

**Classification** Club event**Discipline** FootO**Classes** Very Easy, Easy, Moderate, Hard**Event form** Individual**Status** Entries opened**Organiser** Range Runners Orienteering Club**Contact phone** 46981538**Contact email** [rroc@oq.asn.au](mailto:rroc@oq.asn.au)

Coaching exercises for all ages and abilities, very easy to hard navigation. FREE to all club members, \$5 for non-members, all welcome. If you wish to time yourself, bring your SI stick (start and finish punches only).

