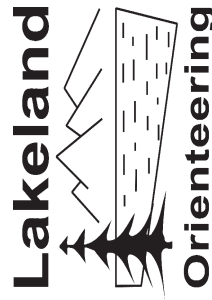




## Come to the North West for a Weekend of Quality Orienteering



Lakeland Orienteering Club invite you to one of the prime areas of the Lake District, Haverthwaite Heights on 17<sup>th</sup> April 2010 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-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)



South Ribble Orienteering Club invite you to **'test yourself against the best'** in Chorley, Lancashire on at 18<sup>th</sup> April 2010

### 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)

