



HERTFORDSHIRE ORIENTEERING CLUB

Club training for adults Monday 29th December 2014 Followed by Christmas Social

Training – 10.15 – 1.00

Social – from 12.30 onwards

Parking at the Scout hut, Mardley Heath, AL6 0QA

What you need to bring: a contribution to the Christmas buffet , O kit

Cost - Free to HH , £3 for guests

The training – There will be three or four exercises designed to develop particular orienteering skills – you can do one, or all, and repeat any that you want to. The exercises will be suitable for M + W12 and upwards.

There will be a map walk and exercises for younger participants.

Starts – the briefing for training will be at 10.15. It would be helpful to know that you're thinking of coming before 14th December, to allow for map printing.

You will have the chance to talk through your exercises with club coaches.

Social – please offer to bring either sweet or savoury items for the buffet, tea and coffee will be provided. Quizzes and pub games – bring along any favourites.

Organiser Susan and Keith Marsden keith@familymarsden.org
Offers of refreshments to Frances hgoldingay@aol.com

www.happyherts.org.uk