



Coaching Day at Ightham Saturday 2nd February 2019

Location: Oldbury Hill, Ightham

Meeting Time: 9:45am to start at 10am

Meeting Place: Crown Point Inn, Sevenoaks Road, Seal Chart, Sevenoaks, Kent, TN15 OHB. Please park on the road outside the pub.

Cost: Free

Finish Time: 3pm

Please bring plenty of warm, appropriate clothing and a change of clothes for afterwards, lots of drinks and a light lunch to keep you going. We will be doing some orienteering training exercises such as relocation, map memory, pacing with some basic map drawing!! We will stop for a short break at lunchtime and then go for a fun star relay in the area opposite afterwards.

Please don't forget your compass. Maps will be provided on day.

Any further questions or you would like to join us, then please email me, Allison Page at allisonpage1234@googlemail.com I need to know map numbers by Wednesday 30th January.