

Get you and your brain active!

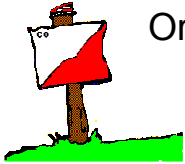


Try Orienteering

- ✓ Learn how to read a map
 - ✓ Make your way around a course by running, jogging, walking
 - ✓ Get outside, feel better, mix with others
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- ☆ Join a new club based at Hartismere School, Eye
 - ☆ Mix of training in orienteering and fitness
 - ☆ Alternate Thursday evenings 7-8.30pm and occasional Sunday mornings for events
 - ☆ Open to all but especially 10 – 19 year olds



*First training night -
Thurs 29th April
Ring 01379 871494
for details*



Orienteering is an enjoyable sport suitable for all ages and abilities.

It is based on the idea of using a map to find your way around a course –often in a forest but any space will do. You can run round or walk round, being competitive against others or just challenging yourself.



As you have to make choices about the route to follow it makes you use your brain as well as helping your physical fitness.

Once you have learnt the basics you can enter local events and as your experience grows so you can travel further a-field to compete – all around the world if you wish!



Example of the detailed map of Hartismere School

The new Hartismere Orienteering Club is a satellite of Suffolk Orienteering Club which is registered with British Orienteering. Club sessions will be held fortnightly based at Hartismere School. Qualified coaches will be on hand to teach you all the skills you need in a fun and friendly atmosphere. If you want hard training they'll guide you but if you just want to try out a new sport – or brush up the skills you've already got – then make contact and come along. All ages and abilities welcome.



Club sessions:

- ☆ Alternate Thursday evenings 7-8.30pm and some Sunday mornings (which is when most local/ regional events take place)
- ☆ Supported by Suffolk Sport Unlimited so a subsidised session fee of £1 for the first term
- ☆ All orienteering equipment provided: you come in clothes suitable to run/walk in (no matter what the weather!)
- ☆ Based at Hartismere School, Castleton Way, Eye IP23 7BL

To enquire about places or details of the Club and sessions:

Simon Hooton ☎01379 871494 📧s.hooton@phonecoop.coop

Suffolk Orienteering Club web site: www.suffoc.co.uk