

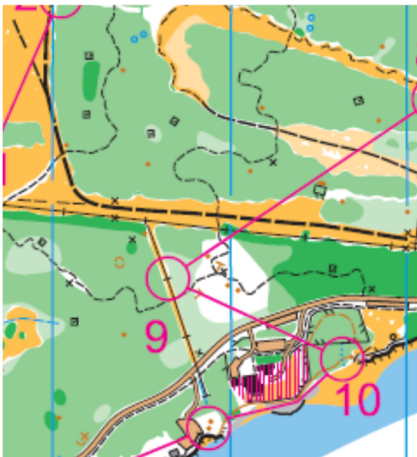


Top End Orienteers invites you
to come Orienteering at

East Point Reserve

WHEN & WHERE: Gun Turrets, East Point Reserve:
Sunday 8th September 2019

COURSES: Easy (2.5km, pram-friendly), Moderate (~3km), short (~4km) and long Hard (~5km) courses on offer.



What to bring: water bottle, hat, sunscreen, a compass and leg protection may be useful for harder courses.

TIME: Start between 7:00 & 9:00am, courses close at 11:00am. Coaching available from 7.30am.

- Regular event fees apply (individuals \$5/\$10 & groups \$8/\$15 for member/non-member, family fee available)
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Beginners and New members welcome, membership form available from www.teo.asn.au or on the day.

For more information please call: 0423 971 997 (Anna)

Email: topendorienteersNT@gmail.com or www.teo.asn.au

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