



Greater London Orienteering Summer Series 2024

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. GLOSS is a series of races run by the clubs in and around London. There are two courses: the GLOSS course which is about 3½ to 4½ km (with optional extension to around 6 km) and is of moderate navigational difficulty and a 'Yellow' course which is about 2km with easier navigation. Navigate between control points - you decide the best route in order to complete the course in the quickest time. Beginners welcome

Please find link to each club’s website where you will find details of how to enter each event. Start times are generally between 10.00 and 12.00. SIAC contactless punching enabled throughout (with punching start and finish). Adults and groups £5 to £9 depending on area; juniors and families on 'yellow' course £3. £1 for hire of basic electronic timing ‘tag’ and, where available, £2.50 for contactless ‘tag’.

Day	Date	Venue	Public transport	Club
Sun	23 June	Reigate Priory Park	Reigate 	MV
Sun	30 June	Cranford Park	Hayes and Harlington  + 1.8k walk	LOK
Sun	14 July	Bedfords Park	Romford  + 499 bus	HAVOC

The GLOSS course is also the basis of an inter-club competition to win the prestigious London Bus trophy. Best six handicapped times for each club at each event score. Handicapping system based on how well you perform against the average of your ranking points according to the Ranking Scheme
Full details for the GLOSS competition at www.londonorienteering.co.uk
Contact for GLOSS series: catherine.galvin@pergament.co.uk (07968 162 273)

