

Top End Orienteers
invite you to come and try:
ORIENTEERING



Explore the tracks, walkways and parks of Marlow Lagoon, Driver and Durack, Palmerston.

WHEN: Sunday, 17th July, 2016

WHERE: Marlow Lagoon Recreation Area, Elrundie Ave, Palmerston

COURSES: Easy 1.8 km
(suitable for 4WD prams)
Moderate 4.7km
Hard 5.5km

TIME: Start between 7.00 & 9.00am
Must be finished by 11am.



- Enter on your own or as a team/family.
- Sausage sizzle available after 8.30 am
- Coaching available between 8:00 and 9:00 am
- Great for all ages, all fitness levels
- The ideal way to exercise your mind and your body.

FIRST EVENT FREE!

For more information, contact
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