



**Want to start running but find it boring?
Already love running and want a new challenge?
Love to fell run or hike but need to learn to navigate?
Learn Orienteering in our 8 week Adults Beginners Course**

Part 1 4 weeks

4 Virtual Sessions 4 Coached Sessions

Wednesdays 7-8pm Saturdays 2:30-4pm

Oct 6th, 13th, 20th, 27th South Park

Oct 9th, 16th, 23rd,

Race Stewart Park

30th

All 8 Sessions

£20 Non-Members

£10 CLOK Members

**(£10 refundable on
becoming a member)**



**Full details, Part 2 and registration at
clock.org.uk/couch2green.htm
Email: development@clock.org.uk**

