so many friends in the sport. Travel all over Europe to events. Huge variety of terrain, so never bored. Can enjoy increasing me ability & level of skill, still at the age of 59. Also get chance to contribute via planning, controlling, coaching, member sec etc. so feel really integrated and valued within the community.

A new/different challenge every time.

Visiting different places.

Meeting like-minded people.

Meeting friends, keeps me active

I have no choice as my parents do it regularly but I do enjoy it and comparing with friends.

Just enjoy it so no effort is required on my part.

I find a lot of satisfaction is really enjoying it. I see places I would not otherwise see. I meet up with fellow orienteers, many of whom have become good friends. Also it keeps me reasonably fit.

The challenge

I love running outdoors, combination of navigating & running is great even though I'm not brilliant at either.

Gives me motivation to keep reasonably fit.

I enjoy being outdoors

I like learning practical skills

I love the feeling of accomplishment after completing a challenging course.

I find orienteering exciting. getting out in the fresh air and never completely sure of my route or where I will be going next. The terrain can be incredible.

I love the navigation part of orienteering allied to running.

The challenge of thinking of where, how, etc & not just running for the sake of it.

In the outdoors, doesn't take all day which is sometimes an advantage with other demands on time.

Father (Christian/Orienteer) its what defines me, it is an thergrching part of me and my wife.

Enjoyable outdoor exercise. Stimulates the brain and offers a challenge. Also nice people.

Enjoyment of countryside, forests, moors, sand dunes.

Competition and navigation challenge. Use of maps.

Meeting with a large number of likeminded people.

To keep fit. Enjoy the map reading & running.

Not so keen on very rough terrain nowadays.

Something we can take part in as a couple.

Really like urban events, the best.

Often do not do an event if the weather is bad.

Enjoy meeting friends from other clubs.

Challenge, adventure, satisfaction, social, location - outdoors, fitness

To keep fit, to visit different part of the country, to meet with friends & family, to socialise, to keep mentally & physically active. Orienteering appeals to me because you are an individual - being as competitive as you wish. You can go fast or slow, long or short, the choice is up to you and your own fitness.

The challenge - perfect run never achieved yet!

Because its a great challenge, physically and mentally.

Also you make great friends.

It is adventurous and provides a new challenge at every event.

It is competitive however its also fun and enjoyable and I feel comfortable with my own class and standard.

??

My parents

The wife!

Keeping fit

Its a challenge!

Exercise is an addiction and orienteering is the 'thinking man's' form of exercise.

Love being out in the fresh air.
 Love the challenge of finding all the controls.

I enjoy being outside & the challenge of running with a map.

Look the challenge of the race, balanced with not going too fast, then going wrong.

Intellectual challenge as well as fitness

Getting outdoors, visiting different places, more interesting than just running

The 'outdoors'.
 The challenge - few sports offer this across the full age range
 Family participation.
 A good way to stay fit.

Go with mum & dad

Gets one to places I would not otherwise go.
 Some fantastic countryside.
 Physical & mental challenge: a feeling of accomplishment when I finish.

Running is essential part of military life. But orienteering adds a mental challenging aspect to what is otherwise a boring sport.

Enjoy a challenge, outdoors, with friends & family.

The challenge of competing a course well.
 The challenge of competitions with others of similar ability.
 The achievement of finding a control.
 Maintaining fitness.

The challenge of combined mental & physical effort.
 Visiting areas around the country.
 Social benefits of helping run events.

Mix of mental and physical challenge (increasingly the mental challenge).
 Visiting new places, especially classic rather than urban.
 Meeting friends and new faces.

I love maps and I like the mental challenge of navigation. It also gives me the opportunity to explore new and interesting places.

I like the feeling of achievement when I find the controls.
 I also like the competitive nature of the sport.

Puzzle solving & getting sweaty

Love maps, great mental challenge. Visiting unusual countryside, meeting fantastic people who become great friends

Like being out in the woods in beautiful places. Like mapping & navigation & the competitive challenge.

Like being outside.
 Intellectual & physical challenge.
 Primeval sport, running in forest, 'for food' etc

Competition, I enjoy it, the sport I am best at

Countryside - getting out in it.
 All the family take part - even though we are all different fitness/skills levels.
 Much more interesting than running.

The Challenge & competing
 - Me vs the Mapper
 - Me vs Planner
 - Me vs terrain
 - Me vs Competition

Because it's fun.
 A great combination of running and the additional challenge of map reading.

The challenge that comes with every event being different.
 Always improvements to be made.

We like to visit different parts of the country. I look on it as walking with a purpose and it means we get regular exercise in the winter when we probably wouldn't bother to go out.

The joy of navigating to a control.
 Sunlit forests/countryside.
 Detailed urban terrain.

Like being outdoors. The terrain. You are on your own, not as a team ie netball, hockey
 Trying to control it and get better

Maps, running & competing, combined with a new challenge every time. The need to think fast as well as run fast. Inspiring scenery is often a bonus, but is not necessary - racing round a local housing estate is also fun if the course is well planned and offers challenges.

It is the combination of physical and mental challenge as my abilities decline! A large proportion of orienteers are nice people. I love being out and about in all weathers. I enjoy physical exercise and I love the challenge of finding controls. I'm not very good at it but its still fun.

Getting out. The mental challenge of orienteering. Avery competitive person.

Because I enjoy it, or because I keep thinking that I'll do better next time

Always different, challenging,
Family sport - courses suitable for all ages/abilities

Exercise, enjoyment, visit places, something to do

Generally, a family friendly activity where I can compete at my own level/ability. Exercise benefits.

I always enjoyed running & exploring the outdoors, I also played competitive chess. Orienteering combines both and now I have a family we are able to take part together. In running I like; Running hard & thinking hard/Running hard & thinking fast

Outdoor exercise;
Challenging mix of physical fitness & mental skills
Being in scenic areas not usually accessible
Because there's always scope for getting better
Because my husband enjoys it

Like running, like maps therefore I like orienteering

Fresh air & exercise; without realising it I'm running as too busy concentrating on navigation.
NOT competition

It combines the rugged outdoors (woodland walks, etc.) with fitness. I find running extremely tedious, orienteering gives it a purpose.

Keeping fit, seeing countryside, personal challenge, because I enjoy it.

I enjoy the mental challenge and the exercise in the outdoors, especially in remote and challenging terrain. I also enjoy mapping and planning and helping others to improve their navigation skills. Orienteering is a way of life.

Love maps, love running. I can do it with my son. Love the friendly club.

Running without brain-work is boring. I love the navigational challenge; it makes up for the lack of contact now I'm too old for rugby &c.

Competition, social

Go to new places, have a different experience every time, it is my social life, it's great for physical and mental fitness.

A mental challenge combined with outdoor exercise

Enjoy the challenge

To try to be a bit fit, to get some fresh air and see some of the country that is unknown to me. I love running through forests. Try to improve my skills

great fun

Running through great terrain, Buzz of nailing a difficult leg, Challenge of navigation

For the enjoyment

For the navigational challenge and the unique perspective of the landscape, off the paths

The mental game

Fresh air & exercise
I love maps
It's good for the mind, body and soul

Combination of physical and mental activity. A race where no one is watching me. Space and peace in beautiful places. Self reliance for my kids. Amazing group of friends.

It is fun.

Like the challenge of the map reading and the competitive element of the sport

Navigational and physical challenge. Wild and nice places. Competitive races. UK and international travel

Enjoy it - being outdoors, keeping fit, the challenge

To find the controls in as quick a time as possible. To beat my friends

Love the outdoors and the challenge of mixing up navigation with running

satisfaction of completing check points

Non boring running, the natural feeling of movement through forests and I'm a map geek.

I enjoy it

interest in running and maps
Fun, challenge and interest, sociable, take kids.
Like the challenge of searching the controls + physical effort
Because I am still pretty good at it given I have done it since I was young so people ask me to compete for them on occasion, for example BUCS
Enjoy being outside and taking part with a friend in street/summer events
Running with a map, using brain and body
I love running with a navigation challenge in a wide variety of places
Outdoor activity, navigational challenge, Regular exercise, being part of a club,
Friends, fun, challenge, different experiences at different venues and formats (urban/forest/sprint/classic), holidays (I've done a lot of city trips across Europe for urban races and to o-ringen twice, French and Czech 5 days etc)
I like running with a map. SkiO and TrailO are also good. There isn't a better sport.
challenge of the race; new areas; meeting people
Having to work out navigation; physical exercise; see different places; you can be as competitive as you want to be; comparing how I have done with competitors
Fun, challenge, physical and mental exercise (friendly competition)
Because I'm vain enough to think I can win one easier than a fell race
Physical activity with a mental challenge plus the joy of being outdoors.
ly is a sport I feel I can continue to improve in even if I am physically unlikely to improve.
Enjoy time with friends
Something a bit different
Running whilst occupying the mind.
Enjoy the additional element of navigation on top of running.
I enjoy the challenge of finding the markers, map-reading and the exercise.
the physical and mental challenge, aim for a perfect run/walk
always different, challenging, running with a purpose
Going to and running through beautiful and interesting countryside. Competing against friends and rivals. Meeting friends
I get to meet interesting people
It's like going for a run but more fun. It's good practice for speed work and I like visiting the new areas it takes me too. The sense of achievement after a good day's orienteering is greater than that after an ordinary running race.
To maintain my skill of map reading/navigation along with running - something different to usual road and fell running I do.
I go for competition - the combination of mental and physical challenge is unique and fascinating.
I really enjoy charging about in places I've never been before.
Technical challenge
I like being outdoors and I love map reading / navigation. It provides a more interesting exercise opportunity than just going for a jog.
As a fit runner and good map reader I was a successful competitor
Its fun. I don't like the competitiveness of normal running races, but with orienteering it doesn't feel as competitive. Probably because of the staggered starts. I love that it is often off-road and that you have to think while you run. Every event is a little adventure.
Fun with the family.
Enjoy exercising Brain while running across terrain. Terrain not urban!
I enjoy the challenge of me against the course
Enjoyment and sporting achievement
Exploring wild places with a navigational challenge
Love It ! I fully appreciate the work needed to set up an Orienteering Event & thus support those who do what I do on a weekly basis.
I like the different challenges, that my whole family from grand children to pensioners can enjoy and be competitive if they want
Fun exercise, navigation challenge, family orientated, children love it and rapidly gaining confidence about orienteering but also independence. Kids can see elites starting with them
Challenge of map running
love that it is a non-pressured way of getting exercise, if you get lost it is just as fun...its like a treasure hunt but no one is judging your times (in our case sometimes fast and sometimes slow depending on the course!) wouldn't want it to be any more competitive (for us)!

Challenge and competition

nice to be out in the countryside hills/woods, challenge of navigation, push of getting round as fast as possible

Challenge of finding controls in best time - mental challenge alongside physical challenge.

Achieving a better run than last time from fewer mistakes!

Fabulous areas to visit

It is fun outdoor event that the whole family can do together. It can grow with the family too...as the children get older we can do more difficult courses together, or they can be independent. It is very sociable too and gets us exploring new places.

Good maps good forests.

Fun, challenging, love maps, friendly club

Challenge, getting away from work for a while, meeting friends

Enjoy the challenge of navigating and running

Social - meeting team mates/people from other clubs

Kids like it, they run the whole way 20 mins or more, good exercise for them and gets us out.

I want to improve on my previous timing, and one day be the top member of my club. Then i can pass my knowledge to late starters like me

Keep fit in an enjoyable way

Challenge and accomplishment

The challenge of navigation, keeping fit, the pleasure of attractive countryside

I just walk (due to knee problem). It takes me to places that I would otherwise not go to (sometimes quite difficult terrain like Glen Affric!) and provides me with an interesting challenge

It involves physical and mental fitness. I enjoy helping at local events.

I want to do aerobic exercise but find running quite hard. The competitive element of orienteering and the requirement to think takes my mind off the running. I like being involved with a club and helping in running events. We have a small club so we are all friends.

For a challenge, keeping fit, not boring like just running

I enjoy it, and always did! I like using maps, solving puzzles and finding solutions, has added benefits of physical exercise - and from a sporting viewpoint gives you performance and target figures try and improve yourself with!

Variety, competition, visiting varied terrain, the excitement of a run that is more than just one foot in front of the other.

it used to be the social scene as a youngster, now the joy my children derive from the challenge and being outdoors

Competition, exercise

challenge and development of a new skill. keeps my family 'playing' together, we all now orienteer.

good exercise with an intellectual challenge. Competitive but not in an overt way, outdoors in beautiful environment, something everyone can do at their own level - we can compete individually or have fun competing with our autistic son.

The challenge.

Running with a cerebral element

mental challenge- good to be outdoors, physical exercise, meet friends

I enjoy the challenge of the sport, navigating and running,

Adventure

Purpose to running

Challenge of navigation

Exploring new places

I love it, the skill and challenge are second to non

Challenge, decent area/map, proximity

Love map reading

I enjoy map reeding and it's good fun

It's fun and great fartlek training. It's also good for all ages - have recently tried to get my 2 year old involved in registering the dibber at controls and reading the numbers. Am looking forward to next year when she'll be old enough to learn another skill.

Love of

(a) maps & navigating

(b) countryside

Enjoy mental and physical challenge

The combination of physical and mental challenge. I love maps. I like to volunteer as an official.

Love it! Good fun, good exercise, always something new to try or learn because you never get the perfect run, whole family can do it at their own level, can be done for years (do not need to stop when I get older) great friends, I like maps, see different areas of country, can do it in poor weather when you would otherwise stay in.

It is a mini adventure, intellectually testing, physically challenging and in beautiful countryside.

Enjoy getting to different areas, challenge of getting around course, keeping in contact with friends

Love the freedom of being completely alone and having to switch off to concentrate on the course. Plus, visiting lovely areas

Challenge, competition, sociability, outdoors, woodland

Being active in beautiful countryside, plus having to use my brain

Love the combination of map reading and running, love the fact that all the family do it at the same time. Great group of people and have made really good friends

Gets me moving, more inspiring than just running.

The club puts on good family-friendly events, which the whole family enjoys.

Running in the forest is just best I can do and finding controls is the best feeling in life. I love the challenge, orienteering is so much more than just running. It is great to use brains too

Head space!!

Accessible adventure sport

Running on some fantastic areas which I'd never have known were there without there being an event/training on them! Also meeting up with friends and catching up after not seeing them for some time.

It's my primary sport. More interesting than running. Want to improve.

challenge

fitness, challenge, achievement

Competition

Fitness

Challenge

Discovering new places - and discovering new places in familiar places! The intoxicating combination of fast thinking and fast motion. I feel like a better, faster, smarter, fitter person when I go orienteering - and I feel like there's always scope to improve.

It's an adventure. I like to see new places and I like the challenge of having to figure out the route that's best for you.

In the hope of achieving the perfect run. Because I love navigating. Because I like the feeling of speed when running through close terrain, whether urban or wood. Because I like travelling and visiting new places.

Enjoy the physical and mental challenge

i enjoy the physical and mental challenge and being outdoors

I enjoy being outdoors in the countryside. I like maps and map reading and get a kick out of those occasions when I get it right.....and then there are the health benefits from being outside and active and the social aspect is important as well.

It is a sport that I enjoy greatly and that I feel I can really set my mind to.

The adventure. The thrill of finding the White/orange control kites. Mental challenge of running and navigating, makes running far more interesting. Getting to some wonderful areas which I wouldn't normally go to or have access to. Making good friends and going for tea and cake after events. Doing multi-day events makes for a great holiday and gets my family more involved. Training events motivate me to get out and exercise.

It is a mental challenge as well as being a physical challenge.

For a physical race which is much more fun and exciting than just running or improving technique through training

Exploring the countryside and testing my navigational ability

Good way of getting regular exercise & stimulating the brain too. Coming to the sport relatively late, also a desire to improve.

Physical and mental challenge,

Love visiting new places, and enjoy the technical challenge, great friends, and a great way to stay fit.

Because it's not just running, you have to think. It's also social and something we can do as a whole family.

enjoyment of being outdoors, using skills (navigation), visiting different places + coaching others

You must be smart while running fast. Brain and body. It's very fun finding the controls.

I love it, much more fun than just running. Plus I teach it to youngsters and coach.

I enjoy the challenge of navigation and the opportunity to explore new places.

Fun, challenging, keeps me fit, out in nature

Being outside, challenge and competition

I enjoy outdoor activities, enjoy the forest, feel and hear the birds singing, find new friendships, new places

The adventure of navigating over complex terrain and finding the control spot on. While competing for a top finish was important when younger, now it is me against the course-setter.

It's fun

It is always a different challenge and I always think I can do a bit better the next time.

It's different every time and constantly challenging - you can never predict the results. It always looks so easy afterwards so you are sure you can improve the next time. It gets you to some amazing places.

Adding some variety to my running. Improving my micro-navigation.

Ultimate sporting challenge involving physical and mental strength and skills usually in beautiful surroundings, which is never the same.

Enjoy the outdoors

Get to great places

Intellectual challenge

Encourage the kids to enjoy the outdoors and stop gawping at electronics

Fresh air and mental challenge

beer

To discover new places not normal accessible and spend time with my husband, family and friends. Being outdoors and active

To meet friends, with family, doing something active and challenging in cool parts of the country.

Challenge, see places I wouldn't go to otherwise, encourage independence and thinking in my children

Sense of satisfaction when you have a good run (or normally always having something to improve on!), social aspect and opportunities to compete abroad

I love the challenge of a mental and physical aim throughout the run and I love running against the clock!

The chance to be outside and experience different places.

The mix of physical and intellectual challenge

Suits us as a family. Children are very keen.

Combination of mental and physical challenge. Enjoy helping at events and talking to other orienteers

love it. Makes running less boring. I can beat fast runners (when not injured)

Because orienteering makes me get out of the house and enables me to go to amazing places that I wouldn't visit otherwise. I also coach and meet up with friends through orienteering, so the social element is very important too.

The people, the countryside and nature, the mental and physical challenge, keen interest in maps and mapping

Thinking component, not just running. I can take it slowly if I want without impairing the performance of a team. Many close friends orienteer (social aspect)

The main attraction for me is urban events which provide the chance for weekends away in places I don't normally get to. Also it just makes running more interesting.

Fresh air, days out to different places, navigational challenge, camaraderie with fellow orienteers, enjoyable challenge / working with others in club / region to put on events

habit; I enjoy the whole experience; I enjoy the act of orienteering (the self-chosen way through unknown terrain); I am also motivated by competition, though unfortunately many of my old rivals have now given up.

It's a great challenge, a great excuse to visit interesting places and I enjoy the competition.

connection with nature and joy of running, the thrill and challenge of finding controls

Mental challenge

The challenge and the friends. And looking forward to my daughter growing her confidence through it

Physical and mental challenge. Its part of what I've always done.

Challenge both for brain and body. I am addicted solving mysteries, mathematic puzzles and orienteering is very similar to this one.

Visit interesting places, enjoy rivalry with friends

Escapism! Lovely surroundings, physical and mental challenge. Social aspect of club sessions and events.

I enjoy the feeling of running fast in the outdoors, making it round a challenging course and competing with other friends/athletes.

every event is a challenge both physically and mentally

It is different every time. Like a puzzle to solve. And it includes running.

Really enjoy it and want to get better. Fitness and performance.

Fun and exercise

It's really difficult, it's a new challenge each time and something new to learn each time. I want to improve, both physically and cognitively, so that keeps me coming back.

I also enjoy going to new, beautiful places, orienteering provides a good opportunity to do this.

Great community too!

To better myself in order to represent different teams and be accepted into training camps

Love to be out in nature and see some fantastic areas sometimes not open to the public. It's also a great family sport, my children and parents also participate.

Do challenge myself in a great setting.

I really enjoy it. It's easy to fit in with a baby.

Exciting, family sport which takes us outdoors year round. It makes you feel really alive.

Enjoy seeing new remote adventurous places. Like the challenge and competition.

Challenge of an orienteering course

To get out into the countryside, visit places might otherwise not get access to, to keep fit....and get the buzz of finding controls first time!

It's the most fun thing to do I can possibly think of. The social bits before and after are also important and enjoyable, but the very best time is between start and finish (independent of the actual result).

Its fun

To be out in nature and be encouraged to move off paths which isn't necessarily so easy in UK

To improve

I love being in the forest, I love the excitement of map reading and running.

The mental and physical challenge, keeping fit, company and socialising - both within club and friends i share lifts with

I like the technicality and some terrain. I want to be able to compete against people of similar ability and age. I don't wish to have to do easy courses linked with younger people

Every event is different, in different parts of the country/world. Meeting up with friends that share the same love of outdoors.

Adventure, competition, outdoors

Fitness, nice places, accessible all ages, friendly people, friendly competition, local

I find it much more fun than normal running as it takes my mind off the running. I feel that if I continue I could have the potential to be very competitive.

Enjoy the challenge

The opportunity to run in terrain; the challenge of the course; the physical endeavour; the chance to compete against others & perform well.

run off road in good locations

Never get that perfect run! A physical sudoku, social contact, helping at events

Fun relaxing

I like the challenge to navigate with a map and a compass. I also like that is more important to think and plan rather than run fast.

Because I want to orienteer for England and then for GBR!!

A great family sport for body and mind. Social contact with like-minded people.

Fun

challenge myself, meet up with friends

the navigation challenge

Challenge of navigation and off road running

To get out a challenge my skills. Not to be the fastest just to navigate accurately. Enjoying teaching my children to orienteer and partake in club coaching and activities.

I enjoy being out in the nature while running, I like that it is off track and I can visit places I've never seen before, and of course the mind game aspect of it.

Enjoy the outdoors, enjoy the challenge of locating all the controls & improving my own performance. Am never going to win against those with many years of experience.

I like the outdoors and I like maps of any type

A great balance between physical and mental challenges and a great mix of environments.

I like a long run with more of a challenge than just distance

I often win

Love the challenge of the navigation. Love the way it gets me to take much more strenuous exercise than I otherwise would or could. Love all the different types of 'O' we have these days such as Night Street Leagues, Urban & different distances. I go because if I ever try to give it up, it lures me back.

Because is fun with good socials after it.

I enjoy the competitive element as well as being able to travel and run in new places.

I love orienteering.

I want to improve.

I love the feeling of spiking controls

love all aspects of orienteering, doing something with a Sunday morning, running through a wooded area and the prospect of navigating

Tough challenge, rewarding, good competition

The mental challenge which sets the exercise element away from the boredom of jogging.

Days (or weeks) out in different and more challenging areas. Masochism!!

Technical challenge on decent terrain, not urban o

Millions of reasons.

- The nature
 - Discovering new terrains
 - The adventure
 - It's never boring
 - The social aspect that goes with it
 - The speed
 - The navigation
-

Different places, love of maps, love of competition, best friends are orienteering friends.

A more interesting run. Social interaction (although this is only valid for smaller more informal events, or large events where the club travels together)

Technical challenge in a forest.

physical and mental challenge.

To be fitter, being outdoors, seeing the world, socialising

accessible, close by, new areas, family can take part, challenging, flexible with my age & levels of fitness

Challenges / Freedom / Outdoors / New places

I want to be the best Orienteer in the World by the time I'm in my mid to late 20s.

I love to run off road and the navigational challenge of orienteering enhances the experience.

Like the mental challenge, like being outside, like competing on my own, like taking to others about the event, route choice, where we went wrong, after finishing

Physical and mental challenge in the wilderness

Mental & Physical challenge plus chance to explore new places/areas.

Competition, accompanying partner

Exercising in the fresh air and on soft terrain(better for ageing joints!) and being with friends and family.

Love the navigational challenge whilst running. Exercise for body and brain. Satisfaction of getting from A to B through whatever the terrain throws at you. Shared experience with rest of the family and friends. Seeing places 'from the inside out'

Fitness. Fun.

I have less motivation now as there is so much else on offer, club running races most are free, parkruns, cycling. O now if it's fairly local and bramble free.

I like the challenge of "man against map", and having spent the last 30 years in a team sport, it's good to be able to do something that doesn't rely on other people's performance. I wish I'd come back to orienteering sooner!

Done it for many years and it's nice to race in something where I can be competitive

The challenge of navigation, testing myself - and the small chance of actually winning my class.

Competition, challenge and countryside.

I love navigating and orienteering is just one way of doing this type of activity.

It's a family sport. You can be as competitive, or not as you like. It's not just the run its technically challenging and offers another dimension. It's fun! It offers varied terrain and can be organised in beautiful parts of the UK. It's a social sport, you meet people that you remain friends with for life. That goes for all members of the family.

I like to run with a map in my hand, which adds a different aspect to the challenge.

i enjoy the ability to get lost in a safe environment, and enjoy it more when I do not get so lost

Competitive running/ thinking in the natural environment. Hook up with friends.

Running with a purpose. Mind stimulating.

The challenge of route finding, landing right on a marker. I used to try to be fast when I was a student but am now realistic with my time, slamming your limbs against rock and snow slows you down eventually!

Adventure

Challenges mind and body in arduous conditions.

x country with brain work . and interesting places visit

I enjoy it. The challenge, the woods

Enjoyment of a challenging, physical pursuit in the countryside.

Pure sense of adventure
To get outdoors. To get a purpose for running. Because you can be competitive even if you're not extremely good at running.
Competition and challenge.
adventure running through terrain and the mental challenge of accurate map reading under pressure
Challenge, enjoyment, keeping fit
Fun
Enjoy the outdoors, I like maps, I like the twin physical and mental challenge of orienteering. I am happy to volunteer as the jobs to be done are varied.
Enjoy it, want to see my friends
Competition
The map reading challenge in attractive outdoor places and keeping fit.
I love the opportunity for travel with o. It keeps me fit and I meet like-minded people. I would never visit some of the locations around the world that I have been to if it wasn't for orienteering.
fun, get to see beautiful countryside and forests, endless hope that I might have a perfect run
Habit, challenge, commitment to club, enjoyment
It allows me to exercise my body and brain in a competitive setting.
I love exploring new places, challenging myself, racing, running through the forest, seeing my friends, always having something to work on
Exercise & outdoor experience
I enjoy map reading, the technical challenge and the physical challenge.
Because the whole family can participate, not just standing watching your kids, and we can all compete at our own level.
Good feeling when doing well
To discover new places and run in different areas, spend time outdoors, challenge myself on navigation and terrain
exciting, exploring, competitive
I am not a very fast runner but I am decent in map reading so I can sometimes get good finish positions. And is far more fun than running.
Because it's a navigational challenge as well as a physical one
A challenge, outdoors, energetic and fun.
Less boring than running
Simply, I love being out on a map: planning, controlling or competing. It is my social life and holidays are always at events.
The challenge of using a map & compass
freedom running
Me versus the map and terrain. Brain and Muscles.
the challenge and the competition
Exercise. Enjoyment.
a challenging sport, visiting wonderful areas, meeting friends
Physical & mental challenge, to explore and run around new natural areas, competition
I run to keep fit to orienteer, so orienteering keeps me fit.
I enjoy the combination of intellectual and physical challenge
The Challenge & Competition.
Exercise with a goal & reason etc.
For the nav challenge, and to try and get some sort of stamina for running... and fitness
Challenge every time
Finding those controls, new places, meet friends from all over the UK (made when I was coaching regional squad and National camps)
Combines running with navigation
Get to go to nice places
My family do it so sometime meet up with them
To keep fit for life
I enjoy the mental and physical challenge
The challenge of navigating combined with running.
Different places, different courses.
Good exercise. Physical and mental challenge. Get out and about in great countryside.
Enjoy the challenge of running with navigation and the social aspects, especially with my club DVO

I enjoy going out to the countryside on a Sunday morning to have a run with a purpose, particularly in Winter when the air can be crisp and cool. If I can get an early Start, I can feel I have the whole place to myself. Brilliant! If you have ever orienteered on Cannock Chase in the Winter you will know what I mean!!

The utter joy of running hard through the wild green wood

I find normal running boring, I like the added challenge of the checkpoints, it adds interest to my running

Really enjoy the challenge and it makes running more fun - as it includes a kind of treasure hunt. You get to see places you probably wouldn't otherwise and if necessary take it at your own pace (or go for it!).

The challenge and the outdoors

To enjoy a day out running.

I enjoy running and the added challenge of navigation.

I love how it's both a physical and mental challenge. And my family does it each Sunday and I want to go with them and join in.

Enjoy being outdoors

Running which involves the brain.

I enjoy the challenge and satisfaction of navigating and running on different terrain

The challenge of the navigation, getting fitter.

Enjoyable challenge in beautiful unknown surroundings, with friends who also enjoy it.

I enjoy it! Being somewhere new, being in the countryside, having a challenge, meeting friends at events.

Love running in forests and on mountains - like the mental challenge

the adventure

I enjoy the technical navigational challenge, and spending time in attractive places. It's very satisfying when it goes right.

My motivation is a little lacking at the moment but in general - I do enjoy map-reading and running - orienteering is a perfect sport for me. I also enjoy being able to see how well I did in comparison to my cohort. I enjoy meeting with others who I know and sometimes do not know.

To keep fit; for the challenge of it; because I now know other people in my club so it's become more sociable

1. To get away from the urban environment into more natural environments.

2. For the combined physical and mental challenge.

The combination of the physical and mental requirements of the sport makes orienteering one of the best and possibly the best sport I have encountered.

Its a mini-adventure.....every time.

I enjoy the competition

Each experience is different. The mental and physical challenge.

It's exciting, different and challenging

I like the competitive challenge - running in varied terrain and finding a faster route than my fellow competitors.

Challenge. Variety of areas of courses. Competition. Running sport

Satisfaction of navigation over long distances in DIFFICULT areas.

The challenge of trying to better myself each time. I enjoy visiting different places and terrain. The physical and mental challenge.

Fun, Challenge

I enjoy the navigation. It takes me to new places

Sport is great. Like being emersed in environment

I love it! The physical exercise combined with thinking, seeing the country, and the social side.

It is fun!

Physical and mental challenge in a variety of terrain together with doing as well as possible even though various medical conditions an on-going problem; also love looking at and using maps be they OS or 'O' sport maps; also have been keen on photography all my life together with sketching/artwork

It's useful having a sport that I'm likely to be able to keep doing for the next 30 years, especially now that I've been slowed down by major heart surgery

Exercise in nice surroundings. Intellectual challenge

Mental & physical challange

Enjoy the sense of achievement having a clean run navigationally. Like the fact I am exercising without concentrating on the exercise element.

Interest in Maps & the variety of terrain

I love the exercise you get from it, both mentally and physically.

Love the challenge

I love the challenge.

The chance to meet like-minded friends and do a sport that I'm quite good at, where technique and skill compensates for lack of running speed due to a medical condition.

I enjoy it - the challenge of having a perfect run, being outdoors, beating people who run faster

the feeling of moving through terrain (mature forest ideally) cannot be beaten

I love that it combines a physical and mental challenge. And I love the adventure of it - no two races are ever the same!

The combination of mental and physical challenge and the fact that all the family enjoy it.

Being outdoors in rural/rugged terrain away from the masses.

The challenge of spiking controls well.

Unfortunately habit has crept in too.

Opportunity to explore outside, off common tracks, in places I wouldn't go otherwise. Discovering these places allows me to go back and walk/ run in area later. Also enjoy socialising with other orienteers at my Uni club.

For the competitive "buzz"

Physical and mental challenge. No 2 events are ever the same, even on the same area. I just enjoy it.

The challenge of successfully navigating around the course the planner has set.

Physical and mental challenge

Incentive to keep fit and the challenge of 'O'. Keep mind and body active. Great friends in the club (SROC).

Technically and physically demanding sport that gets me to places I wouldn't otherwise go

Enjoy going to nice places and the challenge of getting round a good course without making mistakes.

keeping fit, mental & physical challenge, being outdoors

It's fun

Enjoy it!

mental and physical challenge

enjoying being outside

it's different every time

I keep saying I'll get it right next time!

To race in interesting places

The physical and mental challenge in a variety of wonderful environments

Mainly because it's great fun. The combination of (mental) map reading skills and running sets it apart from most other sports, and I also greatly enjoy being out in nature.

I love the sport, am good at it, enjoy competition

a) I enjoy the mental challenge of the sport
b) I enjoy the terrains and the variation in maps
c) My club (CUOC) has a fantastic team spirit. We train several times a week (technical and physical), including scheduled meals after one or two sessions each week, plus the occasional extra social.
d) Enjoy the general atmosphere at big O events. Would love for my family to get involved.

I enjoy the navigational challenge, but also going off paths in the countryside.

I love the feeling of running through the forest smoothly and finding controls. Side benefit is that I enjoy going with friends and socialising.

I like orienteering in interesting terrain. It seems a good way to keep fit and to be outside

To keep fit and healthy, love the navigation

All the family can take part at same time

I love the outdoors, visiting new places and the 'intellectual' challenge of the courses. Keeping fit and I only really like running on trails or off trail not roads. Open to all types of people. I am introverted and prefer solitary/individual sports so appeals. There is always a chance to improve so never gets boring. I am not competitive in other areas of life but enjoy the competitive aspect of O- without having to do a sport where it is very obvious (ie nobody really observing you in the race, runners finish at different times so you cant tell who's won etc)

Fun, challenge, family event, outside

I enjoy the challenge of the run and the map together.

Smart running!

to relax in a nice setting whilst still doing physical and mental activity . Getting to access parts of forest not normally open. I don't care about my times just like the chase!

The challenge of running and route finding. More interesting than just a run.

The combined mental and physical challenge. The discussion after a race with likeminded people.

Being outdoors; good exercise for mind and body; to improve; to explore new places and to travel

Combines two things; physical ability and rational thought
Maps, beautiful locations, running with less pressure on achieving PBs
The extra challenge on top of the run.
A sport for all the family members, good group of people, fun, challenging, support son who is quite good
Variety of places, areas. Challenge
Physical Challenge. Mental Challenge - always possible to make some improvement - that elusive "perfect run". Running in beautiful places around the world. The joy of running in a woodland, across a moorland, over sand dunes etc etc
- to run in interesting places (forest/terrain, not urban)
- to compete
I like running combined with the challenge of orienteering
I like the challenge. I can keep going at my own pace for hours (and sometimes do just that). I rarely give up and retire, usually only if it is going to inconvenience the organisers if I stay out any longer.
I enjoy the challenge
I enjoy the challenge of finding your way. Also enjoy the fact that you can think your way round courses
A physical activity with the stiff mental challenge of navigating correctly.
I enjoy doing it.
Enjoy the challenge and the exercise, physical and mental.
get me out of the house to other parts of the country, meet up with friends and make new ones,
Enjoy the mental/map reading
I enjoy it.
The mix of running outdoors and navigating and the great people involved
The challenge. The chance to visit places that I would otherwise not go to. The friends I have made
I enjoy running and the stimulus that my brain gets from the map reading
I enjoy the sport, a combination of running and map reading.
Running in nice places, off road, makes you think
It's different every time. And you get to go to nice places (and different ones)
Challenge
exercise and mental stimulus and see the country
Challenging, individual sport, it's not just about being able to run, being outdoors, travelling to parts of the U.K. I'd never have travelled to before. Great social events, meet like minded people.
it's more interesting than just running. It's competitive. It is a mental and physical challenge. I like map reading.
Social, fun to do with family, very inclusive for all abilities, nice people, great settings
I enjoy running and the challenge of orienteering ,especially woodland but not too keen on urban events
The adventure, getting to travel to fantastic scenery, the social side.
For enjoyment, to keep fit and sometimes to compete.
Love running in the countryside and having a mental challenge while doing so
To challenge myself, to explore new places, to race, to run with maps, to have an adventure, to get outside
fantastic combination of navigation and running in infinitely variable locations and circumstances with well organised/planned events on great maps.. ...and the people I share it with.
I enjoy the challenge, mental as well as physical.
Love the challenge, meeting up with friends
The challenge of navigating around the courses no run is the same
There is a different challenge every time you orienteer. Meet socially with a good group of people.
Keep fit physically and mentally.
Fun, challenging
It's more than just running.
The navigational challenge
I enjoy the challenges of new areas and new courses on areas I know (less so). I like navigating, and I like being in the woods and mountains.
Like map reading
The combined physical and mental challenges orienteering provides. To keep fit and healthy mainly.
Love the combination of mental challenge and physical activity; as an overweight, over 50 woman I can beat fitter and younger competitors. Also love getting to run in all sorts of countryside and cities

It's always different, you go to amazing places and meet amazing friends.

Because I love the combination of (i) being out in a natural environment (sometimes pretty remote); (ii) running (which is a healthy activity); and, (iii) the navigational challenge.

it's an enjoyable way of keeping fit & I like the map reading / challenge of finding the controls

Like to navigate on good maps

I enjoy running, and orienteering is a way to do that in a different format. I love racing in places you wouldn't go otherwise - through the centre of London, in a beautiful forest, around a campus, around the base of the Matterhorn... it takes you to some amazing places. The challenge of finding the balance between running hard and finding all the controls smoothly. Seeing my friends who orienteer. The competition and trying to get better and win.

It offers more than just running, adding a further sense of challenge. I am always trying to improve my navigational skills and general fitness, which in the past I was not as enthused to do.

It is, for me, a safe way to explore an area of woodland/ to be outdoors at an organised event. Concentration on the map with route choice over the terrain has offered me mental challenge over the years and a form of therapy.

NATURE, FOREST, NAVIGATION, COMPETITION

the challenge of finding the controls, visiting new places and meeting other people

Challenge, can do it despite knee injury, Enjoy planning races

Competition, reason to keep fit, enjoy the mental challenge, measure progress against others (ranking), feeling of success, being outdoors

Q7 Response text

There needs to be greater collaboration between fixtures secs so that clashes of events can be avoided, this would then get rid of the level B event with its onerous level of additional work, start times etc. that have to be allocated by the computer team. Competitors would rather turn up and go - especially families with children. Being tied to a start time is a pain!!!

BOF needs to communicate closely with Natural England & other environmental groups to make them understand exactly what orienteering is. They seem to think that it is a cross between a marathon and moto-cross rather than the VERY LOW IMPACT sport it is. More forests & areas would then become available to us.

Move house to the middle of a Swedish forest then a Finnish one, then

Less pointless 'environmental' restrictions.

Too many areas with unlimited public access - including dogs off leads - ban orienteering.

More midweek daytime events (like the BAOC North league).

Evening events are all very well, but driving home for 2 hours afterwards is not on at my age. Weekend fixtures list is overcrowded.

I HATE orienteering in big cities - its always contentious, and the possibility of a big 'incident' which will drag orienteering into bad publicity is a real problem.

As previously indicated, not much would entice me; I have other interests which compete, and no family drivers any more.

Arenas which encourage socialising.

More local, low-cost events with basic facilities. Improve publicity of events held by neighbouring clubs in SW region as there is no longer a SWOA newsletter produced.

More local, low-cost events with basic facilities. As there is no longer a SWOA newsletter produced we need better publicity of events held by our neighbouring clubs in SW Region.

OK so far

Beer tents

More local events, within 60 to 90 minutes drive or access by train or bus to events further away.

If Paul gave me more money!!

Evening events on different day

More younger people, stronger volunteer support

Enjoy it as it is

Nothing

Not going to work!

Self employed - I could retire!!

Better knees

More local events (to avoid travel time & cost)

More events on days other than Sunday.

Orienteer as often as I can around family commitments.

I do take part very often anyway. If I could be a competitive type of person doing well at my sport I'd enjoy it more! I am neither of these things so am really just 'taking part'. My husband is the competitive, keen orienteer.

One grip we often have is that sometimes courses could be better planned or there are other issues with the organisation of events that seem to crop up quite often. There should be a system of someone coordinating constructive feedback and comments to strive to improve for the future. Planners/Organisers could refer to this feedback when approaching a new events.

We orienteer as frequently as we wish and are able to.

Larger scale maps for the aged

Information on flyer (before paying) about long walks to assembly and/or start. Also how rough/head high bracken

Make my life less busy

Fair Orange courses that are planned to the guidelines, if day 1 Orange with one larger leg with no handrail & one control on the edge of the map (area beyond available but not mapped).

More high technical events

Lower cost at Level A events - BOC too expensive in the last two years.

To always run in the TD5 areas, even if it means a long walk to start and again at the finish. and transport back to a hard shoulder.

1:10,000 maps at championships.

More regular events in my local area.

Keep events simple.

The best events are the low-key ones which aren't over complicated (ie NGOC league events).

More events within 50 miles of home.

Hip replacement
Better planning/controlling to make best use of technical parts of the area used - especially some of the major (Levels A & B) events.
New brain!
Adequate toilet facilities at all events.
String-O at all events (grand child).
More realistic recognition of the abilities (physical) of older competitors - break the link of relative running times and go back to correct winning times.
UL O League, award a point for all finishers not just the top 50. My running leagues do that to try to encourage participation by those of us who are going to finish towards last.
Enjoy - nil -- get fantastic enjoyment.
Encourage - nil -- O diary is the important one.
N/A
Nothing obvious, except possibly more events NOT on Sundays.
More younger people taking part and taking on responsibility for mapping/planning/organising/etc.
These days I do not want to spend hours travelling to events or stuck in traffic. I will travel to ne areas or for multi-day events. Otherwise only events less than an hour from home.
JK, BOCs are getting too expensive, compared to other events, especially for running short courses and no prizes - I pay the same.
It's already fine for me!
If I had more free time I would be able to take advantage of mid-week and evening events.
If I could improve my orienteering skills - I need to go on coaching courses, I have been on one.
Informal & low-key activities with less technology & bureaucracy.
Venues which support social interaction and good arena facilities (food, beer, etc)
More Saturday events.
Nothing
I don't think I could enjoy it more. After all I cycled through the rain to get to day 1, orienteered in the rain, and cycled back to our campsite through the rain. And I'm coming back tomorrow.
Nothing
High quality planning
Nothing
Staying injury free!
Not much can be changed, club (SYO) enables a lot of orienteering to happen locally.
More activities for children.
Fewer questionnaires.
More accessible events in high quality terrain.
Less other commitments.
Being confident I wont be expected to run through grot.
Being confident that I wont have a disastrous control.
Better weather.
Better ration of competition time to travel time (without spending too long in the forest).
More events!
Nothing
Wind back my age clock!
Nothing
More social events; more advertising, TV, papers
Better parking. Smoother terrain in forests!!
Less expensive major events.
A lot of forests are too rough/physical for me to enjoy now, so often courses are frustrating and aren't fun and I cant run in the terrain. I pick and choose events more now and do much more urban.
Having to work less days in the week!
If I had more time I'd do it more.
Nothing, its down to me!
Quality terrains & maps for local events
N/A

More X-country events, now that urban races are increasing. I feel if this continues, I will not be orienteering in the future.

Local inexpensive events & multi-day holiday events.

No longer go to BOC as too expensive and short courses treated as second class. Would only do colour coded if I attended BOC and it was local.

The sport needs to be more accessible for beginners - there is a lack of novice courses at JK/BOC etc. a lot of colour coded only but not competitive or often restricted. No Light Green at the British this year!

Cost of events is ridiculous! The larger events must be making excess profit, if not the event is being very poorly organised and managed.

BOF needs to modernise with the times, restructure and reduce its costs. The last set of accounts showed a poorly run or failing organising body, unsure of focus or existence.

Less distance to travel for quality events.

Less expensive entry to big events; it costs a lot just to travel and stay for weekend events.

Combine events, eg BOC sprints/Middle to save on travel.

My health

More caching/instruction - more structured approach (especially when first starting to get into the sport - 1 to 2 years).

I had expected more materials, videos, support info from the governing body (BOF) to help me get into the sport and develop my skills.

I think more orienteering events would get me out more.

Provision of more coaching - at events and on special coaching sessions provided, or U-tube etc

If there were events on Sat/Sun it would be more likely that I would go as I am often free on only one of these days. I don't like some of the events or mass starts.

Start, finish, assembly and parking are all at the same location (as for midweek army events) - avoid too much walking to start & definitely avoid walk from finish. Better for photos.

The only thing really would be if there long routes on tracks and trails in the competition area so my wife who is a runner could have a good trail/track run with simple (Yellowish) standard navigation whilst I actually orienteer.

The only sort of course for fit adults tend to be short and technical. But I guess this is asking for a trail run at an orienteering event!

Not much - there are already lots of events of all different types and scale, from local park events to multi-day ones.

We are limited in the UK as we have little forest compared to Europe.

The main drawback for orienteering is something that cannot be changed - the weather! (I sit writing this at a wet Croeso).

The high cost of the BOCs and JK are a big turn off. The fees are fine if you are good and could win or do well but extortionate for the ordinary orienteer to whom it is just another, albeit big event.

More volunteers to do the organising, planning, helping jobs that I frequently do.

More junior events

More fun stuff for the older kids

If the kids liked it more.

More events in high quality technically challenging areas.

I'm not interested in running round town centres.

More sociable

Happy as it is

Better health, less admin

If it doesn't take a whole day, I could arrive, run and then leave.

Do it within school

If I was better at running.

Keep the light green/short green etc at the proper technical level. There is a lot of dumbing down by planners and have frequently found I am running on orange quality. Just because we don't go fast or want a shorter course doesn't mean we want simplistic. NB given up on BOF events, courses always disappointing.

More professionally organised races

Not sure.

I would need to get fitter and have more free time.

Just being able to turn up and orienteer without having to plan a week or weeks in advance or pre-entering - retired now so do things when we want to

I would enjoy it more if I were fitter and was able to visualise the ground from the map.

Unfortunately orienteering at the local club clashed with two other activities which I enjoy just as much so if at least one activity could be moved I would orienteer much more often.

More events, closer to home, all year round.

Nothing much. There is already excellent organisation and extremely varied terrain, choice of course length and difficulty.
I would really like the posts at BOF to be filled with people who enjoy taking part in orienteering. In particular I feel extremely sad that our juniors at JWOC are not entered in ALL the events, as they always used to be and as every other country does. Orienteers learn in the forest not on the track. Fit new, yes but to deny juniors the chance to run the A-finals & to run all the events is criminal.
Multi-day events - minimise travel between days
To have block start times for each age group so we can get to race each other and socialise.
Other formats (MTBO, Trail O, etc) to be put on alongside to encourage no-runners to attend. Cycle to the events - after public transport.
Nothing
More time!
Nothing really, maybe more events closer to home.
Irish Orienteer
More events. I would go twice a week if an event was nearby.
Irish Orienteer
Really enjoy urban orienteering. greater use of parks and accessible areas with different formats.
Every opportunity & effort must be taken to ensure that the sport does not get too expensive for families and others not so well off. I don't think BOF understands this.
Larger scale maps for older age groups. Dislike long walks to the start.
More local events, less volunteer burden
It would be difficult to orienteer more than I do. I try to orienteer at least once a week, and join in one training activity per week. I am lucky to live in a location that makes this possible - LEI, NOC, DVO, LOG, OD all local. I try to car share to events further away. I would tend not to go further afield on my own, unless part of my holiday plans (Croeso)
More events
I compete, make maps, organise events and do coaching. I'm Australian.
I take part quite often in events but sometimes it's difficult to reach some events as they are a long way away and its hard to travel this distance before the 10:30 starts. I would take part more often at a weekly training event which involved a different exercise each week and was held locally as it would improve my level.
More local events in Cornwall
None
20 yrs old legs? For 15 years I organised and coached Bishop Wandsworth School and the SW Reg Squad orienteering. In those days it was possible for teachers to devote time for extra-curricular activities. Now teachers are generally too busy and the amount of paperwork needed to take kids out of school as well as fears over 'H&S' & child protection is a disincentive. Need to get orienteers into schools
More opportunity to socialise.
Retire!
Love it already
Better maps - resource issue. Coordinated fixture calendar at national level - it could be better. More coordinated approach to land access - to take load off individuals. A return to the day when BOF actively supported its members rather than playing 'god' - I find the current set-up highly irritating and they spoil my enjoyment of orienteering.
More complicated forest areas: challenge usually physical in the most parts. Scotland excepted. More likely to travel for multi-day events.
Cheaper weekend events & subscription rates
Roll the years back!!
In general it seems ok at the moment.
As my level of fitness decreases with age, I look for mental challenge without too much physical challenge. Crossing very steep sided valleys, gorges, etc and boulder fields is a real turn off and could be often avoided with good planning.

Fewer events running around streets
Keep low level events low levy with less emphasis on technology and results
Move to a different part of the country.
Nothing
Just that 36 hour day
Nothing
Better quality brush events in Sydney area - I live in Australia.
If I had more time
More hours in the day.
I think the orienteering we do both locally and further afield is all great and well organised, we really appreciate it.
It provides for all I require as it is.
Harder courses more frequently available.
Night orienteering training.
At my current age nothing, as I have opportunities and experiences.
We already go to most of the multi-day events but they are tending to focus more on urban these days which is not so attractive to us.
Nothing
Didn't have to work and work Saturdays (will happen some day, then I can go to more urbans).
Access to more areas (National agreements with National Trust & Forestry Commission are important, but this is mostly in the hands of the clubs). OS licence for data.
Only my physical condition limits me.
If they were cheaper. Some are a little expensive when you include petrol etc.
Reduce the cost. I don't know why but the cost of orienteering has just got ridiculous. £17 for one run?? Why so much?? For a small family when you factor in fees, final costs etc, I can't afford it.
More regular events - preferably level C events
Consistent mapping/printing standards
More FUN events - Xmas novelty / more relaxed events
Stop mapping at 1:7500; keep maps clear & uncluttered and encourage us to RUN not micro-navigate everywhere.
Cut down on urban orienteering - useless for family orienteering with poor provision for juniors.
More frequent events that are accessible to us eg not far away championship events or urbans.
Score events and novelty events eg for Xmas
More level C events an easy drive away. Less emphasis on leagues and ranking points. Cheaper entry fees.
A lot of travel involved - multi-day events are good because one journey can give 2/3 events. Coming from N Ireland a weekend long event can be worthwhile whereas a single day would not. The British Championships being spread over several dates means we would go to the next one.
Changing/showering facilities
Probably offering RED courses more often
Improved weather - on the day (reckon this is beyond your control!!)
My body! More younger people to take over planning/organising and give me a rest.
Nothing for me personally but have noticed some European events have 'tourist' classe, non-comp for leisure orienteers to cater for partners, family members who don't orienteer. Good idea
More new locations. More accessible for children who lack confidence. More easily available permanent orienteering course maps.
See answer at *4 above
Just need more time!
Less grumpyness about those who finish at the end of the advertised window.
More tours for those in early 20's who aren't in the top 5. More big/ multi day events
More events. Particularly off road - the rise of urban is OK for those who's knees are still OK! Mine are not so I feel increasingly deprived!
Happy as I am doing it occasionally.
Now retired I have more time to orienteer but there are not a lot of events nearby and I don't want to travel too far for financial reasons
Changing attitude of many older Orienteers who moan a lot and won't support change.
more family friendly club and event environments.
Less elitist and more friendly atmosphere at bigger events

I could live in a nicer part of the country.
I could have better knees for running.

More local "Adult Beginners" / "Adult improves" classes lead by locals

See above

Cheaper entry fees. (isn't this the same question as above? Same answers.)

If more of my friends did it.

Seem to have to travel long distances for an hours run, not good economically and would prefer greater value for money i.e. other activities in the same area

New/good areas. More head to hear races.

Family commitments. Reduced faff time before and after larger events. Frequency isn't everything.

If the events were at times which suited both myself and my friends

Nothing ...it is down to me to make the change
being able to find events that are rural but not too far away and on a weekend day that I'm free!

Not a lot from the sport which I remember (invalided out now) Keep it affordable, keep it simple, the move to urban is good. Continue playing on the strengths, especially it being family friendly and being non obtrusive to others unlike road races with their inconvenient road closures
A big challenge is that for most folk maps are becoming a thing of the past in everyday life. Not sure how to get past that one other than appealing to nostalgia.
Do not go the way of current popular new sports with stupid entry fees and unnecessary extras. Entry fees for nearly everything non-O are excluding many people and these sports are nearly always excruciatingly dull looking
more events in more areas near me

Work less hours
To have more time
More local to Wilmslow
Good quality events with good maps within travelling distance
Nothing really
If I was fitter/faster
More hours in the week!
Daily events close to home.
top class orienteers take you into the forest and you follow, learning as you go; after you run your course - training is missing at big events
Nothing
Social side
I find weekends of orienteering activities make it worthwhile travelling further. If more events had linked events I would hope to do more.
More free map-reading courses
Bit of further coaching on map reading skills
Time, time, I need more time ! (to quote Bilbo Baggins).
more local events
Local events on different weekday evenings, but not so early that I can't get home from work and out again.
more local level c events
stop using 1:7500 maps and over-surveying areas - keep orienteering a running sport with 1:15,000 / 1:10,000 maps and generalisation as required.
Reduce the number of urban events - these are no good for families with capable kids as under 16s are forced to run yellow regardless of their ability.
More age class competition - bring back 6 or so badge type events to each region each year
More countryside events, less urban.
Better weather
Nothing - I go to all the local events I can get to!
It's pretty good as it is. Lots of new areas would be nice.
Nothing really
More interaction with other people. Too easy to turn up, run and leave without speaking to anyone. Tea & cake?
Recognition of people who established orienteering in the UK.
Re question 10, see my reply to question 4.

I think you should support university clubs more as this is where I learnt to orienteer.

More local & regular events.

More short distance races with high control density

Better National League series of races

More low key local events

Get more publicity & get more people involved.

Easier access when planning courses for the juniors and very senior competitors difficult if it's a long walk to the start.

If I was able to attend my club training, more events

As above

We could probably make it every Saturday during the summer, (our local club is every other weekend, but I know how well they organise it, just needing more volunteers) and similar/ nearer events during the winter, they always seem to be much further away from us in the winter..and on a more competitive footing, which puts us off, as we wouldn't want to get in any ones way!

Price of entry

More local events - too costly to travel to most events

more countryside events, less urban

Nothing - time is limiting factor as I take part in multiple sports alongside working.

Lottery win to give up work so more time for my hobbies?!

to run events weekly. I love the summer series but if we can't make one week then it's a long wait until the next. O

Well planned courses using forests at the best time of year. Less razz matazz

More frequent events

I would have to retire

I orienteer regularly - BO don't need to get keen orienteers to run more, they need to look at how to get more people from other sports to try it at different ages.

We all have busy life's and at the moment this is not our first sport so needs to be local and convenient time.

Some coaching! Don't know what I'm doing and kids don't listen any way!

Can't really think of any, it's pretty good. Maybe better facilities for campsites like lakes 6 days, but orienteers are notoriously very budget conscious so might not be possible

N/a

See 4 above

It's pretty good as it is, esp if I'm prepared to travel and pay for accommodation. More local events would get me out a bit more

More events closer to home

I need to be fitter! I would need to drop other sports/ interests to do more orienteering.

More local events (even re-using courses) and later - or longer - registration windows...

Distance of travel - but geography militates against this.

String courses weren't readily available whilst our children were younger, they're now ok with a white supervised so this is less of an issue

More local events and better coordination between clubs to avoid conflicts.

more events but to be fair there is always some event to go to.

It is not very friendly or sociable which is a shame and I think it might deter people - there is an assumption that people understand how it all works and everyone in all the bizarre gear - can be offputting for a newbie. Can be difficult to get to the events. A 'welcome' crew for newcomers to explain the procedure - take people to the start, take them round if necessary etc. Some sort of social element - a quiz, raffle, something to get people talking to each other- people are delightful but after years of attending we still barely know a soul. I would go more if events were closer to home - there is something unethical about driving miles for events about appreciating your environment... Our teenage children prefer the score events to the courses.... Maybe a bit more variety... - handicap events, pairing people, teams etc

Switch events away from Sundays to Saturdays.

More weekend and evening events

we attend many different club led events and are local members of Southampton (family here). We find Southampton events highly enjoyable. good terrain, well organised, no busing or long walks to start. Prefer to use SI but...!!

Perhaps more local events but I am busy with many other sports.

I love it as it is but it often seems quite expensive at £5 for a 30 min run

More coaching, different sort of events

Less time spent at the event so earlier starts and earlier finishes. That way I can shadow my kids whilst my husband runs or I can get back home to spend time with my family.

More events for non runners ! Due to physical issues now MTB orienteer which I love but there are few events.

If more of my friends did it

I can't think of anything.

Relocating my house

Me being fitter!

We be good if the club had more people in it so that more people could organise events (therefore midweek events too) and more company for children the same age as them. Would be good if regional set up would help pull together wider circle of improving juniors rather than just the elite ones. Who knows who will rise to the top in a few years and we could be missing out.

Less urban races (not none). Urban sprints are OK but some traditional forest events turning urban e.g. twin peaks is a backward step in my opinion. I live alone and see friends from other parts of the country at events. You used to know that everyone would be at national events. Less clear now.

Avoid very high entry fees and long distances between car park / assembly / start & finish

(Rather than with the other, for me change is needed in work / life balance to free up more time for 'o' !!)

Nothing

Not much. Orienteering clashes with my son's football which can hold me back.

I find it quite a lonely sport. I turn up and often don't meet anyone I know, have my run, then afterwards people only want to have very forensic discussions about their runs - which are usually a much more advanced course than I am doing. So it seems like you have to be super-keen to find it sociable. I would take enjoy it more and take part more if it felt a bit less lonely for those of us whose lives do not revolve around orienteering.

As before - couldn't fit more in ... Love the sport

More events

Maybe more competitions in the weekends.

- better coaching/Instucting activities - maybe commercial rather than relying on volunteers - boot camp/coaching weekends for beginners/intermediates to improve skill levels type delivery as an example; focus on skills and social rather than just racing all the time,

- greater variety - MTBO given equal billing to foot, especially since MTB is growing quicker than O;

- Greater marketing effort in non orienteering media/circles and in associated sport focused media -MTB/Hill walking/mountain running etc

More events on the better areas in the country!

pricing structure and more local weekend events

better communication locally, e.g. I moved clubs as my local club wasn't really interested as I wasn't taking part / fit enough.

New club 'Solway' very welcoming, always supportive as a result now more involved, fitter and and taking part competitively

Key issue for me has been volunteer burnout. Currently have stepped away from the sport a bit after woc2015. Problem is too few people doing too much. I pay a lot more for my tennis but don't have to commit to anything. Orienteering on the other hand has been a bit of a parasite on my family time in past few years.

More positive attitude and celebration of "civilian" orienteers, not just the elites. In a small sport like this, where you're often alongside elites, it can be easy to feel discouraged - even when you're making huge leaps forward personally. Let's have more shout outs to the orienteering hobbyist, the planners, the controllers, the mappers and all the people who support the sport by coming to races, no matter how good they are.

Some way for ordinary orienteers to realistically scale their successes - without simply "falling short" of the best all the time -

might make the sport a less intimidating place for people who just enjoy orienteering! Most people will never be elites, and

most would not want to be, so if we want to bring orienteering to a wider audience we need to be speaking to most people!

There are improvements to be made here at both club and national level. (i.e. more features which are useful to your average-

joe orienteer in the BOF mag, and less snobby comments at the end of races from certain clubs! I wonder how many other orienteering newbies are put off when they've tried really hard and the team at download come out with such gems as: "You got your money's worth didn't you?")

More events

Gain access to more places.

More events closer to where I live. Events take into account the needs of families with young children

more events near me

It would be nice if there were more local events - HOWEVER in the current situation that is not possible as that just comes down to the same people doing more. We can't easily change what our neighbouring clubs do, so as a club we need to look to ourselves to try to increase our membership and the skill set that they have. This isn't easy! It would be helpful if clubs could access more guidance and help on topics such as how to promote our sport and club, more local courses for education of officials (as mentioned above we are geographically remote and having to travel 100's of miles to attend courses and other days is time consuming and expensive), more online resources for coaches which are specific to our sport to help with CPD - Orienteering Canada has an interesting take on this topic which I am sure could be used for all officiating roles in the world of O.

Events which aren't always on the weekend (i.e. after work or school hours)

More local events. Club coaching weekends.

If entry costs were lower and events were held more often.

more events closer to where I live during the week

Understanding by top people that not all of us do it for getting as fast a time at possible - that's only one possible aspect. More people can be encouraged into the sport if they aren't worried about needing to run it all

Coaching directed specially to adults who are not beginners, but still want to improve. Willing to pay to access such coaching!

A few more local events

Reduce cost of large events. The JK this year was not value for money. I get more out of local £6 events than £24 for a JK run. If costs do not come down we will not attend JK and BOC events.

More competition and events

More time around work and my other interests.

I need to move to a different part of the UK.

Some more local events, plus more support on fitness and skills through local club

the orienteering events not only on Saturdays, Sundays but like Wednesday. and Thursdays. It would also more night orienteering league

Nothing material comes to mind.

If the junior squad athletes were encouraged to participate in all disciplines like all other nations

I'd like to see the reintroduction of the senior regional orienteering champs (similar to the JIRC's), since there isn't anything for seniors at a regional level currently. That would give people who aren't elite something to aim for.

Fewer nit-pickers and grumblers. More volunteers so that I could compete rather than plan and organise.

Better quality events.

Being freer to travel to events a little further away - enjoy better terrain.

More enthusiasm from the family and fewer family distractions/ commitments

No long walks to start

less standing in fields for hours and faff and brambly mess and maps which are wrong and courses which go to crap bits on purpose

Events closer to home as we have a under two. It can be a long day if we need to do split starts

Less in the way of officious organisation i.e. Shadowing on a white course makes a run non-competitive. Ok for the British champs, but for a level C? Better efforts to make events family friendly- starts for a white course 2k from assembly?

More local events

Better advertising by BOF, better funding for elites.

Cheaper Fees and more frequent events around my local area

The fact that my whole family can take part

More participants, hence more competition

More summer evening events

More local and summer events.

Personal aspect such as retiring and returning to the UK rather than anything to do with the sport. I have enjoyed orienteering for almost 50 years and think a valuable feature is that you can compete at all ages with your peers.

A change of leadership in the club I belong to.

Quality of the printed map - some clubs economise but indifferent / poor quality printing is a false economy.

I don't like using EMIT bricks.

I have a car but it is also useful to know how practical it is to get to events by public transport.

I don't run as many relays as I would like. Also I don't get as much chance as I would like to run longer-distance races, even though I run the longest course available. The chance to run double-classic weekends has almost disappeared, which is a great shame. I also miss running in races with larger fields ... larger numbers of runners on M21L classic courses would encourage me to take part more often.

The huge burden of event organisation and helping expected in return.

more widely known so more training possibilities are available

Orienteering at a local level being more focused on young people and understanding society has changed and how people want sport delivered has changed. People want local and simple and regularly. Too many old people involved wanting the sport to be as it was back in the 70's and 80's and thinking people will travel throughout the country for very average events. Weekend events of decent quality we can arrange accommodation at to get families to attend and stay together are good.

Nothing

No idea.

More club/team competition. More sprint rather than urban races.

Pretty happy with what's on offer!!

More local events, possibly Saturday as well as the usual Sunday events

Would like amore continental feeling at multiday events eg beer tent

I think I take part in many events including abroad. I don't need encouraging to do more.

More family friendly events...open start times and string courses.

More events nearer home.

Training sessions would be good, specifically the opportunity to practice techniques over and over again. These sessions in combination with social events would be great.

More events and at places closer to where i live

Cost of national / cup events is sometimes prohibitive to families on low income with young children. It can make it an expensive day out if everyone competes.

Always having a string course or similar at events.

More local events on decent terrain. I grew up orienteering in Scotland but now live in the west mids so get a bit bored with too many paths and too much brambles!

More events nearby.

More professional events that don't clash with other o events throughout the country and abroad.

More events

More events closer to home

Just need more events/activities, and I'd go even more often. Less work.

nothing

A lot of the stuff and nonsense could be taken out of it. In Finland I turn up to an event, I go and run, I come back. In England these days you have to register everything about you, then prove you have a whistle, don't have a camera, blah blah blah..... I know there are reasons for it, but it just puts me off and means that I choose to spend more and more of my time in Finland whenever possible where you normally just pays your money, takes your map and runs off into the forest.... It seems like the sport is simultaneously obsessed with reaching new audiences of people who do all these nonsense mudrunny obstacle courses, and yet at the same time insisting that we put in so many procedures into our organisations that we end up putting people off when they do show up...

Winning,

Regular events not so far away.

More events in quiet periods. Better knowledge of what's on outside my local and adjacent clubs - I don't always spot other club's events until its too late

Go back to having separate ranking for those who do short courses rather than in with those who do long courses

Less red tape, health and safety, be more relaxed over organising events. Too much volunteer overload.

Like it as it is.

If I didn't have to travel so far for the majority of major events

Me being fitter!

Broadening the uptake & encouraging others to compete; more varied courses - Sprint, Middle and proper Long races; use of more varied terrain in Britain

More local, frequent events.

More sociable and encouraging club. Lifts organised from London to go to the races.

More frequent training sessions

I am very happy with the way SO does it.

Cheaper large events.

more better-quality events nearby

more low key events

More local events and fewer clashes with, for example, mountain marathons etc as well as with the events of other orienteering clubs. Clubs need to co ordinate dates.

More short distance technically difficult courses.

It would be nice to have more races nearby which I don't need to spend hours in the car for, even if small scale level D events.

Coaching for improvers (rather than beginners) would help with enjoyment but probably not frequency of taking part. I joined a running club to help with that side of things but 'O' technical training for adults is virtually non-existent. More encouragement/support for late starters.

Some events could be better-organised. More scope to meet socially after events.

A more open atmosphere, orienteering seems rather a closed group of people

Better areas and maps (I live in southern England)

We have skipped some of the major events recently because they do not accept dogs and/or they are too expensive. I don't enjoy events where everything is too stressful (logistically). Much more likely to go if parking is in/adjacent to assembly and we can take the dog.

Closerv to train station= easy to reach.

Less early morning.

More team competition for all level

Better quality event

Use the best terrain (not urban)

More formats (mass start, chasing start, relays ect)

more email correspondence about events

Costs, locations, accessibility

Probably nothing.

see above! answer to 4

Less urban o more proper o

More interesting terrains, more maps, closer to home, more people doing it

Better maps, more events.

I spend far more time volunteering to put on orienteering events than actually orienteering. Merge smaller clubs, make event organisation more professional and less technically complex to organise.

Local events - often the start windows are too tight such as 1730-1830 for a local event. Need wider start starts. Demotivated by terrible image orienteering has. Many friends (active fell runners, climbers etc), laugh when I tell them I'm going orienteering. The perception is that is a sport past its best that only old people in pyjamas do.

Access to transport, more people of my age runnin

Less bureaucracy / lower entry fees

More events with a better social atmosphere. More high class events with high level competition.

Probably more enter on the day, colour coded events.

I have no suggestions

I like the atmosphere of big events and running in great terrain. I don't mind running shorter distances (e.g. a well-planned middle distance race) if it means accessing great terrain.

N/A

Short Course ranking list. Ending that killed off incentive.

If our club put on less events so that we didn't waste so much manpower and goodwill on events with low turnouts. The greatest problem with orienteering is that the man-hours needed to put on an event regularly exceeds the man-hours of enjoyment the competitors gain.

Not much. Less bureaucracy, box ticking and focus on government funding. Orienteering is my antidote to all those things - a chance to run in the wild and be solely responsible for whatever happens - in a world where increasingly everything has to be someone else's fault or responsibility.

More events, closer to home.

As I don't have access to me own transport, I can only go to the events close (50 miles or so) from home. That's not something the BOF can control though!

Easier transport as it's tough to get to events as a student without a car

Not having an arthritic knee! Having events closer to home so I don't feel that I'm ruining the planet driving long distances for an event. I would like to have Short courses entrants NOT feel that they are second-class citizens. BOFs policy of not even giving the winner any recognition is not acceptable - especially for larger events like the JK.

Do away with middle distance events.Ensure there is always an event on in each region every Sunday.

BO needs to advertise the Navigator/Running certificates. Colour coded events OK but not everyone can achieve a colour time. If one isn't successful then it is a waste of time going to an event. I may as well go on a walk and use an OS map at least I can be out for 6 hours and enjoy myself.

More full course events not just the come and try it / training events / only 4 courses type events. (Often more courses isn't that much more effort and planning once you've put the event on).

Spend more on getting the events right for all abilities and make it more social with results and simple post run refreshments.

Make people want to come back, be part of a club and enjoy the social element of going through their course at family events.

Offer training tips / course debrief and shadowing as part of a bigger event, not as a separate one. Help to make people feel involved and welcome, newcomers hate to admit they can't read the map or use a compass.

Don't forget the string course for youngsters.

2 day events should minimise travel between races once there / from the event centre. (The last JK areas were too far apart, which actually put off quite a few people from far away going at all).

At big events, more fuss should be made of youngsters on the commentary, as well as the elite. The same goes for class top ten. A bottle of water at the finish (or at least a table with water/squash and lots of plastic cups) should be provided as standard. Under 18's should get a small prize.

Consider that a lot of people stop orienteering regularly when they leave University and are no longer in those club environments. Often however they still see their orienteering friends socially and often at other sporting events! Why is that? It is these people you need to keep in the sport and one day encourage their families to partake. What about arranging an annual event where all current and ex University students compete for some sort of Championship? Not an exclusive event one for all, but make it fun and add commentary with a social finish and perhaps even club tents to encourage reunions. Host it near a key orienteering University each year and advertise some good future events whilst there, where friends can arrange to run and meet next time. (Like they might do for their next fell race, cycling event or even in some cases even a park race).

Consider combining an orienteering event with a fell race. It worked in University to encourage new members to try orienteering and they kept coming back.

Hope this is useful and offers something for consideration.

Simplified events ie do we need 7/8 courses at a local event which attracts 50-100 people where you end up competing against 6-15 people. Simplify courses and names to help more people into the sport. Make things easier for volunteers, stop the sport dying out. I am an active M40 who feels he could be put off the sport by the continuing pressure to volunteer more and more at higher and higher levels. The biggest age groups are starting pull back from volunteering and there is a big gap underneath. I will do my best but can only do so much. It feels like a dying sport in some areas of the country with little being done. At some point if this continues I feel like I will have to walk away!

work changing my hours to how they used to be!

More for a young family to do while I'm competing. More sense of competition and achievement.

Nothing

Shorter distances from car park/ registration to start. I marshalled an event recently and a recurring comment especially for new orienteers was that they had walked for half an hour to the start. Their kids had had enough and wanted to go home before they had started.

Increase the "buzz". Orienteers do not like social media (due to age profile) so there is more "going on" around related activities like trail running.

Not much :-)

Not a lot, am aiming to get involved more on the organising side
local club training events clash with running club which is a limiting factor

More local events -cheaper entry fees

More professional outlook and organisation; less penny pinching

Be closer to home and cheaper.

Quality training and events.

reduce travel time. Speed up recovery after injury.

Make me younger and fitter.

Ranking for juniors

Focus more on classic orienteering and those who want to participate in it. Don't need to change the sport, especially the 'dumbing down', like running fast around a simple urban course - that's ok for a training exercise.

More people my age, more events on good areas

Splitting the age categories more fairly (so, let the same age categories do the same course, but separate out the results). I orienteer most weeks and normally twice a week, everything else is good.

I orienteer enough at the moment. As a member of the club committee and a regular helper I find my enjoyment decreased by that other participation.

If it was less expensive to enter events.

More training events on different days to races

???

I would like to improve by some more targeted coaching on tougher terrain.

My wife and I are convinced. But for the youngsters there has to be more use of technology and social media (mini-cams, GPS tracking, digital displays at events showing maps and people's routes, etc),

more events closer to home

Making events easily accessible for people without a car (although we lift-share a lot which helps)

more events public transport accessible

More events, but organizing events is hard, you have to increase the membership base to be able to organize more.

I already enjoy it and I would take part more often if more events were available. This can be difficult for clubs who are struggling to find volunteers to fill the roles required.

more low key, local events

If it was modernised, similar to beatthastreet or PokememonGo, or recent Redbull Robin hood event, or themed (with story or characters). Another possibility could be to combine it with other activities, like a assault course or something similar to trihatlon, but shorter length.

Evening events, retirement and less injuries!

Local events & keep fees down.

more tehcnical courses

Abandon running round streets - it isn't Orienteering

Nothing

Nothing. My participation is very high.

Nothing

More regular quality events, use quality terrain more often. More forest events (less urban)

More local events and events during school time that I could take the school team to

As I have to work a lot of weekends, midweek events + evenings would help me do more events.

More events (but I understand why that is not necessarily possible)

As much care being given to the needs of the older competitors as to the elite.

Tend to go tonevents within an hour of home so if there were more close events I would go

If it was a bit more sociable. Often go and don't really talk to anyone!

More technical coaching advice via electronic means. Web based structured tips etc. Reduce the cost. £20 for a family run when the likes of Park Runs are free can be expensive. Reduce the number of events that Clubs put on to encourage quality not quantity.

More good quality areas.

More events of good quality closer to home.

Nothing - the frequency is about right

Start times! I really don't understand why we have to start from 1030 onwards. Courses should be open from 1000 at least, preferably 0930. It then allows people more time in the rest of the day to do things. At the moment, orienteering tends to take up the whole day. Please don't tell me it is because the Planner is not ready till 1030. Put most of the flags out the afternoon before and then you only need to put the boxes out on the day. I don't have hopes of change, however. Orienteers are a conservative bunch and it's been this way since 1972, so why change now?

not much

More events at different times/days of week - I work shifts so weekends only is hard for me

More events in the summer would be useful as the weather is likely to be better and therefore it makes it more family friendly. Dragging a young family out to try to get them involved when it's blowing a gale and freezing isn't so appealing.

A new Achilleas, age transplant, possibly more Trials O events locally

Orienteering is a Middle Class sport. Less bureaucracy. More traditional orienteering. BOF to take less money from clubs so money can be spent on local orienteering rather than vanity projects. Remove associations and remember the governing bodies are clubs not BOF which is a federation. Realisation that orienteering is a sport for older people retiring from team sports and not go on fruitless searches for demographics which are not interested in the sport.

I would prefer more runnable courses although I know that for many people the running is less important than the navigation

More coaching readily available, with me only competing once a week and I only really train by runs its not really orienteering specific.

More coaching, local events

Not having young children. Local evening events not being 6:00-7:30 start times, just when I need to feed the kids and get them to bed. Possibly more full size events and less local events. At the moment, getting to an event is a big deal and requires lots of planning and it doesn't seem worth the effort for a local event.

The events are fine but don't like poorly organised events ie insufficient toilets and starts a long way away from assembly

Nothing

More events on good 'traditional' areas (not urban events).

Events accessible without a car (e.g. bus organised from nearby town).

Move some Sunday events to Saturdays, rather than only having small events on Saturdays - although Sundays are fine for me, I've a friend who might otherwise be interested in orienteering but is at church on Sunday mornings.

Clubs to recognise the limitations of their areas and not use those that are unsuitable - a recent example being a smallish area with patches of dense vegetation, the open parts of the area were fine for courses maybe up to light green, but to create longer courses controls were placed in the middle of the dense vegetation as 'bingo' controls.

Make it simpler - fewer classes and courses. More events in forests and countryside as opposed to urban

lots of different formats. loved the mixed sprint relays and middle distance

More weekday evening events. But NOT gimmicky format changes.
Retirement is about it. I know the sport well it is just having the time.
More emphasis on participation for enjoyment at any level. Less emphasis on the elite end of the sport, and on rules and regulations.
Reduce the rules and requirements (which frequently address potentially rare situations), upgrade guidance and training for officials and then trust them. Get the focus firmly on enjoyment.
Lower event entry fees.
More mass starts.
Spot prizes ONLY at all events except British Champs (democratic / modern) rather than twee podium posturing (ancient Greek/Victoriana/elitist nonsense....a failing model populated by cheats and designed for stadia filled with lardons, that we should not be apeing)
Have never got this inability of this MODERN sport to set itself free from a totally out of date 'awards' format.
You want a podium? Go stand on top of that hill young man.....oh and by the way, your mom/sister/mate won the spot prize this week and so will (more likely) be back next time.
I take part plenty. The general event experience expectation is beginning to become over-bearing for volunteer effort.
I currently Orienteer as much as my working and social life allow.
Better more welcoming and supportive clubs. More coaching. More regular local activities/events. A good national elite series (current one not working)
More technical events, rather than simple Park/Street/Urban events which usually offer little challenge, and rarely tricky route choices.
More local events
Shorter, More Sprints
Remove the brambles, nettles and bracken!!!!
More competitive. Greater structure in terms of teams and competitions
Better weather!
Chocolates for prizes
I take part in 30 to 40 events a year from small local events (Level D) to large scale national events (Level A) so just glad to be able to keep participating in a wonderful outdoor sport
Less BOF Bureaucracy. Short walks to start
Short but technical courses, not too physical
Events have become too expensive, especially for courses of 3kms for older competitors
As someone who only started orienteering in their 20s, I would appreciate more TD5 coaching and training events, or some sessions to learn how to train for orienteering so I could do it more in my spare time.
More events I can get to
Cheaper entry fees
If people were more welcoming at events and would share a bit of banter out in the woods. Far too many orienteers take themselves too seriously, even at local Level D events. Being limited by my medical condition I rarely travel to big events nowadays, because there is rarely a sense of "running for the team". I think many orienteering clubs think that all that's needed is to tell people when events are on, and expect them to go. That does not appeal to me as I want to feel I'm part of a team.
Better technical coaching for adults outside the national set up
More other people (and girls!) my age (24) taking part
Not a lot in the competition itself. Maybe fewer classes at all but the biggest events (the urban classes seem to work well i.e. YJM, JM, open, MV40, MV55, MV65 or 70). For enjoyment focus on good assemblies and finish in assembly.
A better coaching structure, I've taught myself and in doing so picked up bad habits.
I orienteer as much as I can so couldn't take part much more and geographically live in quite a "rich" orienteering location.
My uni club is very helpful already.
Si Air at all events - not bound by the ridiculous BOF rule not allowing use by clubs unless they provide free or hire Si Air cards to those who haven't purchased one.
I think I enjoy and participate a lot so this is not an issue. I would go mid-week if there were accessible events, but that is always going to be difficult with traffic etc.
More events as part of leagues so I will feel more motivated to attend all the events in a series
As set out at para 4, it's my own fault that I'm not able to 'O' more.
A cure for arthritis, if its within your control. Otherwise, more attendees at events would increase competition.
More high quality events. Would rather attend a very good weekend of orienteering every few weeks than an average event every Sunday.
less steep / rough areas

Better clubs like on the continent, More coordinated transport - links to public transport, club transport like my running club
Not always having to book in advance as I can't always commit till the last minute.
Distance to events.
More focussed training opportunities
Nothing
More events in the area where I live. (Very little going on in East Fife...)
Little
a) A greater number of clubs, with smaller radii (it's at least a 50 minute drive to the very nearest events whenever I'm at home in South Shropshire - tending towards 2 hours).
b) A greater number of mapped areas.
c) Easier access for clubs/individuals to get hold of mapped areas. I would be strongly in favour of making all maps freely available between clubs, with the addendum that each club has a right to the local areas/areas newly mapped by its own members so that a second club can't hold a competition on that club's area without express consent.
- A greater number of higher ranked events (in particular, A, but also B).
Get more M21s and cover the shorter classes - it's generally only worth doing the M21E at championship races, although I'm better suited to the M21L, and too frequently there's no ranking points on the black or men's open at urbans.
More high level coaching opportunities for seniors not in the British squads. Accommodation centres (sports hall floor) available regularly at two day or longer events. Background music in the assembly area, even if no commentary is available (and anything else to create a nice atmosphere at assembly and stop people going back to their cars)
More races (even if at level D) throughout the year
Obtaining permission from land owners is currently a huge barrier to providing more opportunities to participate
I don't think there is anything that could be changed. I don't have a job which fits well with getting to O events unfortunately! I would say though if I didn't already do the sport, some club websites need to be more accessible to newcomers, some are a bit old-fashioned and don't really give enough info about what to 'do' when you get to an event i.e. what to expect, people are often quite nervous about going to an event if they don't know what to expect.
More events - every two weeks
Some social aspect
Coaching
More events, plain and simple
Week day events during the day. Weekends and evenings are difficult with your children. Although very early Sunday would work so I could get out and then back mid morning.
Events on during different times e.g. afternoons on Sundays; wider variety of mapped areas; more frequent events; fewer areas with undergrowth (!)
It could get a whole lot less bureaucratic. Why do we need to spend £900 pounds on signs for the JK? Why do I apparently need to go on a Safety workshop to plan an event which I've been doing for the last 30 years without needing it. Why do BO need so many people to administer a sport with about 5000 regular competitors. Why am I completing so many surveys?
As a late comer to the sport, I would have appreciated more training on map reading/navigation/orienteering.
Without doubt, clubs are crucial and must enable the community of a club. I've left two in the past because of the lack of communication from the committee and the lack of provision for the club members. Clubs must be encouraged if not instructed to provide community, they must understand how the younger think and communicate so that this can be enabled. At the absolute minimum this must be an email list but should include the latest social media such as Facebook, Twitter, WhatsApp and Instagram.
Changing tent at all events
- more events on interesting terrain that are accessible
Nothing specific, though I do enjoy the urban/sprint events that are more frequent these days.
Can we shoot the whingers? I do already enjoy my orienteering; we go to most of the Level C (and higher) events, perhaps not all the Level Ds; we go to the Army events when they are held in the western end of the region.
More of a club atmosphere
It is more a matter of time available
Increasing the navigational challenge. Avoiding clashes with other sports - earlier starts on Saturdays and Sundays.
More urban.
More time but that's purely due to personal circumstances, carer's duties and work.
better/more loose, shorter walks to assembly/Starts, more consideration to start times for big events where many folk are in hotels/rented accommodation
More local events
More local less hassle events.

Nothing
More local events
different times of training
Nicer terrain
higher public profile
If I was better at it
More local events (Northamptonshire), such a large population but nearest clubs centred around Leicester, Coventry, Milton Keynes and Cambridge.
I used to orienteer regularly but then had kids. I now have to decide if I go and run myself (wife works weekends so doesn't work nor does she like orienteering - should have picked a better wife!!) or I take the boys and can't run myself.
make use of permanent orienteering courses to create virtual competitions: so via facebook a 'course is released on the day and you can print it off before you head to that permanent course. So you can avoid looking at it. Then people log their own times also online. So it is the Strava approach to orienteering.
More areas mapped
More events in my local area.
Depends on personal circumstances
Less work and family commitments
Positive attitude of the sport. Very negative and focused on finding mistakes (poor map, poor course, poor run etc). More opportunities to develop and become more competitive (too old for regional junior squad or university club).
Anything that would help to ensure continued access to the areas and quality of events previously enjoyed.
Do enough already!
Use of new areas clubs not rotating the same woods and urban areas
More local events - does not matter how large they are.
More events
I'm getting to know local areas too well so that the interest is less. I'm really not sure what should change. There are changes that put me off going - demise of classic orienteering with long legs and route choice. I enjoy Classic and middle but they should be distinct.
lower entry fees
For me to retire! I already do as much as possible that fits in around my work.
I think the atmosphere at events need to be better; commentary, music etc.
Better consistency of quality in course planning. (This would increase my enjoyment, but would not make me take part more often as I already orienteer as often as I can.)
simplified competition structure - not so many classes at events
More casual events, less leagues
A better image and more people my age taking part. More events closer to home and more unique formats - chasing starts, sprints, night events, mass starts, score events. Prize money/sponsorship.
I have to maintain a balance between orienteering and family life and responsibilities,. If I could orienteer every day, I probably would! I get a daily fix by planning, visiting my club's forum, looking at maps ...
A non-competitive use of orienteering for those with physical reasons (not to be running under stress!) but who could still benefit from the Tech4-5 mental challenges and the chance to get out in the wilds.
GET RID OF CRAP RUNNING ROUND HOUSING SCHEMES AND ALL THE POLITICALLY CORRECTNESS OF NON ORIENTEERS RULING BOF :) (BET YOU CAN GUESS WHO WROTE THIS!)
Nothing