



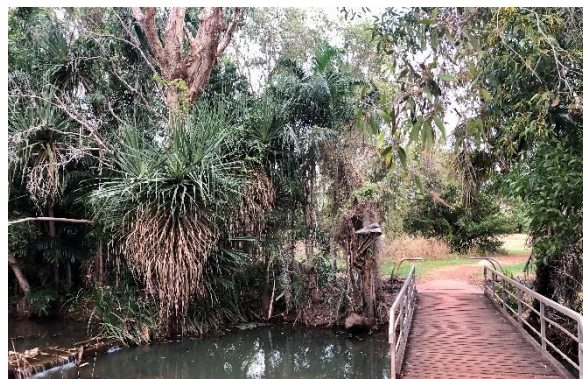
Top End Orienteers invite you to come **ORIENTEERING**

Come and explore Casuarina Coastal Reserve

WHEN: Sunday 31st May 2020.

WHERE: Start/Finish near Royal Darwin
Hospital - follow signs

No toilets at start/finish area



COURSES: 4 courses available

Easy 2km, pram friendly

Moderate 4km

Short hard 4.5km

Long hard 6km -

Warning - Seb says he wants the hard to be really hard - participants be warned!

TIME: Start any time between 7.00 & 9.00am Courses close 11.00 am

Coaching available between 8.00 and 9.00am

- Enter on your own or as a group or family
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Covid 19 Plan in place -
- Social distancing rules apply
- Download Map RunF (or be prepared to self-time)
- Bring your own water and snacks



Beginners welcome. Entry to your first event is free!

For more information Email: topendorienteersNT@gmail.com

www.teo.asn.au  [Top End Orienteers](https://www.facebook.com/TopEndOrienteers)