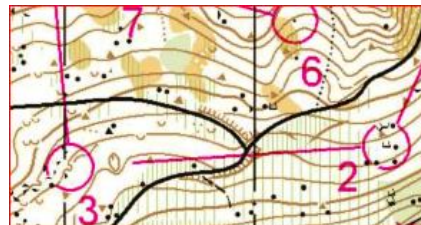




PSUK Orienteering Championships

Wednesday 21st March 2012

The 2012 PSUK Orienteering Championships will be held in the Forest of Dean, near Coleford, Gloucestershire on Wednesday 21st March 2012. The main organisers, planners and controllers are retired officers from Avon & Somerset Police.



The event area is known as Headless Hill. Parking will be adjacent to the area and the prize giving and meal will be at the Dog & Muffler public house, 3 miles away.

Courses

Course	Class		
A	Men's Open	Blue colour standard	5.7k, 265m climb
B	Women's Open	Green colour standard	4.3k, 215m climb
C	Veteran Men	Green colour standard	4.3k, 215m climb
D	Veteran Women	Short Green colour standard	3.0k 150m climb
E	Introductory	Orange Standard	3.3.k 150m climb

Notes

A veteran is aged 40 years or over on 1st January 2012.

The Introductory course will give a fit run 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 plus on 1.1.2012.

Entry Fee: £8 per person per course. **SI Hire fee:** £1 per person **Prize Giving Meal:** £13 per person (2 courses)

Cheques payable to: PSUK Orienteering.

Entries

Please return your completed entry form and payment to Peter Guillaume, 25, Crimicar Drive, Sheffield S10 4EF by 7th March 2012.

Final details will be sent out by email and displayed on this web page:

www.pgopage.btiinternet.co.uk/psuko.htm

Enquiries

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