

SUMMER SERIES

Wednesdays @ 18:00
May 13 - Aug 28



every wednesday a different venue
in Aberdeen / shire
for travel directions and details
visit www.grampoc.com

easy/medium/hard, 1.5km - 4.5km
race individually/go in a group
beginners especially welcome
introductory training available

£3 senior
£1 junior/student/conc



**GRAMPIAN
ORIENTEERS**