



## Manchester & District Orienteering Club

Would you like to:

LEARN to map read, EXERCISE mind and body, FEEL the thrill of success,  
RUN through stunning scenery, RISE to the competitive challenge,  
EXPERIENCE an exciting adventure, ENJOY the fun atmosphere of a big event,  
EXPLORE beautiful and interesting new places

### ORIENTEERING

provides all these things and more for everyone of any age or ability

#### Introductory Events at Lyme Park, Disley

- Why** If you enjoy the outdoors, a physical challenge and learning new skills then this could well be the sport for you, your friends and family.
- What** Manchester and District Orienteering Club are hosting **three events especially to introduce newcomers to the sport.** We are hoping to see plenty of new faces eager to be shown how to map read and tackle our carefully planned courses.
- Who** **Everyone is welcome, any age and any ability.** A range of easy courses varying in length from 2km to 5km will be available. Experienced orienteers will be at hand to advise and help you.
- When** **Tuesday 7<sup>th</sup> May 2013**  
**Tuesday 14<sup>th</sup> May 2013**  
**Thursday 23<sup>rd</sup> May 2013**  
Arrive anytime between 5.30pm and 7.00pm. Finish by 8.00 p.m.  
  
We are happy for you to come to one or more, or all of our events.
- Where** The entrance to Lyme Park is on the A6 just West of Disley, grid ref. SJ 964823. The orienteering centre will be clearly signed from the car park. It will be in the courtyard by the cafe and toilets.
- Cost** Entry to Lyme Park, a National Trust property, after 4.30pm will be free. Participation fee: Adults £3.00, Juniors £1.50.
- What to bring** No special equipment is required, only outdoor clothing and suitable footwear. The park authorities request that spiked shoes are not worn, however studded footwear is allowed.

For more information on these events please contact  
Peter Lomas on 0161 483 4332, or email [lyme2013@mdoc.org.uk](mailto:lyme2013@mdoc.org.uk)

For information on Manchester and District Orienteering Club and orienteering in general, visit our website - [www.mdoc.org.uk](http://www.mdoc.org.uk)  
or contact *British Orienteering* - [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)



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