



## **Mole Valley Orienteering Club**

### **Summer Series Fun League** *July/August 2020*

Get your Orienteering fix and get active during lockdown!

A series of three courses available for individual exercise that will have a limited period for participants to complete. Results for the courses (50 points for the winner, 49 points for second etc.) completed will be collated over the series to form a fun league table. Complete the courses as many times as you like and your best time counts. Only runs logged during the period specified below will count towards the fun league.

The courses should be completed on your own or with members of your same household (great for a family activity). They can also be completed with up to 5 other individuals, whilst fully observing social distancing and other government advice and guidelines.

The courses use a PDF map you can print at home and the free MapRunF smartphone app (available on Apple Store or Google Play) to log your visit to each control and course time. The app will beep at every control and record your route and time splits. Full details of how to use the app are contained here: [MapRunF guidance](#) When you press 'Go to Start' in the app your exact location will be shown, and the timer will start when you are within the start triangle. The controls are Permanent Orienteering Course posts.

**Nonsuch Park, Cheam: Friday 3<sup>rd</sup> July – Thursday 16<sup>th</sup> July**– start on The Avenue (road/path junction), just to the West of the junction with Fir Walk [Start location](#) (please note there is no post for the start). There are two car park parks adjacent to the start, accessed through Cheam gate on the junction with the A232 (Ewell Road). The finish is at a bench, 200m North of the start.

**Beddington Park, Wallington: Friday 17<sup>th</sup> July – Thursday 30<sup>th</sup> July** – start at the Permanent Orienteering Course start post a few metres North West of the Pavilion Cafe [Start location](#) There is a car park adjacent to the café that is accessed via the junction of the A232 (Croydon Road) and Church Road. The finish location is the same as the start.

**Norbury Park, Leatherhead: Friday 31 July – Thursday 13<sup>th</sup> August** - start at the Permanent Orienteering Course start post 200m West of the car park. [Start location](#) There is a car park on the A246 (Young Street). The finish location is the same as the start.

**Terrain:** A mixture of open park and forest with extensive network of paths and steep slopes (at Norbury Park). Leg cover advised –you may encounter nettles & long grass.

**Courses:** Green standard: c.4-5 km.

**Entry:** As these are not events, they are completely free. The map for each location will be published and available for download and printing at [www.mvoc.org](http://www.mvoc.org) during the time period indicated above. The courses will be contained in the UK/Mole Valley/Summer Series 2020 folder in the app.

For that authentic Orienteering experience, try not to look at the course and plan your route until you get to the start location.

**Officials:** Organised and planned by Justin Farhall ([clerk@mvoc.org](mailto:clerk@mvoc.org)). If you have any questions, please contact the planner.

**Results:** Results and splits will be available on the MapRunF app as you finish and the series results will be posted at [www.mvoc.org](http://www.mvoc.org) As an alternative, if you can't use the app you can log your time by emailing your GPX track (from your watch or other GPS device) to the planner.

*You are responsible for your own safety and you take part at your own risk. If you participate on your own, please ensure you have someone acting as a safety backup. This is not an official Orienteering event so you will not be insured by the British Orienteering Federation. Participants are advised to follow the current government guidelines for social distancing. We would also advise you to complete the courses during quiet periods where possible and avoiding touching the permanent Orienteering posts. Please be courteous to other park/forest users.*

