



Bristol Orienteering Klub (BOK) Track to Terrain

Learn in just 4 weeks at our Orienteering training course for Adult beginners

Monday 23rd April – Ashton Court
Monday 30th April – Ashton Court
Monday 14th May – Leigh Woods
Monday 21st May – Leigh Woods

- Location:** Monday 23rd April & Monday 30th April – Ashton Court – Postcode **BS41 9LX**
Car parking just off of Ashton Road in the Ashton Court Estate Car Park (£1:20 parking fee)
- Monday 14th May & Monday 21st May – Leigh Woods – Postcode **BS8 3QB**
Car parking in the Leigh Woods forest car park.
- Terrain:** Park land and wood land
- Registration:** Registration online at www.bristolorienteeing.org.uk. Maximum of 25 participants per training event. Places allocated on a first come first serve basis. Register online for the first event in the series to be registered for all four in the course.
- Wear running kit with trainers that you don't mind getting muddy. Bring your own water.
- We intend to end each session at the local pub to discuss how the training session has gone – and to help with further coaching support. Bring a change of clothing to attend the pub.
- Start/Closure** Meet at 6:15pm for a 6:30pm start. Training will end between 8pm and 8:30pm.
- Entry Fee:** Free to members of BOK. £10 non-members (for all four events) refundable on becoming a member.
- Officials:** Organisers: Jackie Hallett, Helen Kelsey, Mike Skehel – 07787 627207
- Data Protection:** Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards.

Further details and latest information on the BOK website:
www.bristolorienteeing.org.uk

