



# ***A Weekend of Orienteering in Oxfordshire and Buckinghamshire, hosted by JOK and TVOC***



**Saturday 12<sup>th</sup> March 2011**

## ***The 18<sup>th</sup> JOK Chasing Sprint***

**SHOTOVER, near Oxford:** Varied wood and grassland, featuring ancient coppice, beautiful oak plantation and hidden valleys. The spiritual home of the Chasing Sprint and of electronic punching in England!

**Format:** Prologue plus Chase

Men's & Women's Open, 40+, 55+ & 16-, plus Yellow / Orange courses. Pre-entry required.



photograph by Tim Beale

More information at:  
<http://www.jok.org.uk>

*Both events included in the FCC and UK Cup  
Entries at: [www.fabian4.co.uk](http://www.fabian4.co.uk)*

**Sunday 13<sup>th</sup> March 2011**

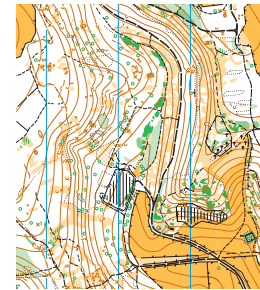
## ***National (Level 1) Event, Southern & SCOA Champs, The Chiltern Challenge***

**HAMBLEDEN, near Henley-on-Thames:**

Undulating, runnable, mature Chiltern woodland. Mixture of mature and thinned beech and coniferous plantation. High visibility with little ground-vegetation. Very fast.

Full range of age courses, including Elite courses for M/W18, M/W20 & M/W21; plus colour-coded.

More information at:  
<http://www.tvoc.org.uk>



photograph by Steve Long