



SAXONS ORIENTEERING CLUB PRESENTS THE 2009 SOUTH EAST CHAMPIONSHIPS WEEKEND

PRELIMINARY DETAILS

SATURDAY 5 SEPTEMBER 2009

The 2009 South East Sprint Championships will take place at the University of Kent at Canterbury on a new map drawn to ISSOM standards by Graham Gristwood. There will be a two-round competition (both rounds in the afternoon) with the combined times used to determine the overall winners.

Championships will be available in the following ten classes:

Mini (M/W 10-12 -Yellow), Junior (M/W14-16), Open (M/W18-40), Veteran (M/W45-55), Super Veteran (M/W60+)

SUNDAY 6 SEPTEMBER 2009

The 2009 South East Middle Distance Championships will take place at Blean Wood, 8 miles north west of the historic city of Canterbury and close to the end of the M2. Blean Wood is a relatively unknown but delightful and generally runnable mixed woodland, with a gorgeous river valley running NE-SW through the area. Recently voted the club's best orienteering area by Saxons members.

COURSES 8 Middle Distance Courses

- 1 – M20, M21, M35, M40
- 2 – M18, M45, M50
- 3 – W20, W21, W35, W40
- 4 – M16, M55, M60, W18
- 5 – M65, M70, M75, W16, W45, W50
- 6 – M14, W14, W55, W60, W65, W70, W75
- 7 – M12, W12
- 8 – M10, W10

Prizes will be awarded to the first 3 in each of the following age groups:

M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65+.

Accommodation will be available at UKC and there will also be a campsite on Saturday night in the Assembly Area for Blean Wood

Online entry and full information will be available later in the year

www.saxons-oc.org

WEEKEND CO-ORDINATORS: SARAH HOWES & ANITA KINGDON