

SAXONS ORIENTEERING COACHING MORNING

The next Saxons coaching morning will take place on Saturday, 8 January 2011 at King's Wood, Challock near Ashford. The car parking will be in the forestry commission car park at GR 024500, just a short distance from the A251. Follow tapes a short distance from the car park to the start/finish area/tent.

As we are now in the depths of winter, and it is likely to be quite cold, we would like to make a prompt start at 10:30 and may finish earlier than the usual 13:00, so if you are intending to come would you

1. please email sarahmhowes[AT]hotmail.co.uk (replace AT with @)
2. please arrive by 10:15 so we can be ready to start at 10:30
3. please make sure you have plenty of warm clothing to put on before and between exercises - it might be a good idea to have gloves, a thermal layer and/or cagoule to run in
4. you might also want to bring a hot drink and snacks

Another reason we would like to start promptly at 10:30 is because a school group will be joining us about 11am, so to get the most out of this session please arrive early!

On offer this time will be some yellow & orange standard courses for beginners and young improvers; also a relocation exercise and map memory exercise for intermediates. As usual we will also have a short green course for anyone who just wants to come along to stretch their legs or practice orienteering techniques.

All welcome and we look forward to seeing you there.

In the event of adverse weather this coaching session may have to be cancelled so please check the website before travelling.