

**Beverley Westwood** 

Saturday 16th November 2013

'Starts' are from 1pm to 3pm

Registration and Start/Finish on Newbald Road, near ice-cream van

Juniors - £1.50; Adults - £3 Coaching available

Courses can be run by individuals or in groups and are suitable for all levels of fitness and ability.

Please come prepared for the weather.

British Orienteering

