



Cleveland Runner
ROAD | TRACK | TRAIL | FELL

1of4 25th September: South Park Darlington

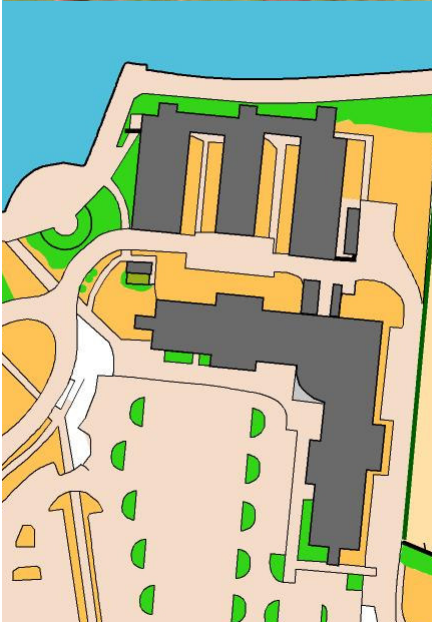
2of4 30th October, Hardwick, Sedgefield

3of4 13th November: Summerhill, Hartlepool

4of4 18th December: Tees Barrage, Stockton

(race 4 venue to be confirmed; some early flyers transposed the venues for races 2 and 3 – those shown above are correct)

Autumn 2010 Races Short



Easily accessible venues

Sprint format races

Updated maps, SI, Quality planning

Saturday mornings – starts 10 to 10:30

Coaching sessions afterwards

Best 3 of 4 results count to league

Other CLOK Autumn 2010 events:

12th September: Sneaton

24th October: Boltby

20th November (Night) Newton Hanzard

21st November, Newton Hanzard

12th December: Bank Foot

13th March 2011 - "Acorn" Regional Event – Mulgrave Woods

Cleveland Orienteering Klub; www.clok.org.uk O-version 2