

# KeyneO 2012

<b>11th March</b>	Shenley Wood
<b>1st April</b>	Linford Wood
<b>13th May</b>	Howe Park Wood
<b>10th June</b>	Caldecotte Lake
<b>8th July</b>	Great Linford
<b>19th August</b>	Campbell Park Pavilion
<b>9th September</b>	Open University and Woughton
<b>7th October</b>	Loughton Valley

Always check the website  
before the event.

[www.smoc.info](http://www.smoc.info)

KeyneO is a series of informal orienteering events suitable for both beginners and more experienced orienteers and runners.

If you haven't tried orienteering before someone will be available to explain the basics and point you in the right direction. No special equipment is needed and just wear whatever you would for a walk, or run, in the park.

The events are based around the parks of Milton Keynes and all take place on a Sunday morning. **You can start at anytime between 10:00 and 12:00**, except the longest course which is between 10:00 to 11:30. All courses close at 13:00.

There are usually three courses:

**Amble:** About 2.5k: Very straightforward, suitable for complete novices whatever their level of fitness. Does not cross any roads and provides a pleasant walk with some navigational interest - the more competitive are welcome to run round.

**Trot:** About 5k: Still straightforward, suitable for adult beginners and those with a little experience who want to go a bit further. Also good for more experienced orienteers who want a run or walk that isn't too demanding. May cross a few minor estate roads.

**Run:** About 7.5k: A longer course that is an extensive tour of the area, only suitable for fit and reasonably experienced orienteers.

It's entry on the day, so just turn up and take part. However, if you are planning to bring a large group please let Steve know beforehand so we can be sure to have enough maps printed.

**Entry fee:** Individuals, couples and families £4. Groups containing more than two adults £6. Extra maps £1. If you complete a course we will swap the map so you can do another course at no extra cost.

**Other Information:** Mini Controls, punches and control cards will be used. Maps will be overprinted.



**Come along and bring  
your friends**

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