

**Lancaster Parkrun Orienteering Challenge**  
**Saturdays 9<sup>th</sup> and 16<sup>th</sup> March 9.30 to 10.30AM**

Do the Parkrun – then take on the Challenge! Navigate your way round the Park to find as many controls as you can in 30 minutes! Try to beat your friends and everyone else, or just enjoy the map reading!

Map and timing chip provided. Your normal Parkrun clothing and shoes will be fine – compass useful but not necessary.

Start anytime from 9.30 to 10.30 – from outside the café.

£2 for an adult (or a pair) £1 for a junior (or a pair). Enter on the day.

Different control placements so different races on each of 9<sup>th</sup> and 16<sup>th</sup> March.

For further information contact

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