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parties
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by 31st July

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New Sports Shop

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red lion bazaar



SOMETHING FOR EVERYONE
Best Wishes For Sports Week



WJ Avery

FUNERAL DIRECTORS

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We Wish All The Best to
Okehampton Sports Week 2009



"SOMETHING FOR EVERYONE"

OKEHAMPTON

SPORTS & FITNESS

FESTIVAL 2009

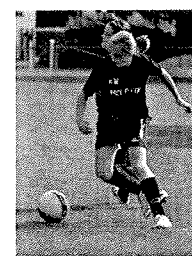
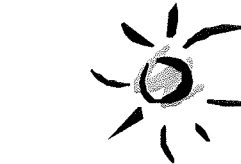
4th - 12th July

Events for
CHILDREN, YOUTHS & ADULTS




including:-
Football, Netball, Rugby, Rounders, Walks,
Tennis - Squash - Badminton - Table Tennis
Archery, Fitness Classes, Fishing,
SAILING - Skating - High Ropes - Windsurfing
Disability Activities, Swimming, Fencing
Judo & Karate - Water Polo - Trampolining

& much more...






'Have-a-go' Sessions, Therapies and Competitions
For further details please contact O.C.R.A. & 5x30 on (01837) 54546

DAY	EVENT	TIME	AGE	PLACE	COST	CONTACT
Sat 4 th Jul	Skating & Bike Jam	2.00 - 5.00 p.m.	6+ - Adults	Okehampton Skate & Bike Park	FREE	OCRA - 54546
	Sponsor: Skate Warehouse/Oke Town Council/Lions Club <i>Drop in & show your skate & bike skills - prizes given & food available - helmets MUST be worn</i>					
	Fishing Competition	9 - 3	14+ & Adults	Spiers Lake, North Tawton	£6.00	Paul Dunn - 659368
	Draw at 9.00 a.m. Prizes for EX20 residents only - Day or annual fishing licence required available at Post Office					
4 th & 11 th Jul	Tennis	10.00 - 11.00 a.m.	Under 8's & Beginners	New Tennis Courts	£1.50	David Carter - 840521
		11.00 - 12 noon	8 - 11 yrs		£1.50	Oke Tennis Club
Sun 5 th Jul	Cricket 7-a-side	11.00 onwards	Adults	Okehampton College Cricket Pitch		Dean Taylor - 07973629339
Sponsor: Stevens Est. Agents Teams from around the area battle it out in the first Okehampton 7-a-side - refreshments & food available						
Mon 6 th Jul	Try Judo	7.00 - 8.00 p.m.	Juniors 5 - 16	Fairplace Church	FREE	Geoff Cawse - 82587
		8.15 onwards	Adults	Fairplace Church	FREE	www.okejudo.co.uk
An olympic sport, art, effective self defence, developing self discipline & respect						
	Badminton Competition	7.00 - 9.00 p.m.	Teenagers & Adults	Parklands Sports Centre	£2.00	OCRA - 54546
	<i>Fun night of play and if you want to, competition (mens & ladies doubles, pairs drawn on evening) Equipment available</i>					
	Try Fencing	7.00 - 8.30 p.m.	Teenagers/Adults	Okehampton College Gym	FREE	OCRA - 54546
<i>Equipment provided - Ever wanted to be one of the Three Musketeers? - Now's your chance</i>						
	Pilates	6.00-7.00	Adults	Church Hall Market Street	FREE	Yvonne West - 0183753753
		Enjoy flowing movement that aids fitness and wellbeing				
Tue 7 th Jul	Short Walks	10.30 a.m. start	All ages	Waitrose	FREE	Kate Wright
	<i>30/40 minute walk on fairly even ground and is pushchair friendly - will finish at local café</i>					
	Junior Squash Comp.	3.30-5.00	9-16 yrs	Okehampton Squash Club	FREE	Walk & Talk - 07920786505 Clive Marias - 07825701902
		All abilities welcome - equipment available - entries by Monday 6 th July				
	Netball Tournament	6.30 p.m.	Ladies	Okehampton Community College	£10.50 per Team	Sandra Ausden - 659970
	Sponsor W J Avery <i>Individuals & teams that would like to play please contact by 2nd July</i>					
	Table Tennis	7 - 10.30 p.m.	All ages/abilities	Okehampton Table Tennis Club	FREE	Lorraine Robinson - 07966985789
	<i>Equipment provided - come along and play - for all levels of mobility</i>					
	Tennis	6 - 9 p.m.	Adults	College Tennis Courts	£1.50 new players	David Carter - 840521
		Players of all abilities welcome - equipment available				
	Try Kempo Karate	7.00 - 8.00 p.m.	Children/Youths	Parklands Sports Centre	FREE	Roger Chestnut - 07886185281
		8.00 - 9.30	14 + Adults			
A practical martial art for all abilities - self defence, fitness, confidence and coordination						
	Swimming	8.00 - 9.00 p.m.	18+ Adults	Parklands Swimming Pool	FREE	Nick Bowles - 54686
		An ideal session to develop stroke technique, fitness and enjoy swimming more				



Women's Running Group for over 17's - Meet at Parklands - Free Introduction for all abilities
 6.00 -6.45 p.m. - Beginners 6.45 onwards for Intermediates - If you require more details, please contact Carol - 07791831067

Wed 8 th Jul	Walk	10 a.m. start	All ages	Okehampton Post Office	FREE	Kate Wright
	<i>Walk takes 1 - 1½ hours & can be on muddy/uneven ground with some steep inclines</i>					
	Try Tai Chi & Qigong	12.30-1.30	Adults	Band Stand Simmons Park	FREE	Walk & Talk - 07920786505 Pippa Cherrington - 851218 www.holistic-courses.co.uk
	<i>Boosts energy & reduces stress - Tai Chi helps to refresh us, encourage better posture, circulation & clarity of thought</i>					
	Swimming for over 50's	1.00-2.00	Adults over 50	Parklands Swimming Pool	£1.00	Trish Warren - 08452967810
		For swimmers of all abilities to help you to develop fitness through exercises or stroke technique. Free cup of tea!				
	Handicap Squash Comp.	7.00	Teenagers/Adults	Okehampton Squash Club	FREE	Fit as a Fish - Age Concern Devon Sue Stanbury - 52104
		A fun competition for all abilities - please contact Sue by Monday 6 th July - equipment can be provided				

Wed 8th Jul cont **Try Trampolining**

6-7 & 7-8

6 - 16

Okehampton College Gym

FREE/Need to Book

OCRA - 54546

Come along and fly with a fantastic trampolining coach - All ages, all abilities



Try Archery

7.00-9.00 p.m.

Any ages

Far end of College Sportsfield

FREE

James Canhan - 810387

Equipment provided, come & shoot

Castle Archers

Pilates

6.30-7.30

Adult Men

Town Hall North Tawton

FREE to newcomers

Shirley Edwards - 82415

7.30-8.30

Adult Ladies

Town Hall North Tawton

FREE to newcomers

Rugby Coaching Sessions with Plymouth Albion - Top Coaches including Graham Dawe, at Okehampton Community College - FREE

6.00 - 7.00 p.m. - 6 - 10 Years ~ 7.00 - 8.00 p.m. 11 - 16 & Colts 8.00 - 9.00 p.m. Adults - If you want more details please contact Bob Ewen 07977982103



Thur 9th Jul

Windsurfing

6.00-8.00

8-15 years

Roadford Lake

£10 per person

Roadford Water Sports Centre

All abilities catered for in this cool and exciting sport

01409211597

Sailing

6.00-8.00

16+/Adults

Roadford Lake

£10 per person

Roadford Water Sports Centre

Learn to sail and have fun on the water in a relaxed way

01409211597

Circuit Training

6.00-7.00

13+/Adults

Please book a place

FREE to newcomers

Tiffany Stott - 07990965867

Rounders Tournament

6.15 start

16+ & Adults

Okehampton College Sports Field

£9 per Team

OCRA - 54546

Sponsor Okehampton Glass

Get together with friends or colleagues for the game everybody loves - Book a team by Tuesday 7th July - 5 of one sex, 4 of the other

Running

6.30

16+/Adults

Squash Club

FREE

Andy Vallance - 07977189821

Qualified coaches assist all abilities of runners with training sessions to suit

Okehampton Running Club

Aerobics/Fitness

6.30-7.30

12+/Adults

Hatherleigh Community Centre

FREE to newcomers

Emma - 840298

Come and get fit in a fun, friendly environment - suitable for all ages and abilities

Cycle Time Trial

7 p.m.

12 - Adults

layby with bus shelter before Bridestowe Old A30

FREE

Tony Johnson - 861366

10 mile Time Trial for all abilities-Parental consent required for all under 18's - Prizes for winner & best newcomer

Okehampton Cycle Club

Fri 10th Jul

Conservation

10.00 - 3.00 p.m.

16+/Adults

Finch Foundry, Sticklepath

FREE

Mike Watson - 840183

Physical healthy activity whilst taking care of local environment to ensure enjoyment for everybody-all welcome

Multi-Activity Action Club

6.00 - 8.00 p.m.

6-16

Simmons Park/Parklands

FREE

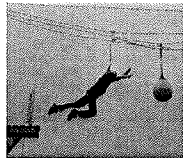
OCRA - 54546

Thanks Big Lottery Fund

Lots of different activities for you to choose - sport, art and free play

OCRA ACTION

Sat 11th July High Ropes Course 10.00-12.30 10+ Adults
Okehampton Youth Hostel
£10 Michelle - 53916



Suspended 40 feet above the ground our high rope climbing course is an exciting series of challenges that test skills, agility and courage for all abilities, suitable for 10 years old and over. Made up of 6

different elements containing physical and mental challenges it is great for promoting team work and promoting personal confidence.

Special Therapy & Activity offers throughout the week

Spinal Touch, Luxery Facials & Pedicures, Hot Stones, and lots more

20% OFF

Contact: Gina Burdus 01837 53789

Holistic Treatments 20% off all therapies
Swedish Massage, Hot Stones, Indian Head Massage & Hopi Ear Candle

Contact:

Yvonne West 01837 53753

Sports Massage 20% OFF

'Deep tissue massage which helps muscle recovery, pre and post activity'

Contact:

John Stangroom: 01837 55755

Holistic Massage 20% OFF

'Is your life busy - treat yourself, have a massage'

Contact:

Pippa Cherrington: 851218

Accessible to anybody including those with learning or physical disabilities

Activities throughout the week include:-
 Aerobics Dance - Walking - Fishing
 Cycling - Football - Rebound Therapy

Table Tennis - Tai Chi

Some support available
 New volunteers welcome

Contact:- Vicky Hooper
 at the Puzzle Tree - 659796

Bike Hire - Adults £5 Children £3 - Explore the Granite Way, Moor and beyond - Michelle, Okehampton Youth Hostel - 01837 53916

Sun 12th Jul



Thanks to
Devon Marquee Co.

Moor Walk and Run - Starting in Simmons Park at 11.00 a.m.

Choose from three fantastic routes:-

Flattish 6 miles along the Granite Way to Meldon Viaduct & Reservoir

Scenic 6 miles - Leading to open moor and picturesque pathways

"The Twelve Miles" - a spectacular route climbing high on to the moor and good terrain

Entry:- £10 to Cancer Research UK + you can also raise more if you can

Entries for walk:- Sylvia Arlett Tel. No. 01395 282705 - email sylv.bob@tiscali.co.uk

Entries to run:- Eric Johnson Tel. No. 01837 55320 - www.okehamptonrunningclub.com



Junior Tennis Final

10.30

New Tennis Courts

FREE

Tennis

11.00 - 3.00 p.m. Children & Adults

New Tennis Courts

Donation

David Carter - 840521

Come and test yourself against the ball machine - equipment available - fun, games and coaching

Oke Tennis Club

Okehampton Argyle v Notts County Under 18's

10.30

Okehampton Argyle Pitch Simmons Park

Five-a-Side Football

12 noon

16+ & Adults

Okehampton College

£15 per Team

Stuart Lord - 54546

Sponsor: Serious About Sport

Seperate Mens/Ladies competitions - Limited places so book by 10th July

OCRA & Okehampton Argyle

Multi Activities

12.00 -2.00 p.m. 3-8 years

College Sports Field

FREE

Parklands Leisure Centre

Come and join the party animals team for lots of different activities for young children to enjoy

Art Activity

12.30 -3.30 p.m. 4-18 years

College Sports Field

OCRA ACTION - 54546

Thanks Big Lottery Fund

Come and be creative and produce your own masterpiece



Street Dance

1.00 -2.00 p.m. 6-16 years

College Sports Field

OCRA ACTION - 54546

Thanks Big Lottery Fund

FREE: Come along and move to some funky tunes

Soccer Skills

2.00 -3.00 p.m. 5-14 years

College Sports Field

FREE

OCRA ACTION - 54546

Thanks Big Lottery Fund

Skills, games, competitions and fun!

Putting Competition

1.00 - 4.00 p.m. 8+ & Adults

Putting Green Simmons Park

50p

Julia Shaw - 52162

Come along any time and record a score - putters & balls provided - prizes for lowest scores

Oke Ladies Putting Club

FREE SWIM

AT PARKLANDS BETWEEN 1 - 4 P.M. FOR CHILDREN & ADULTS



Thanks to Leisure Connection



table tennis - judo demo - food - ices - cream teas - inflatables



Water Polo

6 - 7 p.m.

10 - 18

Parklands Swimming Pool

FREE

David Bowles - 01647 441224

7 - 8 p.m.

Adults

Okehampton Sports & Fitness Festival 2009



Okehampton Community & Recreation Association (O.C.R.A.) and 5 x 30 (more active, more often) has together, with local sporting clubs & individuals put together an exciting programme of activities. Events are open to anyone, irrespective of ability, so please come along and enjoy them either individually, with family, friends or work colleagues. Funding this year has been received from OCRA, 5 x 30, EX20 Lottery, Big Lottery Fund, Okehampton Town Council/hamlets, Okehampton United Charities & local businesses. Thanks to everybody who has made this week possible - Stuart Lord



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A wide range of holiday and term time activities
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register today - 01837 52350