

Orienteering - Adventure Running and Navigation!

Red Rose Orienteers invite you to a series of Saturday orienteering event with 3 courses on offer and free coaching!, ideal for all ages and abilities. No experience is necessary!

- Learn new skills
- Get fit
- Enjoy the great outdoors
- For all the family and any fitness level, from children to regular runners
- Walk, jog or run
- Go singly or as a group
- Have fun!

You will get all this and more if you come along to our Saturday morning Orienteering events.

Course/Activity	Recommended for	Approx time to complete?	Timings
Coaching	Beginners	60 Minutes	11.15 to 12.15
45 minute Score Course (visit any number of controls in any order) with everybody starting and finishing together Bring a watch!	Beginners, whether families or runners	45 Minutes! Prize giving within 20 minutes of the finish.	12.45 to 13.30
Medium (Orange Standard)	Beginners or those with some experience	30 Minutes	Start any time between 12.30 and 1.30
Technical	Experienced	50 Minutes	Start any time between 12.30 and 1.30

Cost

- £5 per adult or small group
- £2 per junior
- These include both the coaching and a course
- **Pay for 2 events and get the 3rd free! (Newcomers only!!)**

Dates and Venues

Date	Venue
Saturday 12 th September	Williamson Park, Lancaster (Wyresdale Road Car Park)
Saturday 3 rd October	Beacon Fell, Nr Chipping
Saturday 14 th November	Lancaster University, Lancaster

If you are a newcomer to the sport please try and tell us by the Tuesday before each event if you are likely to come so we can have enough coaching and event maps (state number of people, whether attending coaching and which course). Please email Martyn Roome on Development@sroc.org or say you're coming on <http://www.facebook.com/SROC1964> or phone 07467 179552

For more information including travel directions and exact locations visit our website at www.sroc.org or our Facebook page at <https://www.facebook.com/SROC1964>

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