

# Cleveland Orienteering Klub

## Summer Midweek Handicap Series - 2009

**Format:** - A series of 7 events (best 5 results to count) in the Cleveland area. A Handicap system will be applied, (i.e. times will be adjusted for age and sex so that for example, a W50 could potentially beat an M21 of similar orienteering ability).

**Dates:-** Event 1 Wednesday 20 May - Hardwick Hall  
Event 2 Wednesday 3 June - Stillington  
Event 3 Wednesday 17 June - Errington  
Event 4 Wednesday 1 July - Guisborough/Hutton Lowcross  
Event 5 Wednesday 15 July - Coatham Woods  
Event 6 Wednesday 29 July - Silton  
Event 7 Wednesday 19 August - Cod Beck

**Courses:** Short (~2.5 km), medium (~3.5 km) and long (~6 km)

**Register:** From 6:00 p.m.

**Start:** Between 6:15 p.m. and 7:15p.m.

**Terrain:** A mixture of relatively flat, open parkland and woodland - technically easy to medium level

**Cost:** Seniors - £2.00, Juniors/Students - £1.00

**Organiser:** Will Dehany, Tel (01642) 596970 for details or e-mail: [will.dehany@gmail.com](mailto:will.dehany@gmail.com) or visit the CLOK website [www.clok.org.uk](http://www.clok.org.uk).