



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

The 4th & final SUMMER EVENING SCORE EVENT AT NONSUCH PARK, CHEAM Tuesday 25th June

**1 hour "Odds & Evens" 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: 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. Updated in Spring 2019 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 but not mandatory, a pen may be useful to identify controls visited.

Clothing: Full leg cover is advised as nettles/brambles may 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 23rd June 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. 10 min. walk from Registration. Course closes 8.30pm

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

***Odds & Evens Score Event:** You have to visit as many controls shown on the map as you can in 1 hour. You start with either odd or even numbered controls but once you switch to the other you cannot go back. Controls will have varying values. Time penalties apply 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