



**HERTFORDSHIRE
ORIENTEERING CLUB**



CLUB NIGHTS or 'O' in St Albans this Summer!

Events start at [Highfield Park Centre](#) @ 7pm,
Off Russet Drive, [AL4 0RA](#),
(except 25th June)

- 11th June** Rerun the courses from Saturday's Event at Highfield, or try them out for the first time!
- 18th June** Bored of just running – try out an interval session.
Improve your speed over the ground whatever it is!
- 25th June** 'O' activities in Verulamium Park.
Meet at Westminster Lodge Car park from 7.15pm.
It's approx 4.5km from Highfield if you fancy a warm-up!
A Pub to compare notes afterwards.
- 2nd July** Mike's O activities.
Come along and find out what challenges Mike has prepared.
- 9th July** Bored of terrain running - try out a 'fartlek' style session.
Improve your endurance - can be tailored to all fitnesses!
- 16th July** Post Box Score followed by Pot Luck Supper.
45 min score event with mass starts at 7.15 and 7.30pm.
- 23rd July** Are you any fitter now? Terrain runs of various length
2, 4, 6 & 9 miles.

For more information contact Máire
01727 868 023 or chair@happyherts.org.uk

www.happyherts.org.uk