



**SAXONS ORIENTEERING CLUB PRESENTS**  
**THE 2009 SOUTH EAST CHAMPIONSHIPS WEEKEND**  
**5<sup>th</sup> and 6<sup>th</sup> SEPTEMBER 2009**

Saxons OC invite you to an exiting weekend of orienteering in or close to the historic and beautiful city of Canterbury, Kent. Both venues are easily accessible by the M2 motorway and both events are within 30 minutes of each other.

The SE Sprint Champs will take place on Saturday 5<sup>th</sup> September at the University of Kent, Canterbury, on a new map drawn to ISSOM standards by world ranking orienteer Graham Gristwood with courses planned by another international orienteer, Nick Barrable. There will be two rounds to this exiting race, both starting in the afternoon. The combined times of both will decide the winner.

On Sunday the SE Middle Distance Champs will take place at Blean Wood, a delightful forest with mixed woodland, and a glorious and very runnable river valley. Blean is 8 miles North West of Canterbury and close to the M2.

Accommodation will be available at the University campus for those wanting to stay overnight and there are plenty of camping and caravan sites in the area as well as accredited sites etc. The camping and caravanning club has a site in Canterbury. Go to <http://www.caravanclub.co.uk/Planning+your+trip/UK+Trips/The+Site+network/The+Site+network.htm>

Canterbury is bursting with things to do for the family, historic museums, interactive exhibitions, etc. The sunny Kent coast is just a half hour's drive away, making this an ideal weekend for all the family. There are lots of ideas of things to do and where to stay at [www.canterbury.co.uk](http://www.canterbury.co.uk)

Follow the links for information about the Sprint race and the middle distance race