



# SUFFOLK ORIENTEERING CLUB

## Park-O: Nowton Park 7th September 2019

Join us for the final event in our new Park-O series in Bury St Edmunds. This event will be ideal for:

- ◆ family groups
- ◆ youngsters who have maybe done a little before & are confident enough to take part on their own or with a friend
- ◆ adult newcomers to the sport

We'll explain the basics then set you off to..

### study the map - plan your route - find the checkpoints

..for your chosen course, which will be approx. 1, 2 or 3 Km in length

We'll be using electronic timing (& lending you a timing chip) so you can have a mini-competition with your friends if you wish - or you may prefer to relax & practise your skills at a more leisurely pace.

There's no advance booking - just turn up in the afternoon at any time between 1:00 & 3:00 pm & register with us.

**Entry fees:** £4 for individual adults or family groups  
£1 per junior (individual or pair)

**Nowton Park car park:** £2

What else do you need? - clothes & trainers suitable for the weather & for running or walking. A compass could be useful to help keep the map the correct way around but isn't essential.

[Nowton Park](#) itself has excellent facilities in terms of parking, toilets, café, play area etc. Dogs are welcome, so you may wish to bring yours to learn some orienteering skills, too (but that will mean keeping it on a short lead while you are on your course).

Still have a query? Email [Will Harrison](#)

So - see you then - come along & enjoy!

[www.suffoc.co.uk](http://www.suffoc.co.uk)



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