



Mole Valley Junior League

Sept 2010 (version 1)

Mole Valley Junior League - The Rules

1. The league is open to all Mole Valley juniors and other non affiliated juniors (independent of any orienteering club) who take part in a Mole Valley event. Others may join the league just email publicity@mvoc.org. There is no charge associated with being a league member.
2. There will be approximately nine events during autumn 2010, for which points are awarded towards the Mole Valley junior League. The list will be updated and events may be amended as the season progresses.
3. Your highest 4 scores count towards your total score. Bonus points will be awarded for attending the Compass Sport trophy final if you run in the Mole Valley team.
4. A unique handicap scoring system will be used based on course, age and time taken. There will be a single league, so you can run any course.
5. The harder the course you run the more points you will get. (As a very rough guide an 8 year old may run the white (easy) course; 10 year olds the easy but slightly longer yellow course; 12 year olds the harder orange course; and so on - 14 light green; 16 green and 18 blue). However not all events include the full range of coloured coded courses and gradual progression from easy to harder courses is essential.
6. Like last year the events will be a mix of Mole Valley events and other local club events.
7. Prizes will be awarded to the top three competitors.
8. All queries or problems should be addressed to publicity@mvoc.org.

Event information and Results

Mole Valley Junior League Events and Results are listed below

The Mole Valley website provides details of many other selected events both locally and beyond. It also describes the benefits and process of becoming a member of the club. By joining the club you also need to join British Orienteering (often known as BOF) which has many benefits, and there are two types of membership:

- Local membership which allows you to attend all open events in the country except for the British Championships, and gives you a members discount on entry fees in South-East England.
- National membership which additionally allows you to enter British Championships and gives you a members discount everywhere.

Full details can be found on the BOF website www.britishorienteering.org.uk

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Completed Events

None

Next junior league Events

Details of all events can be found by following the events listing on the Mole Valley website (www.mvoc.org/Events_Calender)

Sat 25 September – **Horton Country Park**, Try Orienteering event.

Sun 3 October - **Eartham Wood and Nore Hill**, SE League event organised by Southdowns Orienteering Club. A small range of entry on the day colour coded courses (white, yellow and orange) is to be provided, as well as a full range of advance entry competitive regional courses.

Sat 9 October - **Box Hill**, Try Orienteering and coaching event.

Sun 17 October – **Burbage Moor** (somewhere way up north, so free transport will be available, either car sharing or a hired coach). Compass Sport trophy Final. Mole Valley qualified for the final earlier this year and we now need all juniors to help us win the final.

Sat 23 October - **Reigate Priory**, Try Orienteering and coaching event.

14 November - **Sheepleas and Effingham**, Mole Valley's SE League event. Like all Mole Valley events, this is free to Mole Valley juniors; and also free to adults who are willing to help run the event, in any small way, on the day.

28 November - **Long Valley South**, SE League event, organised by Southern Navigators.

19 December – **Longmoor**, SE League event, organised by South London.

27 December - **Eartham Wood**. just a fun score event to round off the Christmas festivities.

For more details contact Peter Martin at publicity@mvoc.org