

## Mole Valley Orienteering Club

(affiliated to British Orienteering)

invites you to

### Polesden Lacey Hills and Holes

**TUESDAY 18 JULY 2017**

## Polesden Lacey Bookham



The event will be more of a Try O with predominantly path and track running and a few fields to cross, but with short trips into the woods to get to the controls in holes. The hills speak for themselves.

**Members of Mole Valley Orienteering Club will be on hand to give help and advice.**

### **NO PREVIOUS EXPERIENCE OR EQUIPMENT NEEDED**

**Parking:** National Trust car park at Polesden Lacey (House post code RH5 6BD)

**Registration:** National Trust car park at Polesden Lacey. Entry on the day only.

**Toilets available close to registration**

**Fees:** Seniors £5 (£4 British Orienteering members), Juniors £2. SI electronic punching will be used and dibbers are available to hire (£1) from registration

**Map:** 1:7500, 5m contours, surveyed between 2013 and 2017 - maps will be overprinted on A3 waterproof material

**Courses:** Short 3.7km, medium 5.1km and long 8.3 km for people who like a good run.

The event will be using SportIdent electronic punching.

**Registration:** 18.00 – 19.15. **Starts:** 18.15 - 19.30pm. **Courses close 20.15pm**

**Results:** Will be available at the MV Web Site as soon as possible after the event at

[www.mvoc.org](http://www.mvoc.org)

Please reserve your map by emailing [chair@mvoc.org](mailto:chair@mvoc.org).

**Event Officials:** Planner – Philip Gristwood (MV). Organiser – Deborah Sullivan (MV).

You are recommended to carry a whistle in case of emergency. Leg covering is recommended. As a safety check, you must report to Download. Please note that if you have competed in three or more orienteering events registered with British Orienteering and *not* joined an orienteering club which is a member of British Orienteering then you are not covered by their public liability insurance

***You are responsible for your own safety and you take part in this event at your own risk***