



## Mole Valley Orienteering Club

(affiliated to British Orienteering)

[www.mvoc.org](http://www.mvoc.org)

*invites you to*

## Nonsuch Park Frolics and Try Orienteering Sunday 10 July 2011

The “Frolics” is an annual handicap competition between SE Orienteering Clubs in which all club members run the same course and the handicapping system means that it is very unlikely that the fastest runner will win!

If you have not tried Orienteering before, please come along and try a course designed for newcomers.

**Event centre: Nonsuch Park, Cheam, Surrey.** Parking, shared with the public, is inside the Cheam gate on a sharp bend of the A232. OS grid reference TQ 233640. Nearest rail station is Cheam (½ mile). Toilets may be available in the park at the Mansion House.

**Registration:** EOD only, open from 10am to Noon near the car park. Start times 10.30 to 12 30. Seniors £6 Juniors £2. SI electronic punching will be used. SI dibbers available for hire from registration for £1 (lost dibbers £30).

**Map:** 1:10000 scale, overprinted and waterproof. Please take care crossing any roads within the park.

### Courses:

**Light Green Frolics course** c. 4km with optional extension c. 2.8km. (for experienced orienteers)

**Orange course** for novices c. 3.5km

**Yellow course** for beginners and families c.2km

**Starts:** 10.30 to 12.30. Courses close at 14.30. Start and Finish are around 500m from registration.

**Courtesy to others:** Nonsuch Park is popular and well used by local residents. Please show them kind consideration.

**Event Officials:** Organiser: Jackie Olive. E-mail [jackieolive@yahoo.co.uk](mailto:jackieolive@yahoo.co.uk). Planner: David Fisher  
General information: [info@mvoc.org](mailto:info@mvoc.org)

**Results:** Will be available at the MV Web site as soon as possible after the event. [www.mvoc.org](http://www.mvoc.org).

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