



Mole Valley Orienteering Club



Juniors coaching

Have you ever wanted to know how to find that vanished control or run on a bearing or read a map or ...

Then come and join the Mole Valley Junior coaches for a fun coaching session where you can learn new techniques.

Saturday 29th October 2005

10am – 2pm

at Nonsuch Park, Cheam

Location: TQ237635. Parking for drop off and pick up is on the South East side of the park, just off the A232 Ewell Road, approximately one mile East of Ewell from the A240, and one mile west of Sutton. The closest station is Cheam (1km).

Please bring your grown-up, compass(*), dibber(*), whistle, cagoule, running shoes, packed lunch and a drink.

(*) – We can supply these if you don't have your own.

In order to reserve your place (and your map!) please phone 01483-560454 by the 19th October 2005. The day is open to all orienteering juniors from 7 to 16 years old.

We look forward to seeing you there!

We would like your grown-up to stay with you, and maybe take part too, as you will be taking part in an activity where our total supervision will not be possible.