



Fixtures Secretary: Jill Green 39 Prospect Park
Exeter EX4 6NA Tel: 01395 278152 e-mail:
jill-green@blueyonder.co.uk

Club website: <http://www.devonorienteering.co.uk/>

Get fit!

Have fun!

Improve your skills!

Devon Orienteering Club presents a series of varied and challenging orienteering activities suitable for all ages and abilities.

Most sessions take place at Bullers Hill, GR 872849 and will be run by Wilf Taylor and other qualified coaches.

Date	Time	Programme
Tuesday June 22nd	1700-1900	Control picking; Loops; Orange course.
Tuesday July 6th	1700-1900	Not decided.
Sat. July 10th	1000 - 1300	Womens Challenge- Basic map work
Tuesday July 13th	1800-2000	Basic / Advanced exercises
Venue Hound Tor	Park at Pony Club	Open moorland work
Sat July 24th	1000- 1300	Special conditioning session. Anthony Dew leading.

If you want to find out more please ring Wilf on 01626 859365

Progressing well this summer. Generally Juniors But Seniors who want to improve are more than welcome.

Revised 21 Jun 10