



Mole Valley Orienteering Club

(affiliated to British Orienteering)

invites you to

Beddington Park GLOSS and Try Orienteering Sunday 7 July 2013

The “GLOSS” (Greater London Orienteering Summer Series) previously known as the “Frolics” is an annual handicap competition between South East 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! You will also enjoy this event if you are new to orienteering. Please come along and try a course designed for newcomers with help on hand to show you the ropes.

Event centre: Beddington Park, Wallington, Sutton, Surrey.

By Car: The Park lies between the B272 Beddington Lane, the A232 Croydon Road and the A237 London Road.

By Train: Hackbridge Station, walk out onto London Road and the Park is 350m to the left. Walk across the Park to Registration. Check your route by using the [National Rail Enquiries - Train Timetable](#)

Parking, is shared with the public and the suggestion from the local manager is to focus on parking behind the cottages - here <http://goo.gl/maps/5wqHI> . Parking is also available along Church Road itself and then the streets to the south of the A232 and/or the parking along London Road to the west here <http://goo.gl/maps/nV2UA>

Registration and entry fees: Entry on the day only. Open from 10am to noon near the car park. Seniors £3, Families and Juniors £2. SI electronic punching will be used and dibbers for this will be available for hire from registration for £1 (lost dibbers £30).

Map: Overprinted and waterproof. Please take care crossing any roads within the Park.

Courses:

Light Green Frolics course c4km with optional extension c2km - for experienced orienteers

Orange course for beginners c3km

Yellow course for beginners and families c2km

Starts: 10.30 to 12.30. Courses close at 14.30. Start and Finish are close to Registration.

Courtesy to others: **Beddington Park** is popular and well used by local residents. Please show them kind consideration. Enjoy the recently opened café after you’ve run.

Event Officials: Organiser: Chris McDonald cd.mcdon@btinternet.com
Planner: Ted McDonald
General information: info@mvoc.org

Results: Will be available at the MV website as soon as possible after the event www.mvoc.org

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