

Mole Valley Orienteering Club (affiliated to British Orienteering) www.mvoc.org



There will be 7 events each held on the evening of the 3rd Tuesday of each month from October to April. The dates and venues are: 15th October – Epsom; 19th November – Dorking; 17th December – Cheam; 21st January – Ewell; 18th February – Ashtead; 18th March – Chessington; 15th April – Leatherhead

STREET ORIENTEERING

This involves navigating around the streets and some recreation park areas of towns and villages using a simplified map that shows roads, footpaths, railway lines, some water features, contours and some areas of open land. For this series, with safety in mind, access to <u>unlit</u> park areas will be kept to a minimum.

SCORE EVENTS

The object of a score event is to accumulate as many points as possible by visiting a selection of control locations within a given time limit. For this series, each event will be a **1hour** "score" event. Each competitor will be provided with a map with pre-marked control circles printed on it, each of which will have a control number. The controls will have **variable** values. Controls numbered **10 – 19** will be worth **10 pts** each, those numbered **20 – 29** will be worth **20 points** and so on.

The number of controls marked on the map is left to the discretion of the organizer/planner.

PENALTIES

There will be a penalty of 5 points for every 30 seconds or less, for arriving at the finish over the 1 hour time limit eg: arriving back from 1 hour 1 sec to 1 hour 30 secs will incur 5 points penalty, from 1 hour 31 secs to 1 hour 1min will incur 10 points penalty etc.

CONTROLS

On the reverse of the map or as a separate sheet, an answer sheet will be provided on which the answer to a simple question at each control circle visited must be written. This is simply to record a visit to the control. The answers should be brief so that the stay at any one control is kept to a minimum. Typical control locations are: a lamp post number, yellow water hydrant marker, post box number etc.

EQUIPMENT REQUIRED

A watch or time piece; a torch or head torch; pen or pencil (the pen should NOT be of the water based type as they tend to smudge and the answers may be lost); a SI dibber to record your time taken (these will be available for loan at registration to those that do not have their own); for safety it is recommended that high visibility clothing is worn; compass is optional; trainers and clothing to suit weather conditions.

ELECTRONIC TIMING

To record competitor's times accurately, electronic timing will be used at each event. Procedure at the start will be to insert the SI dibber into the START time box and receive the map simultaneously. REMEMBER TO SET YOUR WATCH AT THIS MOMENT At the end of the run a FINISH box must be punched to record the time taken. Take the dibber to the organiser where the time recorded will be printed out.

RESULTS

It is hoped provisional results will be available at the Finish and will be on our web site as soon as possible after each event.

LEAGUE

Just for fun, a league table will be compiled as the results of each event are accumulated. To do this the winner of each event will receive **50pts**, 2nd **49pts** etc. In the event of a tie the leading person will have the least time penalties. If there is still a tie, the same points will be awarded to each person. No advantage will be given to a competitor that scores the same number of points in less time than someone with the same points total, providing neither competitor receives time penalty points. To establish the final places in the league, the best 5 results from the 7 races will be taken into account.

ALL ARE WELCOME

We welcome everyone including orienteers from all clubs, runners, friends, families and business colleagues. However, for insurance reasons, <u>under 16's must be accompanied by an adult on these events.</u>

PUB SOCIAL

Each event will be based at a pub for competitors and friends to socialize afterwards.

Details of each of the 7 events should be on our web site www.mvoc.org as they become available