



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

The second of 4

SUMMER EVENING EVENTS AT NONSUCH PARK, CHEAM Tuesday 21st May

**1 hour Score* event with variable control values
plus**

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

Registration: Ye Olde Red Lion pub, 17 Park Road, Cheam SM3 8QB. MR TQ243638.

Parking: large public car park in Park Road free after 6.30pm, or use side streets.

Public transport: Trains: Registration is closest to Cheam Station approx. 600m

Buses to Cheam: 151 from Wallington or Worcester Park; 213 from Kingston or Sutton;
470 from Colliers Wood or Epsom

Map: 1:10,000 with 5 metre contours. Newly updated in Spring 2019 by Mike Elliot and printed on waterproof paper.

Terrain: 250 acres of lovely, largely runnable parkland consisting of open fields divided and surrounded by woodland areas; ponds; a small lake and accessible enclosures. An extensive path network covers the entire area.

Equipment required: Watch; Si dibber (loaned to those who don't have one); compass useful but not essential; a whistle to summon help if required but not mandatory.

Clothing: Shorts may be worn but **full leg cover is advised** as nettles/brambles may be encountered if 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 **Friday 17th May latest** please.

Starts: Starts between **6.00pm and 7.30pm**. Ten minute walk from Registration. Course closes **8.45pm**

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 1 hour. You don't have to visit them all. You get points for each control you do visit, and lose points if you take more than an hour.

*****All are welcome for a social at the pub afterwards*****

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