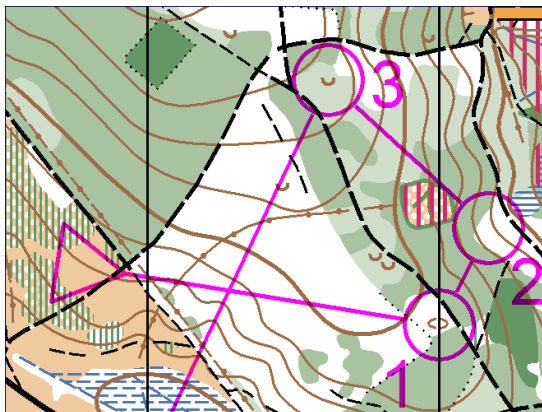




PSUK Orienteering Championships

Sunday 14th July 2013



The 2013 PSUK Orienteering Championships will be held in Sutton Park, Sutton Coldfield on Sunday 14th July 2013, within at an event organised by the Warwickshire and Coventry Orienteering Club, Octavian Droobers (OD).

Sutton Park has a good path network and provides fast running underfoot. There are some intricate areas of gorse and some slow run areas where careful navigation is required.

The Park is open to the public and is very suitable for families to come along to go for a walk, or take part in the main event where there will be suitable courses for all abilities. Family members will be able to enter on the day.

In a break with tradition there will not be a meal, but we will all meet for a picnic afterwards to encourage families to come along. There will probably be a caterer at the event selling hot food and drinks.

Courses

Course	Class		Distances – Approx.
A	Men's Open	Blue colour standard	7 – 8 km
B	Women's Open	Green colour standard	5 – 6 km
C	Veteran Men	Green colour standard	5 – 6 km
D	Veteran Women	Short Green colour standard	4 - 5km
E	Introductory	Orange/Red Standard	3 - 5km

Notes

A veteran is aged 40 years or over on 1st January 2013.

The Introductory course will give a fit runner a good 40 minute run.

Pairs from the same Force may compete competitively on the Introductory course.

There will separate prizes for men and women on the Introductory Course.

Extra prizes will be awarded on Course C & D for competitors aged 55 or older on 1.1.2013.

Start times: 10.30am – 12.30pm

Entry Fee: £8 per person including EMIT brick hire

Cheques payable to: PSUK Orienteering.

Entries

Please return your completed entry form and payment to Peter Guillaume, 25, Crimicar Drive, Sheffield S10 4EF by 26th June 0213.

Final details will be sent out by email and displayed on this web page: www.pgopage.co.uk/psuko.htm

Enquiries

Please contact Peter Guillaume by email: p.m.g@btinternet.com or telephone 0114 229 5919