



# MOLE VALLEY ORIENTEERING CLUB

(affiliated to British Orienteering)

## LIMITED DISTRICT EVENT

The Nower, Dorking  
Sunday 7<sup>th</sup> June 2015

(being run in conjunction with the 38<sup>th</sup> Surrey Hills Races  
– see [www.sloweb.org.uk](http://www.sloweb.org.uk) for details)

**Venue:** Small but interesting area of mostly runnable woodland, with many paths. All facilities are close together, and there is an ideal grassy area to have a picnic on after your run (weather permitting !)

**Car Park:** The Priory School, Dorking, Surrey. OS Map 187, at Grid Ref TQ158488. Follow the 'Hill Race' signs from South end of Dorking one-way system. Parking will be tight - please share transport where possible.

**Map:** 1:5000, 5m contours, NEW MAP, surveyed Jan 2015 using LIDAR data - maps will be overprinted on waterproof material, but not bagged.

**Registration:** 10.00am - 12.00pm Entry on the day only.

**Starts:** 10.30am - 12.30pm Courses close 2.30pm

**Courses:** White(1.2km) Yellow (1.9km), and Green(3.8km) .  
The event will be using SportIdent electronic punching (hire charge £1).

**Fees:** Seniors £5.00 Juniors £2.00

**Facilities:** Toilets in the School. Dogs welcome but please clean up any mess.

**Officials:** Organiser/Planner - Mike Elliot

**MV Website:** <http://www.mvoc.org/>

**Safety:** Whistles recommended.

**IN THE INTEREST OF SAFETY ALL COMPETITORS MUST REPORT TO DOWNLOAD**  
**Competitors participate in this event at their own risk**