



## Come to the North West for a Weekend of Quality Orienteering



**Lakeland Orienteering Club** invite you to one of the prime areas of the Lake District, Haverthwaite Heights for  
**The British Middle Distance Elite and Age Class Championships**

In addition to the Championships; the event is a UK Cup, FCC qualifier and junior selection race

There will also be colour coded courses on the day and a model race on Friday 16<sup>th</sup> April

For More Details or to enter see  
[www.lakeland-orienteering.org.uk](http://www.lakeland-orienteering.org.uk)

Both Races  
Open to all  
members of  
British  
Orienteering



**South Ribble Orienteering Club** invite you to  
**'test yourself against the best'** in Chorley,  
Lancashire at

**The British Sprint Elite Championships**

A UK Cup Race

A new map, and courses that take in woodland, parkland and urban areas, this event is open to all members of British Orienteering  
For more details or to enter see

[www.sroc.org.uk/bsec2010](http://www.sroc.org.uk/bsec2010)



**Chorley  
Council**

