



Mole Valley Orienteering Club

(affiliated to British Orienteering)

invites you to

Nonsuch Park

Greater London Orienteering Summer Series

Sunday 3 July 2016

The GLOSS is an annual handicap competition between South East Orienteering Clubs in which all club members run the same course and the handicapping system means that it is very unlikely that the fastest runner will win!

You will also enjoy this event if you are new to orienteering. Please come along and try a course designed for newcomers with help on hand to show you the ropes.

Where: Use the Cheam Gate on the Ewell Road, TQ238635. Car parks are approximately 100m into the park on the left and right.

Registration and entry fees: Entry on the day only. Open from 9.30 am to noon near the car park. Seniors £4, Families and Juniors £2. SI electronic punching will be used and dibbers for this will be available for hire from registration for £1 (lost dibbers £30)

Courses:

Light Green GLOSS course c4km with optional extension c3km - for experienced orienteers

Yellow course for beginners c2km

Starts: 10.00 to 12.00. Courses close at 13.30. Start and Finish are close to registration

Courtesy to others: Nonsuch Park is popular and well used by local residents, in particular dog walkers. Please show them kind consideration.

Event Officials: Organiser: Bill Alexander/Deborah Sullivan
Planner: Sarah Scarborough
General information: mvocevent@gmail.com

Results: Will be available at the MV Web site as soon as possible after the event www.mvoc.org General information on the GLOSS series can be found on the LOK website <http://londonorienteering.co.uk/events/gloss-series-2015>

Food and toilets are available at the Park Café by the Mansion House

You are responsible for your own safety and you take part in this event at your own risk. British Orienteering 3rd Party insurance does not cover any non-member of a British Orienteering affiliated orienteering club at this event if that person has taken part in three or more British Orienteering registered events.