

Thank you very much to all that completed the course at Nonsuch Park, I hope you enjoyed the park and had fun completing the course.

The virtual summer series was devised as a form of individual training, that fully adheres to the current social distancing restrictions in place, but with the use of the MapRunF app, containing the competitive element of Orienteering that we know and love. Judging by the number of participants that have recorded a run, this concept has been embraced.

The series uses the Permanent Orienteering Course posts that act as a visual aid in navigating to the virtual control. This does of course restrict the courses I can design but I hope you found that Nonsuch Park, whilst not the most technical of areas, does offer some variety of terrain and navigation. Looking at the results and tracks on the MapRunF website, the course did offer some route choices, so I hope you found it a useful training exercise.

Unlike a normal Orienteering event, the planner is unable to get instant feedback on the courses from participants as they finish, so if you do have any comments about the course do let me know. I would also encourage those of you with access to Facebook to leave any comments on the events page.

The series has now moved on to Beddington Park near Wallington. This is another lovely park suited for summer events and hosts MVOC's newest and possibly best Permanent Orienteering Course. The area is very open and flat and offers some fast running conditions, with occasional visits to forest terrain. The course is 4.5km long and described as Light green and is very similar to the GLOSS or Park Race series events that some of you may be familiar with. Enjoy your run.

As many of you will know a return to normal Orienteering events will be starting again soon and MVOC are aiming to host some events, so keep an eye on the website for more details.

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