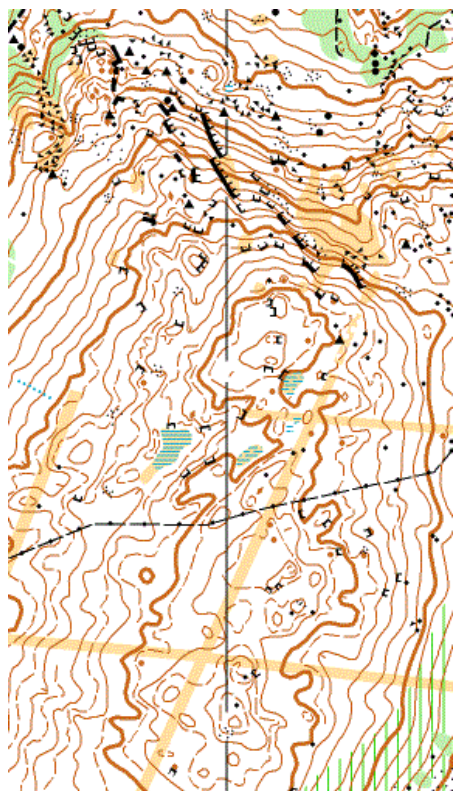
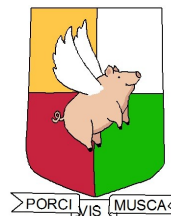


JOK presents the
2014 Chasing Sprint
with "Race the Castles"



Friday 17th October
Birsemore Hill,
Aboyne, Scotland

The prologue and chase format of the JOK Chasing Sprint heads north to some classic technical Scottish forest, in conjunction with the second Race the Castles weekend. Are you up to taking on the tricky navigation at high speed?

Courses: Men's and Women's Open, 40+, 55+ and 16-. Pre-entry via Fabian4 now open!

Prologue starts from 12 noon to 1.30pm.

Further details at
www.jok.org.uk/chasing_sprint/2014



Birsemore Loch, with the forest beyond
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