

Geham Coaching and UMC #4

Sunday 18th June 2017 10:00 - 10:00 EST

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

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

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