

# Orienteering: Skills- Techniques- Training (Crowood Sports Guides)

*by*  
Carol McNeill



**DOWNLOAD E-BOOK**

## **Synopsis**

Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. This book includes information boxes containing tips and advice aimed at all levels of ability; how to get started and take part in your first event; the skills and techniques needed by those just beginning orienteering and by more advanced competitors, and maps and photographs in full colour depicting techniques, the terrain, top runners and all aspects of this exhilarating and exciting adventure sport. Superbly illustrated with over 200 maps and photographs specially selected to illustrate the text on techniques and terrain.

## **Sort review**

About the Author Carol McNeill's career in orienteering has paralleled that of the development of the sport in Britain. Her seventh place at the World Orienteering Championships in Finland in 1979 is still one of Britain's highest individual placings at this level. She has won a gold medal four times at the World Veteran Championships and is one of few British competitors to have had class wins at the renowned Swedish Five Days. Carol received an MBE for her services to the sport. --This text refers to the digital edition.

[\*Download to continue reading...\*](#)

















## What people say about this book

Mr. AJ Welch, "I still get lost but not as often as before.. This one of the better orienteering books that I have come across. I originally borrowed it from the library but liked it so much I bought my own copy. It gives some good hints and ideas on how to improve your map reading/orienteering. There are lots of maps and examples from competitions. My only gripe would be that a more clear indication of which text refers to which map would be useful. I also found some of the control locations shown on the more advanced maps intimidating (how would you find that one!). In all a great book for improving your orienteering."

KEClark, "Fantastic resource. This is the best book on orienteering that I have read to date. It will appeal to both experienced and novice orienteers alike. Full colour maps and in depth analysis from top orienteers provide all that you need to improve. It highlights the skills you need to progress through the levels i.e. from white courses through to international competition. If you want a challenge then try to identify all the areas which have map extracts in the book. Talk about value for money this has it all."

Mr. N. C. Kendell, "GREAT INTRODUCTION TO A FANTASTIC SPORT. Bought this for our 12 year old son, who is just starting out in orienteering. It covers all the main bases and seems to be guiding him on things not yet covered in the school's club. Not really much else I can say, except I would buy it again."

Pete Forster, "Five Stars. Excellent detail perfect for the beginner. Lots of tips and tricks"

alex gilbert, "Excellent training tips. My O bible. Comprehensive and accessible. Excellent training tips. Highly recommended."

[DMCA](#)