



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

The 5th event of our
Summer evening Score series
AT NORK PARK, CHEAM
Tuesday 9th July

**45min Score* event
with variable value controls
plus!!**

**a short, no-obligation coaching exercise for those that wish to take part or
are new to the sport**

Registration: Nork Park Social Club, 154 Nork Way, Banstead, SM7 1JB. MR 23805935

Parking: Social Club car park or use side streets.

Public transport: Trains: nearest stations are Epsom Downs 2km, Tattenham Corner 2.5Km

Buses: infrequent local service **318** from Epsom. **166** from Epsom or Banstead & East runs close to Nork Way.

Map: 1:5000 with 5 metre contours. Updated in Spring 2019 and printed on waterproof paper. Nork Park POC map available at http://www.mvoc.org/POCs/poc_map_form.php

Terrain: The area rises approx 70metres North to South. Open terraced fields surrounded by, and interspersed with, areas of woodland. Good path network throughout.

Equipment required: Watch; Si dibber (loaned to those who don't have one); compass useful but not essential; a whistle to summon help but not mandatory, a pen may be useful to identify controls visited.

Clothing: Due to full Summer growth **full leg cover is advised** as nettles/brambles will be encountered when deviating away from the paths. Otherwise wear whatever is comfortable to walk or run in on cross country terrain, including rainwear if appropriate.

Entry Fee: £3 all BOF seniors, £2 all BOF juniors (U21) and students, £5 non-BOF seniors; £3 non-BOF juniors (U21) and students. Pairs, groups and families will take part at the senior rate, plus £1 for each extra map they require.

Entry system: please reserve a map by emailing the organiser, David Fisher, at: davidfisher99@virginmedia.com by **Sunday 7th July latest. Important note: please reserve a map in advance so that we can guarantee there will be one available for you.**

Starts: Starts between **6.00pm and 7.30pm**, close to registration. Course closes **8.15pm**

Safety: Unfortunately BOF public liability insurance does not cover non-British Orienteering Federation members that have taken part in 3 BOF registered events.

***Score Event:** You have to visit as many controls shown on the map as you can in 45 mins in any order. Controls will have varying values. Time penalties apply if you take more than 45 minutes.

***The private club bar has been made specially available for us for a social afterwards.
UNFORTUNATELY THERE WILL BE NO FOOD AVAILABLE***

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