



Mole Valley Orienteering Club

(affiliated to British Orienteering)

invites you to

Beddington Park

Greater London Orienteering Summer Series

Sunday 22 July 2018

Final Details:

We hope that the final event in the GLOSS series will prove enjoyable and suitably challenging for all runners and ask that all competitors take note of the following additional information we think relevant to the running of a fun and safe event for all.

Beddington Park is popular with families and the BBQ stands and River Wandle are proving particularly popular during this summer's heatwave. Therefore, please take care when running through the park and show respect and consideration to all users. The organiser has taken all reasonable care to avoid likely route choices through the particularly busy areas.

The gardens adjacent to The Grange on the west of the map offer intricate navigation and route choices, but please note that there is a wedding taking place on the Sunday, so please do not crash it. Guests may be milling around in the gardens, so again please be courteous as you run past.

The cricket pitches to the east are out of bounds.

The final planned distances for the courses are as follows:

GLOSS	3.7 km and 10 m of climb
GLOSS plus Extension	6.0 km and 25 m of climb
Yellow	1.9 km and 0 m of climb

Please take care when crossing the access road to the Pavillion Café, where the headquarters will be located, and Church Road since there will be traffic, which should be slow moving.

The Extension will cross a public road, which will not be marshalled nor timed out and U16s are therefore not allowed to do the extension.

If completing the Extension, it is important that competitors do not punch the finish until the Extension has been completed. Competitors must instead punch the adjacent control (221). For anyone completing only the GLOSS, punch the finish as normal.

There has been a lot of work carried out on the lake and ponds within the park and there are currently temporary construction areas fenced off to the public. Competitors must not cross these fences, which are marked on the map as thick black lines with double ticks. Likewise, rivers and lakes (marked as blue water bodies with black bounding lines) must not be crossed as not to mention the risk of drowning, there is also the chance of rats and Weil's disease.

Shorts are allowed, but please note that there is a risk of lower leg damage on one route choice of the Extension.

Information from the event flyer:

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.

Parking: There are limited spaces adjacent to the Pavillion Café and we encourage competitors to use the carpark behind the cottages on [Church Road](#). Otherwise there is parking on Church Road, and two other car parks, one off Croydon Road and another off London Road. All parking is shared with the public, so please be considerate when parking. Hackbridge Station is 1 km away on foot and buses for the park stop on both Croydon and London Roads.

Registration and entry fees: Entry on the day only. Open from 9.30am to noon in [the Pavillion](#). 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)

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

Courtesy to others: Beddington Park is popular and well used by local residents. Please show them kind consideration

Event Officials: Organisers: Daniel and Lisa Sullivan
Planner: Daniel Sullivan
General information: info@mvoc.org

Results: Will be available at the MV website as soon as possible after the event
www.mvoc.org Details of the GLOSS series can be found here
<http://londonorienteering.co.uk/events/gloss-series-2018/>

Map: 1:5,000 with 2.5 metre contours and drawn to ISSOM specifications in 2018. The area was last used in 2009.

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.